

# The Stop Food Waste Challenge

Saving you food and money!

**STOP**FoodWaste.ie epa

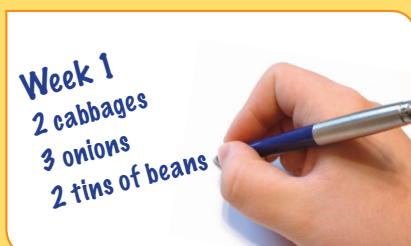
## Know your waste

To Stop food waste first become aware of what and how much you throw out.



### 1 Separate your food waste

Put your food waste into a separate container to see how much you really waste.



### 2 Record your waste

To remember the food you throw out why not make a note of it.



### 3 Identify the reasons

If you know why you're throwing out food you can work towards stopping it.

## Planning

Good planning makes life easier, saves you money and reduces food waste.



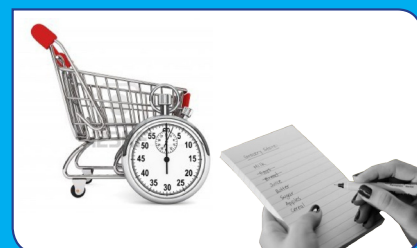
### 1 Know your cupboard

Before you step outside your door, know what you already have!



### 2 Make your plan

By using meal plans and recipes to suit your needs, you will save money.



### 3 Write your list

A properly planned shopping list will save you time and stop food waste!

## Shopping

This is one place you waste food before you even buy it... Buyer beware.



### 1 Before - be prepared!

Know what you need before you go and don't shop on an empty stomach!



### 2 During - be strong!

You have your list, stick to it and beware, bargain buys often go to waste.



### 3 After - how much have you saved?

Shorter receipts? lighter bins? have a look and see what you have saved.

## Storage

Make the most of what you've bought, and give your food a good home.



### 1 Store it right

Knowing the right place for the right food is half the battle.



### 2 Use it right

You bought it, make sure you use it. Know your dates, don't get caught out.



### 3 Make it last

There are many great ways to preserve your food but do you know how?

## Cooking

Now to the tastiest part of stopping food waste. Bon Appetit!



### 1 Proper Portions

An overloaded plate leads to an overloaded bin - know your portions.



### 2 Serving and reuse

Learn the magic art of the loaves and fishes!



### 3 Random Recipes

There are many ways to cook a spud, check out stopfoodwaste.ie.