

# WORLD FOOD DAY

## HOW TO LIMIT FOOD WASTAGE.

- 1.** Plan your meals in advance and shop accordingly.
- 2.** Store your food according to the instructions on the packaging and take note of the 'best before'/'use by' date.
- 3.** Prepare the correct quantity of food.
- 4.** Store leftovers in GLAD wrap or resealable bags and place in the freezer.
- 5.** Get creative with leftover recipes.
- 6.** Compost kitchen waste.

