Be a **SAVVY** SHOPPER!

with

STOP FOOD WASTE.IE

"This programme is a fantastic step towards creating awareness of skills in the kitchen which will not only save money but help reduce waste." *Donal Skehan*

STOPFoodWaste.ie

Preventing food waste starts when you go shopping. Much of the food we waste comes from 'perishables'; things like fruit, vegetables and dairy products. So when you are shopping consider some of the following tips, and see if you can save yourself money and reduce food waste.

Ten Top Shopping Tips

❶ Don't go shopping when you are hungry, you'll buy more than you need.

❷ If you are shopping for the week, try to plan your meals ahead.

❸ Check your fridge, freezer and cupboards before you go shopping, and plan meals around what you find.

❹ Then make a shopping list… and try to stick to it.

❺ Beware of special deals – these are great for toilet rolls and shampoo but bad for fruit, veg and salads (anything that can go off quickly). These are the things we buy because of a "good deal", but often they do not get eaten.

❻ Try to buy loose fruit and veg – you get what you need and can cut down on packaging waste in your bin as well.

❼ Check use-by-dates to avoid buying food that might be thrown out if not eaten immediately.

❽ Poke around at the back of shelves – you'll often find use-by-dates that are further away.

❾ Shop for what you actually eat, not for what you want/wish you would eat (e.g "I am going to be really healthy this week and eat lots of yogurts") and then not eat them!

❿ If it's an option for you, try shopping online for the basics - you get only what you want because you are not distracted by all the other goods on shelves AND you save money – it's like magic!

Stick me to your fridge, I'm useful!

For more simple tips on how to waste less and save money visit

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