



Let's reduce food waste!



...not making too much.



...covering and storing food to eat the next day.



...buying what we need.



...using leftovers to make other meals.



We can reduce food waste by...

...checking the date on the label and using food in time.



...freezing leftover bread.



...measuring ingredients.



...planning our meals.



...storing food correctly.



Why is food wasted? How can we stop wasting food?



Did you know that in the UK we throw away over 7 million tonnes of food and drink every year - the same as **225,000** double-decker buses full!

Why not investigate the food you have at home and what you could turn it in to? Go to <http://england.lovefoodhatewaste.com/content/warburtons> or <http://scotland.lovefoodhatewaste.com/content/warburtons> or <http://wales.lovefoodhatewaste.com/content/warburtons> and explore rescue recipes, perfect portions, savvy storage and super top tips.

© Warburtons 2016. This poster has been produced by Warburtons in collaboration with the British Nutrition Foundation. For more information, go to: www.warburtons.co.uk/corporate/teaching-resources

