Did you know that households are responsible for 70% of UK food waste?

Try these simple ideas to help reduce your food waste!

**Plan your meals**

- **Top Tips!**
  - Write a shopping list of ingredients
  - Avoid food shopping when you’re hungry

**Know your portions**

- **Top Tips!**
  - Measure out the portion size that is right for you
  - Use weighing scales, spoons or your hands

**Use up your leftovers**

- **Top Tips!**
  - Cover and chill leftovers to enjoy the next day
  - Portion out leftover meals and freeze

**Eat well for you and the planet!**

Reducing food waste is good for our pocket and the planet.