

Children & FOOD WASTE



Home is where the food is, but when children are involved it can often be difficult to cut down on food waste. Impulse buying food items that are not needed, serving food that is not eaten, and getting meals that are too big when eating out, all result in wasted food. Preventing food waste when children are involved is a tricky one, so here at **STOP Food Waste** we have come up with a series of tips that we hope will help you save money and reduce food waste.



Shopping

- Feed the kids first – they will be less cranky and less likely to try to grab all the goodies they fancy.
- Get the kids to help make the shopping list that you all have to stick to and tick off as you shop. One treat only!
- Small sized fruit are great for kids – less waste, they fit in lunch boxes and don't put kids off. Often too much food is seen as a challenge for the little ones!

Cooking

- Involving children in the cooking process is great fun and a good way to get them familiar with food and used to eating different foods.
- Use measures or a weighing scales where possible for potatoes, pastas, rice, etc.
- Small portions of leftover rice or pasta, once stored correctly, can make a simple quick meal the next day.

Serving Food

- Small stomachs fill quickly, so don't overload their plate - they can always come back for more if they are still hungry.
- Kids are easily distracted, so try to keep the basics on the table and the TV switched off.
- While a degree of firmness is essential, if they don't want to eat their food now, put it in the fridge for eating later.

School Lunches

- Small snacks are more appealing.
- Ask the children what type of food they want and how much of it they have time to eat.
- Use lunch boxes with reusable containers in them. The kids bring it all home and it's cleaned and refilled for the next day.

Eating Out

- Children's meals are often way too big - Irish restaurants traditionally don't serve small portions. Make sure to communicate with staff about what you want for the children.
- Look out for the **Kids Size Me** logo on menus - this initiative aims to provide kids sized portions of adult meals in restaurants. See www.wheretoeat.ie for more info.