



# **STOP**FoodWaste.ie

WORKPLACE TRAINING

## **WORKING TO REDUCE FOOD WASTE**

TOPIC 2.

## **PLANNING & SHOPPING**

11 PAGES - APPROX 10 MINS READING TIME



# Planning & Shopping

When we think of food waste we usually think of the end – the brown bin, the compost heap, clearing out the fridge. But really, the reasons we waste food occur before this point. By making small changes to how we plan, shop and prepare food we can cut our food waste and save money at the same time. Reducing food waste should start before we even go to the shops!

Sure, making a full weekly meal plan and matching shopping list is really not for everyone. While this approach works well for some people, for many of us, there are enough things to be doing! No matter what your lifestyle, there are little steps you can take to be more aware of the food you purchase. You don't have to be a super-human mega planner to get a bit organised about your food.

***A meal-plan and a shopping list are two of the best tools for reducing food waste at home.***

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MORE!**



# Meal Plans

In today's fast-paced world, making a plan and sticking to it can be difficult. However, taking the time to plan your meals saves you time, money and stress later in the week.

In order to reduce food waste, there are a few important things to consider when making a meal plan.

- Base it on the foods you already have. Prioritise food that need to be used up soon.
- Try and plan meals that use similar ingredients. This will allow you to use up ingredients, saving food and money.
- Include meals that you can fall back on. It's always good to have a go-to meal that's quick and easy to rustle up. Even better if it's based on long-lasting store cupboard supplies or something that you can keep in the freezer.

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See how versatile some foods can be. Do you have ingredients like this that you can use? For inspiration check out [Sheila Kiely's meal planner here](https://www.gimmetherecipe.com).



# The Shopping list

Writing a shopping list is a very simple, yet effective way of preventing food waste. How many times have you picked something up in the shop to realise you already had it, lurking in the back of the fridge or cupboard?

If you are a techie, there are plenty of apps which function as smart shopping lists. If not, nothing beats good old pen and paper.

Here are a few approaches to writing a shopping list:

- **Write as you go:** Keep a notebook or piece of paper somewhere handy in the kitchen (the Stop Food Waste magnet and list is perfect for this). As you use something up, make a note of it on your shopping list. When it comes to doing the shop, you'll already have your list written.
- **Start from scratch:** Before you go shopping, set aside a few minutes to look through the fridge and cupboards to see what you already have.

If you know neither of these options are for you, try to at least take a quick peak into the cupboards before you leave. If you've a head like a sieve, why not take a 'shelfie'? Snap a quick picture of the fridge/cupboard to look back on when you're in the shop.

If you're interested in eating seasonally, consult the [Stop Food Waste Seasonal Food Calendar](#) to identify what seasonal produce is likely to be available.



*Take a 'shelfie' and snap a quick picture of the fridge/cupboard to look back on when you're in the shop.*

LET'S DO A  
QUIZ

**Which one of these bargain buys (in your opinion) is the best value for money?**

(Click on your choice)



## **ANSWER: The one that you need!**

No matter how big the discount, if you don't use the food you buy, it isn't a bargain. Why buy 8 kiwis, if you won't eat them all? The best savings can be made by buying only the food you need.



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MORE**

## Which one of these statements is true?

(Click on your choice)



**We tend to spend more when using the oversized shopping trolleys**



**Common staples like milk are usually placed at the back of the shop. This means you have to walk past as many products as possible, encourage you to buy more.**



**Fresh smells like bread & flowers create a tempting sensory experience which often leads to over spending.**

## ANSWER: All of them!

Of course shops want to encourage you to buy their products. Just be aware of the many ways that you might be enticed to buy more than you need. For more information on this check our piece on the [Shopping Battleground!](#)



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## Which one of these meal plans is most likely to end up wasting food?

(Click on your choice)

### Meal Plan A

Monday: Roast chicken

Tuesday: Chicken salad

Wednesday: Fish, potatoes & peas

Thursday: Fish cakes with salad

Friday: Vegetable stir fry

Saturday: Homemade soup

### Meal Plan B

Monday: Fish, chips and peas

Tuesday: Chicken fajitas

Wednesday: Lamb curry

Thursday: Sausages, carrots and mash

Friday: Pasta carbonara

Saturday: Vegetarian lasagne and salad

### Meal Plan C

Monday: Chilli con carne with rice

Tuesday: Vegetable fried rice

Wednesday: Spaghetti bolognese

Thursday: Leftovers!

Friday: Fish, potatoes and salad

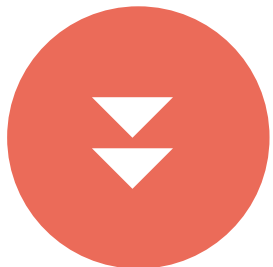
Saturday: Burgers, potato wedges and salad

## ANSWER: B

Although it may look delicious, Meal Plan B would use few ingredients in more than one meal.

For example, it may be hard to find another use for the cream needed on Friday and leaves from Saturdays salad could well end up in the bin.

Considering dishes that will need the same ingredients is a good step to include in your meal planning.



Meal Plan B	
Monday:	Fish, chips and peas
Tuesday:	Chicken fajitas
Wednesday:	Lamb curry
Thursday:	Sausages, carrots and mash
Friday:	Pasta carbonara
Saturday:	Vegetarian lasagne and salad

# Don't just tick it, do it!

Before next week, what actions will you try?

For tips and pointers on planning and shopping to help you prevent and reduce food waste, check out [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie).

## Try making a meal plan

If you're new to making meal plans, keep it simple at leave space for plans to change.



*Yes, I will do this*

## Write a shopping list

The easy part - take at least a few minutes to write a list before you go shopping.  
The hard part - stick to it!



*Yes, I will do this*

Next week we will be covering **food storage**. It can be tricky to remember what foods should go where so we'll explain some of the fundamentals behind good food storage.

## Take a 'shelfie'

Snap a quick picture of the fridge/cupboard to look back on when you're in the shop.



*Yes, I will do this*

## Shop back-to-front

Next time you go shopping, start at the back of the shop instead. Leaving the attractive fresh foods until the end can help prevent you from overbuying and stop these delicate items getting squished.



*Yes, I will do this*