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’!
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 veggies (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