
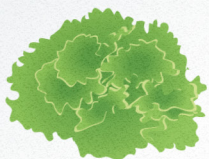
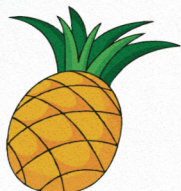




THE COST OF CONVENIENCE

Item		How you buy it	Price Per Kg
CARROTS		Pre-prepared	€3.10
		Whole	€1.49
LETTUCE		Pre-prepared	€6.45
		Whole head	€0.89
PINEAPPLE		Pre-prepared	€10.00
		Whole head	€1.49
RICE		Single Sachets	€8.36
		Bag of Rice	€2.19
PORRIDGE		Microwave portion	€21.59
		Regular oats bag	€1.83

Convenience costs €40 on these 5 items!

While convenience food can make life easier this convenience comes at a cost. But, with a little bit of planning and by using and storing food properly, you can get the same food for a lot cheaper. For more information on making the most of your food and reducing your food costs go to www.stopfoodwaste.ie

Portion Control...

Instead of individual sachets of rice, or preparing way too much, use proper portion controls to measure it out. Use what you need and save what you don't!

Reduce Packaging...

Convenience foods usually means more packaging for you to manage at home; use a list and buy just what you need when shopping.

Savvy Storage...

Pre-prepared bags of veg, salads and fruit spoil quite quickly once opened compared with the whole items; Learn more about proper storage at www.stopfoodwaste.ie