

# Shopping



1



choose fruit and vegetable options that are often overlooked

- ✓ **canned and frozen** fruits and vegetables are just as nutritious as fresh but **last longer**
- ✓ **Buy lonely fruit and vegetables.** When they are sold in bunches, the single ones are less likely to be bought
- ✓ **Give imperfect or 'ugly' fruit and vegetables a chance** – they taste just as good!

2



check the use-by and best-before dates

- ✓ **Use-by** refers to food safety. Foods should not be eaten after that date
- ✓ **Best-before** refers to food quality. Foods are often still safe to eat after that date, if they still look, smell and taste good

3



check for discounted foods near their expiry date

- ✓ only buy them if you **have a plan** to use them
- ✓ or **freeze extra food** as soon as you get home so you can use it later

4



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

5



stick to your shopping list

- ✓ only buy **what you need**
- ✓ **resist impulse purchases** for which you don't have a plan

