

 **STOP**FoodWaste.ie



WORKPLACE SPECIFIC FOOD WASTE TIPS FOR YOU

TOMORROW'S LUNCH SORTED!



For dinner, serve food in dishes in the centre of the table and let people take what they need. We're more inclined to save leftovers from a serving dish than from someone's plate.

GET BLENDING



Smoothies are a brilliant way to use up fruit that may be past its best and they're a healthy breakfast for a busy life on the go.

HALF-PORTIONS



Eating out for lunch? Consider asking for a half portion if you're not feeling up to a big meal in the middle of the day. Lots of places offer half-portions, even if it's not on the menu.

#LIVINGYOURBESTLIFE



When planning and shopping for your lunches, be realistic about what you actually eat. Committing to eating nothing but kale will probably result in lots of wilted leaves in the fridge by Friday. We're not saying to boot the bootcamp, just add a pinch of realism!

LOVE YOUR LUNCHBOX



Getting yourself a nice lunchbox can make bringing in leftovers feel a bit more glam.

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SPECIFIC FOOD WASTE TIPS FOR YOUR WORKPLACE

SHARE SHELF



Designate an area of the fridge, counter or cupboard that's for sharing. Any food left there is fair game.

TRY TRAYLESS DINING



Several studies into food waste in canteens have found that removing trays can reduce plate waste by up to 30%. Smaller plates can lead to less waste too.

WORKPLACE CATERING



If there's often food left over after catered events in work, consider ordering food for a few less people than expected. Experiment with this until you find what the balance is. In many cases, ordering for only 80% will do the trick!

EMBRACE THE VULTURE CULTURE!



If there are leftovers from catered events, encourage attendees or staff to take food away. Nobody wants to appear greedy, filling their pockets. Create a culture where food is valued in your workplace. Your share shelf might come in handy here!

SEGREGATE FOOD WASTE



Over a third of the general waste from offices is food waste. Although not legally required, getting a brown bin at work makes sure food waste is responsibly managed and reduces its environmental impact.