



European
Commission

HOW TO REDUCE FOOD WASTE IN YOUR DAILY LIFE



AT HOME

- + Plan your meals
- + Use your leftovers
- + Know your dates ('use by' informs about food safety and 'best before' informs about food quality)
- + Grab a smaller plate and refill as needed
- + Freeze! (ready-made portions)
- + Store food properly (check the labels for storage instructions, make sure your fridge is between 1° and 5°C)
- + Know what is in your pantry and fridge
- + Rotate food stored at home– 'first in, first out'!



**TIME'S UP
FOR FOOD
WASTE!**



AT THE SHOPS OR MARKET

- + Write a shopping list
- + Don't shop when hungry
- + Buy only the quantity you need (the right packaging size or loose foods)
- + Choose imperfect fruit and vegs (often on discount)



AT WORK/SCHOOL/UNIVERSITY

- + Ask to be served the right portion for you (at the canteen)
- + Keep an eye on the office fridge/fruit basket
- + Spread the word – share your tips to prevent food waste with colleagues



IN CAFÉS, RESTAURANTS AND HOTELS

- + Grab a smaller plate and refill as needed
- + Take away your leftovers
- + Manage your expectations concerning availability of food, depending on the time of the day