



The  
**Stop Food Waste Challenge**

Save your food and money!

The Stop Food Waste Challenge provides a fun, topic-driven programme that complements existing programmes already running.

If you are interested in facilitating a community based Stop Food Waste Challenge, please contact Stop Food Waste at:  
**info@stopfoodwaste.ie**

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**Stop Food Waste Challenge**

Saving you food and money!



*"Wasting good food must become  
a thing of the past"*



AWARENESS

PLANNING



SHOPPING

*"Food waste begins and ends with you"*

STORING

COOKING

COMPOSTING



### Why do we need to stop food waste?

We all waste food, plans change, we prepare too much, leftovers go off in the fridge, we forget about the stuff in the bottom of the freezer.

As wasting food happens for different reasons, there will be different ways for each of us to change how we do things to reduce our food waste and save ourselves money.

This is what the Stop Food Waste Challenge is really all about

**"HELPING GROUPS OF HOUSEHOLDERS FIND OUT HOW THEY CAN REDUCE FOOD WASTE IN THEIR HOMES."**

### What is the Stop Food Waste Challenge?

The Stop Food Waste Challenge is a participant driven, facilitator led programme that helps groups of householders reduce food waste.

Developed as part of the EPA's Stop Food Waste programme, the Challenge involves four 1-hour meetings that take place over 4-6 weeks.

#### The topics covered during the four meetings include:

- **Awareness** of what food is being wasted by the householders, and why
- Proper **planning** of meals and using your shopping list
- Smart **shopping** to prevent wasting money on food you don't really need
- **Storing** food to ensure that you make the most of what you have bought

- New ways of **cooking**, serving and reusing the food that you have in your home.
- Finally, how to deal with unavoidable food waste and the many methods of home **composting**.

By working through this programme we hope participating householders will reduce their food waste and save as much as €60 a month.

#### Who will deliver the training?

The Stop Food Waste Challenge has already been successfully run by 20 local authority Environmental Awareness Officers (EAOs)\*. We would now like to trial it with other interested facilitators.

There are many people already providing training and support to communities throughout Ireland. This year the 'Stop Food Waste' team would like to partner with such people and organisations to run Stop Food Waste Challenges around the country. The Stop Food Waste programme will supply all materials needed to run a challenge as well as the training and support required to get started.



\*see [www.stopfoodwaste.ie/food-we-waste/stop-food-waste-communities-2/](http://www.stopfoodwaste.ie/food-we-waste/stop-food-waste-communities-2/)