



# TOP TIPS TO FIGHT FOOD WASTE

#StopFoodWasteDay  
[stopfoodwasteday.com](http://stopfoodwasteday.com)

## PLAN AHEAD AND DON'T OVER BUY

- Use up what's in your fridge and pantry
- Plan your meals
- Make a list before you shop

## THE FREEZER IS YOUR FRIEND

- Batch-cook and freeze portions
- Freeze bread and other leftovers
- Label items with the date and use them in order

## GET CREATIVE

- Experiment with what you have in the fridge
- Try making bubble and squeak or colourful frittatas from leftovers
- Use odd bits of vegetables to make wholesome soups