

## THE COST OF CONVENIENCE



Item		How you buy it	Price Per Kg
CARROTS		Pre-prepared	€3.10
		Whole	€1.49
LETTUCE		Pre-prepared	€6.45
		Whole head	€0.89
PINEAPPLE		Pre-prepared	€10.00
		Whole head	€1.49
RICE		Single Sachets	€8.36
		Bag of Rice	€2.19
PORRIDGE		Microwave portion	€21.59
		Regular oats bag	€1.83

**Convenience costs €40 on these 5 items!**

While convenience food can make life easier this convenience comes at a cost. But, with a little bit of planning and by using and storing food properly, you can get the same food for a lot cheaper. For more information on making the most of your food and reducing your food costs go to [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie)

### Portion Control...

Instead of individual sachets of rice, or preparing way too much, use proper portion controls to measure it out. Use what you need and save what you don't!

### Reduce Packaging...

Convenience foods usually means more packaging for you to manage at home; use a list and buy just what you need when shopping.

### Savvy Storage...

Pre-prepared bags of veg, salads and fruit spoil quite quickly once opened compared with the whole items; Learn more about proper storage at [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie)