Top 12 Tips to Reduce Food Waste

Shop Smart

1. Take Stock: Know what you have and plan meals based on your inventory. Make your shopping list pre shop.
2. Stick to Your List: Don’t be tempted to over-purchase. It’s a costly waste if you don’t consume what you buy, even if it is on special.
3. Buy Wonky: Funny-looking or “ugly” produce tastes just as good and shouldn’t be wasted just because size, shape, or color are not perfect.

Store Sensibly

4. Practice FIFO (First in First Out): Organize your pantry and fridge so newest groceries are at the back, oldest in the front.
5. Eat Me First: Have a special bin in your fridge for food that needs to be consumed soon.
6. Keep it Fresh: Keep your fridge between 1-5 degrees C, use airtight containers,
7. Preserve It: If the clock is ticking, freeze it, can it, dry it, or dehydrate it.

Cook with Care

8. Understand Labels: Best before dates are not ultimatums! They only indicate peak freshness, so food is perfectly safe to eat even after these dates.
9. Use It All: Use a spatula to scrape out containers. Only toss non-edible parts of produce.
10. Get Creative: Soups, stews, and smoothies are great “use it up” options.

At The Table

Feast Like A Food Fan

11. Serve Wisely: Join the clean plate club. Ask for smaller portions or eat family style (serving yourself just the right amount from shared bowls). You can always get seconds.
12. Love Your Leftovers: Refrigerate or freeze leftovers and remember to eat them! Date and label items in transparent containers to avoid mystery meals.

If it can not be consumed by you,
• Share it! Have a friend over for a meal
• Feed it to an animal/pet
• Compost it

....Food does NOT belong in the landfill.