LOUGHBOROUGH

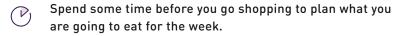
FOOD PLANNER

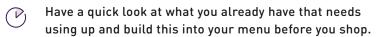


Over seven million tonnes of food is wasted by homes in the UK every year. We can avoid much of this simply by planning meals and shopping more wisely.

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!









	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.



