

WAYS TO
REDUCE

FOOD WASTE



1 PLAN AHEAD AND BUY ONLY WHAT YOU NEED

Going shopping without a plan and on an empty stomach can lead to buying more than you need



2 SHOP YOUR REFRIGERATOR FIRST

Be creative: Before you shop, use the food and leftovers you already have

3 USE YOUR FREEZER

Cooking and freezing food before it goes bad—especially seasonal veggies—avoids throwing it away



World Food Day is celebrated annually to raise awareness about hunger, malnutrition, sustainability and food production.

Make sure to dispose of any food waste in organic white bags

#WORLDFOODDAY2021

