

# Shop better to reduce your food waste!



## Before You Shop

Make a meal plan

Check what food you already have

Create a shopping list – written or on your phone

## Shop Smarter ... in-store

Stick to your plan, avoid special offers

Don't shop when you're hungry

Check the dates on fresh food

## Shop Smarter ... online

Add to your online order as you go

Check previous orders

Book your slot ahead of time



meal plan

monday: \_\_\_\_\_

tuesday: \_\_\_\_\_

wednesday: \_\_\_\_\_

thursday: \_\_\_\_\_

friday: \_\_\_\_\_

saturday: \_\_\_\_\_