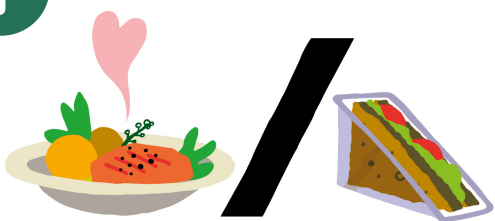




BECOME A FOOD WASTE HERO!

Inspire your friends and family to change the way they shop, cook and eat to minimise food waste.

1



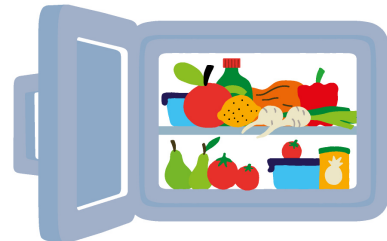
Always use what you have first

2



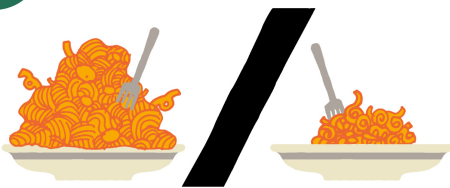
Shop smart: Only buy what you need

3



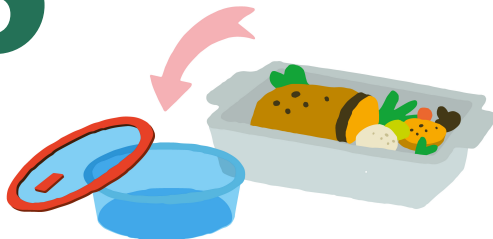
Put the foods that expire first to the front of the fridge

4



Avoid serving too much food

5



Keep your leftovers for later

6



Take home your restaurant leftovers

Illustrations: felixgodefroy.com

7



Get creative with your leftovers to minimise waste

DID YOU KNOW?

1/3 of world's food is wasted every year. When wasting food, we hurt the planet, disrespect the farmers who grow our food and waste natural resources!

8



Understand and pay attention to date labelling

9



Share extra food with others

10



Use technology (e.g. apps) to help you reduce food waste

In partnership with:



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