



STOP FOOD WASTE

DID YOU KNOW?

**One-third of all food we purchase
is wasted.**

This costs the average Irish household
€700 per year.

If you want to prevent food waste, save money
and learn how to compost, visit our website
www.stopfoodwaste.ie



STOP FoodWaste.ie





FoodWaste.ie

STOP Wasting Food

1/3 of the waste we throw out each year is food, most of which ends up rotting in landfills.

Re-think your food habits and know what you throw out:

- Make a list of the food you throw out for a week... you'll be shocked at what you waste.
- Plan ahead = less food waste = saved €€€s.
- Beware of special offers – it's only a bargain if you use it all!
- Know your dates – *Best Before* is a guideline, *Use By* is a deadline.



START Saving Money

To save money and make the most of the food you buy, visit www.stopfoodwaste.ie where you will find out how to:

- Become a better buyer.
- Get tips on savvy storage and canny cooking.
- Turn leftovers into delicious meals.
- Learn all you need to know about composting at home.



The more you learn, the more you can save... and all the while you'll be helping protect your environment!

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