

Shopping and planning

Before shopping

- **Make a shopping list.**

Make sure to purchase just the items you really need so as to avoid purchasing unnecessary food that you may not consume in time

- **Check your storing places.**

Going through the fridge and cupboards allows you to know the food that is still on stock

- **Plan your meals.**

Setting up a weekly menu will help you to avoid unnecessary food purchasing and to differentiate between “convenient” and “necessary” when filling the shopping cart



Photo Credit: Love food Hate Waste

When shopping

- **Avoid unnecessary food purchasing.**

Make sure not to fill in your shopping cart with unnecessary products just because they are under a discount. Special offers might be tempting but before purchasing them ensure that you will consume the total amount of the quantity offered.

- **Choose sell in bulk options.**

Sell in bulk options have less packaging. They also allow you to choose the right amount of food you need.

- **Check out the product's labels.**

Make sure to distinguish between the “use-by” date and the “best-before” date.

Find out about product labels here.

- **Make your shopping at a good time.**

Visiting the supermarket when hungry leads to buying more food than necessary. Having a snack before shopping can be an easy solution to avoid unnecessary food purchasing.



Photo Credit: Recycle for Wales

TIPS TO REDUCE FOOD WASTE

Back at home

- **Organize your storing places.**

Check out the distribution of the dry products in the cupboards and arrange the fridge's assigning.

- **Older products first displayed.**

Older products should always come first in the shelves and food leftovers are likely to be consumed before the new food arrivals. This method would certainly avoid food from being wasted and will definitely help you to save some money.

- **Don't be afraid of using your leftovers!**

Prepare delicious meals with your leftovers. Find recipes here.



Photo Credits: Recycle for Wales



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