

This is not for the bin.

1/3

of all food
produced globally
is thrown away

BUY LESS

Go shopping more often and see what you need before. **Planning** your meals can also help you buy only what you need.

EAT WHAT YOU HAVE

A lot of food is still edible **after the best before date**. Make sure your fridge isn't full when you leave and if you have too much, why not invite some friends and **eat together**?

FREEZE THE REST

Cook and freeze your food! This will save time and it will still be great after the holidays.

For more information visit:
warwicksu.com/notforthebin

