

Food Waste Elimination? Challenge Accepted!

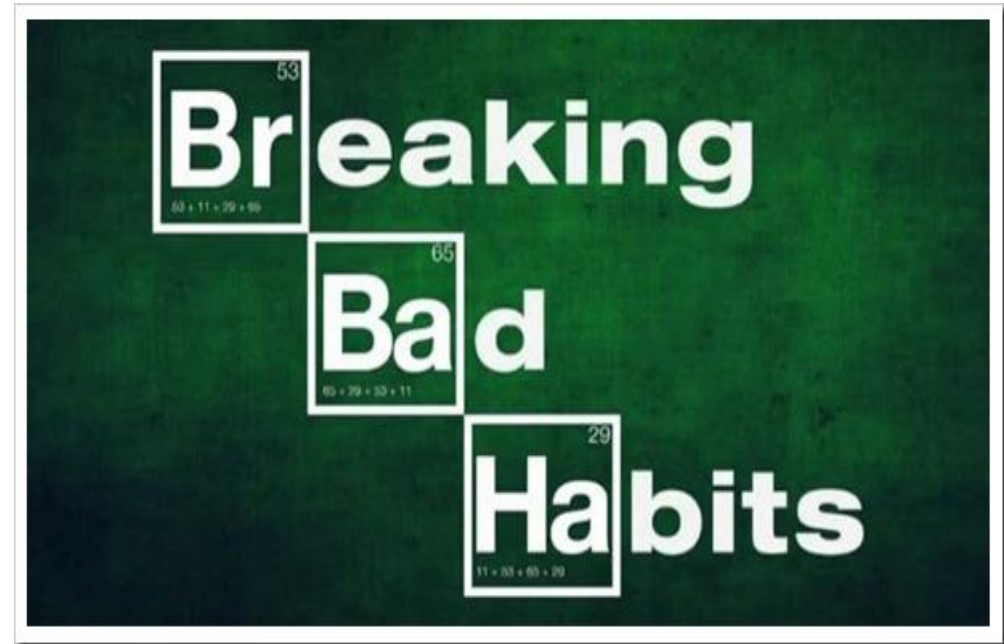


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Global food waste in numbers



Habitual Behavior



Tips against food waste

At home:

- **Plan** home-made meals on weekly basis, choose recipes and calculate ingredients
- **Combine** ingredients for different meals
- **Train** yourself to recognize spoiled food! Do not be so strict on following the “best before” dates on products
- **Check** regularly your cupboards and the fridge for unfinished food
- **Use** properly-closing containers to store food, avoid their original packages
- **Keep** each product in the correct place: in cupboards, fridge or freezer, not everything on the counter
- **Check** regularly the fridge’s and freezer’s temperatures and clean them often
- Do not **stash** large quantities of frozen food and write dates on each package before storing

Tips against food waste

At the grocery store:

- Always go to the store with a **list**
- Stick to your **weekly plan** and buy quantities accordingly
- Do not make your trips to the store while **hungry**
- Check **expiration dates** and choose the lengthiest possible
- Avoid **discounts** and bigger packages of food with short expiration periods such as dairy, meat, bread
- Take as much fresh vegetables and fruits you **NEED**, based on your regular diet, no more

Tips against food waste

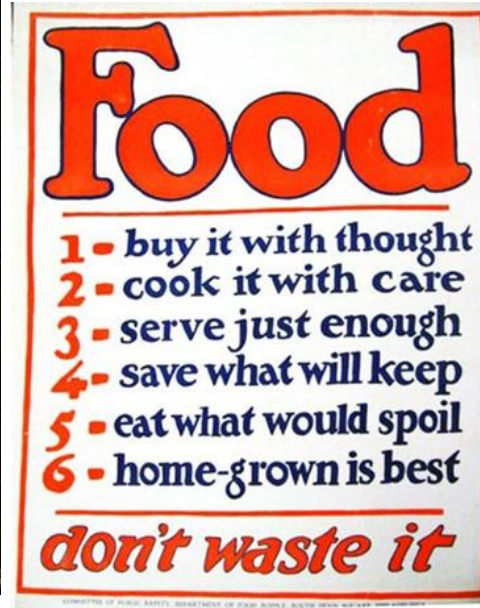
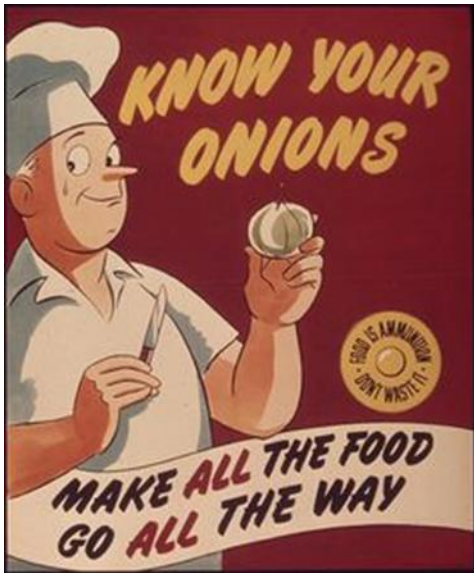
At the restaurant/coffee shop:

- Take as much food as you **WANT** and not as much as you **CAN** have – especially applicable in open buffets!
- Do not **overestimate** the capacity of your stomach
- Make your orders more **specific**, choose only those foods that you like and do not leave **uneaten food** in your plate
- Get a “**doggie bag**” whenever you are unable to finish your portion

Anti-food waste campaigns

- <http://www.thinkeatsave.org/>
- <http://www.lovefoodhatewaste.com/>
- <http://www.toogood-towaste.com/#!campaign/c240r>
- <http://www.fao.org/save-food/en/>
- <http://savethefood.com/>

Anti-food waste campaigns in USA and Canada during WWI, WWII



Thank you for your attention!