



## BEFORE YOU SHOP

Look in your kitchen cupboards, fridge and freezer before each shopping trip. You can reduce waste by knowing what you already have to use up.

### MAKE YOUR SHOPPING LIST

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Make a shopping list, take it to the shops and stick to it. A list will help you to avoid impulse buying or stocking up on more food than you'll use.

### FRIDGE AND FREEZER CHECKS

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See what's in your fridge and freezer that needs to be used up before you head to the shops. Label and date the homemade food and leftovers you freeze to enjoy it at its best.

### LOOK IN YOUR CUPBOARDS

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Find out what's hiding in your cupboards before you shop so you don't duplicate what you already have.

### MEAL PLANNING

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Write a meal plan for the week so you buy only what you need. Looking ahead can help you make the most of leftovers and save you time and money.



## AT THE SHOPS

The decisions you make when buying food can help you to start saving money and stop wasting food.

### UNDERSTAND YOUR LABELS

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Check the 'use by' or 'best before' dates on the food you plan to buy. Choose longer dates for items you won't use immediately.

### SHOP SMARTER

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There are a few simple ways to start cutting down on food waste – and begin saving money – straight away. Don't go shopping for food when you're hungry and take advantage of multi-buy offers only if you can freeze or share the extra items or know you'll use them in time. Avoid impulse buying and doing huge shops for fresh produce. Don't forget to read the label and check the 'use by' date before you buy.





## STORING YOUR FOOD

### KEEP YOUR COOL

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Most fresh foods stay fresher for longer if chilled, and if you're not going to get round to eating it soon, freezing your food will make it last.

### TYPES OF FOOD

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Read the label to see where your food is best stored. Most fresh food can be kept in the fridge or a cool, dark place to stop it going off so quickly.

### READ YOUR LABELS

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Date stamps tell you a lot: when it's at its best quality, and when it's no longer safe to eat.

- 'Use by' dates are used on foods that go off quickly. These dates refer to food safety. You shouldn't consume food or drink past its 'use by' date, even if it looks and smells fine.
- 'Best before' is about signalling when food is at its best quality; it doesn't have anything to do with food safety (except when it comes to eggs).
- 'Sell by' is one for the supermarket staff. This simply indicates when the shop needs to sell the product by. You can consume items after this date as long as the 'use by' date hasn't also passed.
- 'Use within' also check details about storing food and drink correctly after opening and using it up within a certain time. If the item says 'eat within three days' but the 'use by' date is the following day, you must still consume it by the end of tomorrow for safety.



## COOKING AND SERVING YOUR FOOD

You can make food last longer, eat more healthily and reduce how much goes into your household bin by thinking about portions and using leftovers.

### LABELLING LEFTOVERS

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Make sure that leftovers are in clearly labelled containers and kept separate from raw meat and other ingredients.

### PERFECT PORTIONS

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Cooking only what you need for each meal can save you money by reducing how much food is wasted.





## MAKE MORE OF YOUR LEFTOVERS

With a bit of planning, it's possible to make sure you use up all the food you buy and reduce how much cooking you need to do at the same time. Careful labelling and storage of leftovers will mean you always have great options for dinner.

### USING UP YOUR LEFTOVERS

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- Leftovers let you cook once, eat twice, reducing both time spent in the kitchen and wasted food
- Most leftovers can be stored in the fridge for up to two days if well wrapped or kept in an airtight container
- Label and date your leftovers before they go in the freezer so you know when to enjoy them at their best – and what they are!
- When planning a week's meals, work in leftovers too – they can make tasty and quick lunches and snacks

### FOOD SAFETY

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- Most leftovers can be stored in the fridge for up to two days if cooled as quickly as possible and kept well wrapped or in an airtight container
- Put leftovers to be frozen in a portion-sized container so you can defrost only what you need
- Only reheat chilled leftovers or defrosted meals once. It's important to defrost leftovers properly then heat until piping hot throughout
- You should only freeze meat and fish once. But you can defrost meat, cook it as a meal and then freeze the meal

