

Food Waste Guide

Store it right

- Keep bread in a cool, dry place or freeze it
- Move older food to the front of the fridge — first in, first out
- Most veg lasts longer in the fridge than on the counter



Stick me on the fridge!

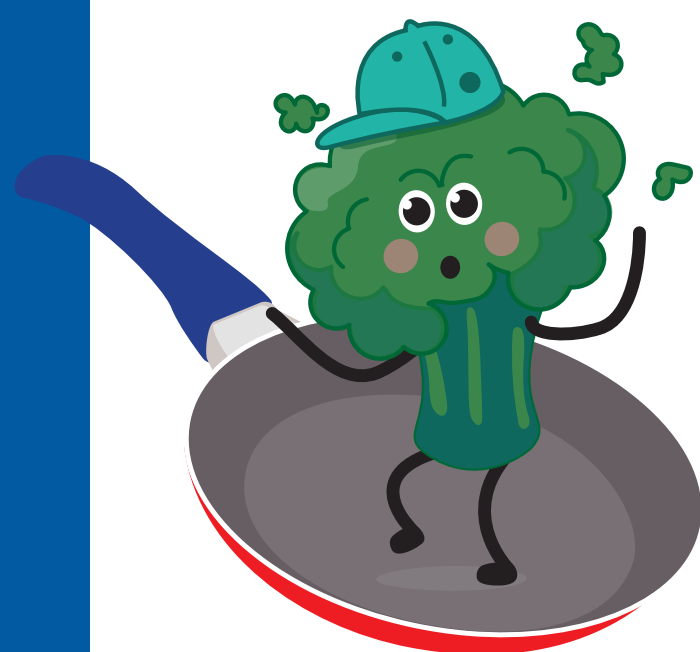
Before you shop

- Check what's already in the fridge and cupboards
- Write a list and stick to it
- Buy loose fruit and veg so you only take what you need

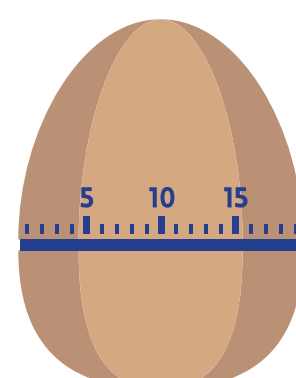


Use it up

- **Wilting veg?** Throw it in a soup, stew or stir fry



- **Stale bread?** Perfect for toast, breadcrumbs or egg bread
- **Leftover rice or pasta?** Fry it up with egg and veg the next day



Quick reminder

- **Best before** = still fine to eat after this date
- **Use by** = follow this one for safety

Challenge! Spot something in the fridge that needs using up. Tell an adult and help decide what to cook. Can you tick five in a week?

