

STOP FOOD WASTE

Here are 10 things you can do to stop wasting food



1 PLAN YOUR FOOD SHOPPING

Plan out your week's meals and make a shopping list with the ingredients you'll need. Stick to it.



2 GET TO KNOW YOUR FREEZER

Freeze surplus fruits, vegetables, bread and cooked perishable produce for later use.



3 STORE FOOD IN THE RIGHT PLACE

Understand where in the fridge is best for storing different kinds of food. The right temperature can boost foods' lifespan.



4 COOK MORE THAN ONE MEAL

Making several meals at once saves energy, water and time. Frozen meals also reduce the temptation to order food from out.



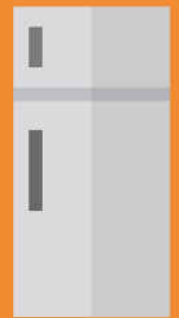
5 PORTION CONTROL

By controlling the amount of food on your plate, you not only limit your calorie intake but also the uneaten food you throw away.



6 KNOW WHAT YOU HAVE

A tidy fridge helps you see what needs to be eaten soon and what ingredients you do and do not need to buy.



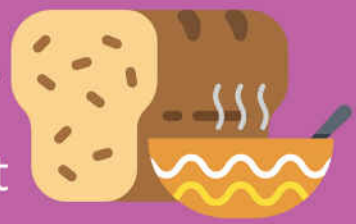
7 DONATE

If you find you have too much food, consider donating it to someone else who needs it.



8 BE THRIFTY

If safe and healthy, use the edible parts of food that you normally do not eat. For e.g., soups and smoothies are great ways to use leftovers.



9 COMPOST FOOD SCRAPS

If your last resort is to throw food in the bin, compost it. This way it will turn it into nutrient-rich fertilizer rather than rotting in landfill.



10 KEEP TRACK OF YOUR WASTE

Keep a log of what's being thrown out each week. You'll be surprised at how much it adds up to and can spot patterns of over-buying.



Source:

<http://www.nestle.com/stories/ten-tips-stop-food-waste>

<https://www.epa.gov/recycle/reducing-wasted-food-home>



Nestlé