

## Storage

➔ Don't mix fruit and veg!

They can spoil and over ripen one other . Check storage instructions on packets and keep separate.

➔ Fridge storage

**UPPER SHELF**  
Milk, juices and any items to be chilled not too cold

**LOWER SHELF**  
Leftover meats, berries and hard vegetables

**BOTTOM DRAWER**  
Fruits (not bananas), lettuce, vegetables, vacuum sealed goods, herbs

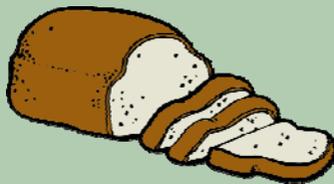
**MIDDLE SHELF**  
Fish, items labelled re-ferigerate after opening, dips, cake, yoghurts, deli meats and cheese

**FRIDGE DOOR**  
Dairy and eggs up top, defrost items middle, sauces/bottles lower

➔ Use your freezer!

Did you know you can freeze pretty much everything? Even milk! (Just pour it into ice cube trays for your tea or coffee!

Also freeze bread and take out what you need slice by slice



## Cooking

➔ Correct portions

For a healthy balanced meal for one, rice, pasta and proteins should be the size of your fist.. Vegetables should be a fist and a half.



➔ Eat your leftovers!

Brown-bag them for work or uni for a free packed lunch. Alternatively, freeze and save for later!

➔ Stretch ingredients over multiple meals

Use ingredients more than once to save money and avoid food waste.

➔ Use the Love Food Save Money resources!

Alongside this leaflet, we have created a cookbook and how-to videos on recipes designed to use up food commonly wasted. Go to:

[www.gcstudents.co.uk/lovefoodsavemoney](http://www.gcstudents.co.uk/lovefoodsavemoney)



We also will be running FREE interactive workshops—check the website for more info!



# Food waste reduction guide

Handy hints and tips to help you reduce the amount of food you waste...as well as saving some money too!

# Hints and Tips

## Before a food shop

✔ Make a budget

Not only will this help save you money, it will also make sure you don't buy more than you need!

✔ Check your cupboards, fridge and freezer

What are you running out of? What do you need to get?

✔ Write a list

Note what you need on a list. Keep this on or near the fridge so you remember to add to it!



✔ Plan meals

Think about what you'd like to eat for the next week so you can buy what you need

## What to buy

✔ Buy exactly what you need

Buy loose fruit and veg so you can buy the exact number you need to use

✔ Buy funny looking produce

These are just as tasty as "pretty" produce and cheaper!

✔ Buy frozen

A great way to get your five a day and not worry about it going off!

✔ Check the international aisle!

Some items can be much cheaper here!

✔ Reduced to Clear

A great way to get cheap meals, meat or fish that you enjoy—just eat or freeze asap!

✔ Value brands

Just as good quality as other brands, and better on the bank balance!



## What not to buy

✘ Don't buy in bulk

If you don't need that much food, save money—don't buy so much!

✘ Coupon items you don't use

Although tempting, unless you regularly buy what's on offer you'll end up spending more money than planned.



✘ Impulse purchases

You'll end up buying things you don't need and probably won't end up using. Top tip to stop impulse buying—don't shop when hungry!

