Did you know that households are responsible for 70% of UK food waste?

Try these simple ideas to help reduce your food waste!

Plan your meals

Top Tips!

Write a shopping list of ingredients

Avoid food shopping when you're hungry

Helps you buy only what you need

Know your portions

Top Tips!

Measure out the portion size that is right for you

Use weighing scales, spoons or your hands

Stops you making too much food

Use up your leftovers

Top Tips!

Cover and chill leftovers to enjoy the next day

Portion out leftover meals and freeze

Saves food from being wasted

Eat well for you and the planet!

Reducing food waste is good for our pocket and the planet.