

**Let's face up to  
food waste**



The  
**Stop Food Waste Challenge**

Saving you food and money

 **STOP**FoodWaste.ie

# The Stop Food Waste Challenge

## 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.

Day-to-day it might not seem like much but when added up, food waste is a big problem both for your pockets and the planet. No matter what your situation, there will always be something you can do to reduce waste. By taking small individual actions, we have the potential to make a big impact on food waste.

The Stop Food Waste Challenge brings people together to learn and share ideas about how to reduce food waste. By thinking and talking about food waste together, we can come up with changes that work for us.

## What is the Stop Food Waste Challenge?

**THE STOP FOOD WASTE CHALLENGE IS A COMMUNITY BASED TRAINING PROGRAMME THAT HELPS PEOPLE REDUCE HOUSEHOLD FOOD WASTE.**

**THE CHALLENGE INVOLVES FOUR 1-HOUR MEETINGS THAT TAKE PLACE OVER 4-6 WEEKS.**

  
**STOP**  
**FOOD**  
**WASTE.IE**



# Saving you food and money!

The topics covered during the four meetings include:



**Awareness** of what food is being wasted, and the reasons why



**Storing** food to ensure that you make the most of what you have bought



**Planning** of meals and using your shopping list



New ways of **cooking**, serving and reusing the food that you have in your home.



Understanding how smart **shopping** can help reduce food waste



Dealing with unavoidable food waste and the many methods of home **composting**.

***“By working through this programme we hope participants will reduce their food waste and save as much as €60 a month”***

## Who will deliver the training?

The Stop Food Waste Challenge is delivered by a team of experienced facilitators across the country.

## How to organise a Challenge

If you or your community are interested in taking part in a Stop Food Waste Challenge, email us at:

**[info@stopfoodwaste.ie](mailto:info@stopfoodwaste.ie)**





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The Stop Food Waste Challenge is a fun and interactive course that teaches participants practical skills to reduce food waste and save money.

Find out more about the Challenge online at  
[www.stopfoodwaste.ie](http://www.stopfoodwaste.ie) or contact us at  
[info@stopfoodwaste.ie](mailto:info@stopfoodwaste.ie)