



SAVE up to **£720**

a year on your food costs by
following our **4 steps to save**

Win a meal out and
a cooking experience



4 steps to save

1

Plan

Check what you have

- Before shopping, take a look at what you have in and what needs eating.
- Use this as the basis for 4-5 days of your weekly meal plan.
- Leave a day or two blank to get creative with leftovers, or be flexible if your plans change.
- Armed with your meal plan, write your shopping list based on what's already in your fridge, freezer and cupboards. Only buy what you actually need.

Top wasted items? Milk, bread, salad, bananas and fresh veg. Move older items to the front of your shelf to make space for new items at the back. Check the WorthSaving webpage for ideas with these ingredients.



2

Shop

Buy what you need

- Got your shopping list? Don't start shopping without it! Research shows it can save you up to £11 per shop.
- Can't find a key ingredient? Look up common ingredients to swap out what you need for what you have, e.g. plain yoghurt works well if you don't have crème fraiche.
- Shop after eating... surveys show you're more likely to buy stuff you don't need if you're hungry.

Sense check special offers. Will it all be eaten? If it goes in the bin it's not a bargain.



It's easy to give food waste the chop just by tweaking what we do.

3



Store

Keep fresh for longer

- Most fruit and veg do well in the fridge – but keep bananas at room temperature.
- Use your freezer! It acts a 'pause' button for keeping food fresh, especially items that go off quickly like bread or batch-cooked food.
- **Use-by dates** are about food safety to keep you well, but **best before dates** offer advice only. It's ok to eat past this date.
- Seal bags with a food clip, or put food in a Tupperware container to keep from going stale.
- Have an 'eat up' shelf for food ready to go into your meal plan.

Keep your fridge at 5°C or lower to help food stay fresher for longer.

4



Eat

Use it all up

- Cooking too much is one of the top reasons food gets thrown away.
- Only cook what you need by thinking about portion sizes. A great guide to help is the WRAP portion planner: <https://recipes.lovefoodhatewaste.com/portion-planner>
- Save time and money by cooking extra to save for another meal.

Got an item that needs eating? Search for a recipe with it in to get creative with your bread, potatoes and other veg.



In Hertfordshire, 66 million platefuls of edible food were thrown away last year, costing each household up to £720.



That's bananas!

It's easy to change our wasteful habits... just follow the **Four Steps to Save**.

Analysis of Hertfordshire rubbish bin waste in 2020 found on average

24%

was edible food. Over a year, that's 4 trolleys worth per household.



Win a meal out on us

Sign up to our **free 5-week newsletter** packed full of ideas and hacks to help you save food and save money - and the chance to win a **meal out on us** along with a **fabulous cooking experience** with a local professional chef.

Visit our webpage or follow us for more tips and hacks to save you money.



www.wasteaware.org.uk/worthsaving
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