

Cooking tips to reduce your food waste!

Make the most of the food you have

Base meals on ingredients already there
rather than buy more.

Be flexible

Don't have a specific ingredient?
Try substituting something else.

Get creative

Look online for recipes that combine the ingredients you have.

Know your Dates

Use-by dates are about safety
you can use or freeze food right up
until the use by date.

Best before dates are about quality
food past its best before date
is still safe to eat, so trust your
judgement.

Perfect your Portions

Measure out what you'll need
use cups, spoons or a scales.

Serve food in bowls and platters
let everyone choose the amount
they want to eat.