

Shop Smart, Waste Less

Eat well • waste less • make food last



6 SMART HABITS

- 1 Check the fridge, freezer and cupboards before you shop.
- 2 Plan four or five main meals and leave room for leftovers.
- 3 Write a list and add quantities, not only ingredients.
- 4 Compare the price per 100 g, kilogram or litre.
- 5 Choose ingredients that can be used in several meals.
- 6 Treat an offer as a saving only when you will use it all.



A short list helps you stay focused and makes impulse buys easier to spot.



BEFORE YOU BUY

ASK FOUR QUICK QUESTIONS

- ✓ Can I afford it now?
- ✓ Can I store it safely?
- ✓ Will I use all of it?
- ✓ Can I divide and freeze it?



KNOW YOUR DATES



USE-BY

About food safety

Do not eat food after its use-by date. Cook or freeze it on or before that date and follow the storage instructions.



BEST BEFORE

About food quality

Food may still be suitable after this date when stored correctly, although its taste or texture may be less good.



COMPARE THE REAL PRICE

A bigger pack is only better value when:

- ✓ the unit price is lower
- ✓ you have room to store it
- ✓ you will use it in time
- ✓ you can safely freeze the extra



OFFERS & YELLOW STICKERS

Only buy them when you can eat, cook or freeze the food in time. A multi-buy is not a saving if part of it is thrown away.



MAKE IT GO FURTHER

Own-brand, loose, frozen and tinned foods can cost less. Compare the unit price rather than assuming one option is always cheaper.