HOW TO REDUCE FOOD WASTE IN YOUR DAILY LIFE

AT HOME

+ Plan your meals
+ Use your leftovers
+ Know your dates (‘use by’ informs about food safety and ‘best before’ informs about food quality)
+ Grab a smaller plate and refill as needed
+ Freeze! (ready-made portions)
+ Store food properly (check the labels for storage instructions, make sure your fridge is between 1° and 5°C)
+ Know what is in your pantry and fridge
+ Rotate food stored at home– ‘first in, first out’!

TIME’S UP FOR FOOD WASTE!
This leaflet has been prepared based on the recommendations for action in food waste prevention for consumers, developed by the EU Platform on Food Losses and Food Waste (2019). For the full set of recommendations for action, please visit the European Commission' Food waste website: https://ec.europa.eu/food/safety/food_waste_en

**AT THE SHOPS OR MARKET**

- Write a shopping list
- Don’t shop when hungry
- Buy only the quantity you need (the right packaging size or loose foods)
- Choose imperfect fruit and vegs (often on discount)

**AT WORK/SCHOOL/UNIVERSITY**

- Ask to be served the right portion for you (at the canteen)
- Keep an eye on the office fridge/fruit basket
- Spread the word – share your tips to prevent food waste with colleagues

**IN CAFÉS, RESTAURANTS AND HOTELS**

- Grab a smaller plate and refill as needed
- Take away your leftovers
- Manage your expectations concerning availability of food, depending on the time of the day