

Make Your Food Provision Last

Eat well • waste less • make food last



WHEN IT ARRIVES



USE FIRST

Fresh food, opened packets, cooked food and chilled items with the shortest dates.



USE THIS WEEK

Bread, vegetables, dairy products and other foods that will keep for several days.



STORE FOR LATER

Tinned, dried, unopened long-life and frozen foods that can form later meals.



Start with what you have, then buy only what is missing.



BUILD MEALS FROM WHAT YOU HAVE



Tinned tomatoes + mince or beans + pasta = **PASTA SAUCE**



Potatoes + sausages + frozen vegetables = **BANGERS & MASH**



Tuna + pasta + sweetcorn = **TUNA PASTA**



Rice + vegetables + chicken or beans = **RICE BOWL**



Soup + bread + a little grated cheese = **QUICK LUNCH**



SMALL HABITS THAT HELP



USE-ME-FIRST AREA

Keep a small box or shelf in the fridge for food that needs using soon.



FREEZER LIST

Record what is frozen, the date and how many portions are available.



LABEL IT

Write the food, date and number of servings before it goes into the freezer.



FREEZE IN TIME

Freeze suitable food by its use-by date and follow the pack instructions.



MAKE IT GO FURTHER

Use fresh and short-dated food first. Save tinned, dried and frozen ingredients for later in the week.