LOUGHBOROUGH

# FOOD PLANNER

Over seven million tonnes of food is wasted by homes in the UK every year. We can avoid much of this simply by planning meals and shopping more wisely.

According to Love Food Hate Waste, planning what we eat can save households up to £70 a month – and you can say goodbye to all that extra packaging!

- Spend some time before you go shopping to plan what you are going to eat for the week.
- Have a quick look at what you already have that needs using up and build this into your menu before you shop.
- Plans change, and that's OK! You will still reduce food waste overall.

| | BREAKFAST | LUNCH | DINNER |
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Cans, dried rice and pasta, and dried pulses such as lentils and chickpeas keep in the cupboard much longer than plastic pots in the fridge. These can also be used flexibly to make a meal from leftovers!

Buy locally and seasonally – embrace ugly veg that may not be bought otherwise.

Love your leftovers and compost what you really can't eat – local councils often have deals on compost caddies!

Plastic fantastic – plastic keeps food fresh for longer and its impact on the environment is far less than wasted food – make use of resealable packs for food such as cheese, sliced meat and frozen packs of fruit and vegetables.

Make use of food waste segregation schemes where available.

## GROCERIES

- **Eat less red meat to reduce** greenhouse gas emissions.
- **Learn your labels** – best before dates are just a guide: use your senses! Swap meals round if some foods need eating up.
- **Make use of your freezer to extend the life of food.**
- **Remember to put lids on pans** – this will save energy as heat can't escape as easily.
- **Cook less food rather than more** – if you're hungry later have a snack, this is better than cooking too much and throwing it away.

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