

TEN HACKS FOR REDUCING YOUR HOUSEHOLD FOOD WASTE

1. Make dinner with what you have in the refrigerator
2. Have an empty your refrigerator day
3. Make sure that the meals you make with leftovers not only taste good but looks good
4. Don't cook for 11 if you are only cooking for 4
5. Use smaller size plates
6. Never shop on an empty stomach
7. Create a new attitude towards leftovers and think of them as a "next day" or "bonus" meal
8. Don't buy in bulk
9. Go for quality not quantity
10. Freeze leftovers

**WHICH WILL YOU
DO THIS WEEK?**

