

# Planning



1



## plan your meals

- make a **weekly meal plan** using a printable template or meal planning app
- remember to **consider potential eating out occasions** or when you will eat any leftovers
- visit food blogs or go through old family recipes for **inspiration**

2



## know what food you have at home

- check your fridge**, freezer and cupboards frequently so you don't forget what's there
- make a note of what you have** or take a photo before you go shopping

3



## keep a food waste diary

- track** what food you waste, how much and for what reasons
- get to know your **food waste habits** to help you avoid wasting in the future

4



## plan a 'use it up' meal

- check what foods need to be **used soon**
- use a recipe book, app or internet search to find **ideas to combine random ingredients**

5



## make a shopping list

- include **the amounts** you need for each meal

