



BLACKROCK CHRISTMAS FOOD WASTE CHALLENGE

TIPS AND ADVICE TO SAVE YOU MONEY THIS CHRISTMAS



Know your waste

To Stop food waste first become aware of what and how much you throw out.



1 Separate your food waste
Put your food waste into a separate container to see how much you really waste.



2 Record your waste
To remember the food you throw out why not make a note of it.



3 Identify the reasons
If you know why you're throwing out food you can work towards stopping it.

Planning

Good planning makes life easier, saves you money and reduces food waste.



1 Know your cupboard
Before you step outside your door, know what you already have!



2 Make your plan
By using meal plans and recipes to suit your needs, you will save money.



3 Write your list
A properly planned shopping list will save you time and stop food waste!

Shopping

This is one place you waste food before you even buy it... Buyer beware.



1 Before – be prepared!
Know what you need before you go and don't shop on an empty stomach!



2 During – be strong!
You have your list, stick to it and beware, bargain buys often go to waste.



3 After – how much have you saved?
Shorter receipts? lighter bins? have a look and see what you have saved.

Storage

Make the most of what you've bought, and give your food a good home.



1 Store it right
Knowing the right place for the right food is half the battle.



2 Use it right
You bought it, make sure you use it. Know your dates, don't get caught out.



3 Make it last
There are many great ways to preserve your food but do you know how?

Cooking

Now to the tastiest part of stopping food waste. Bon Appetit!



1 Proper Portions
An overloaded plate leads to an overloaded bin - know your portions.



2 Serving and reuse
Learn the magic art of the loaves and fishes!



3 Random Recipes
There are many ways to cook a spud, check out stopfoodwaste.ie.