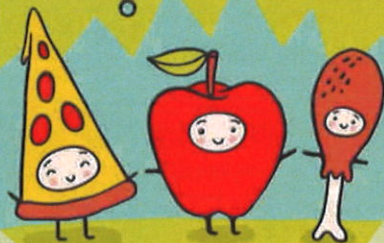




ADOPT SUSTAINABLE FOOD SYSTEM TO REDUCE FOOD WASTE

REDUCE.
FOOD
WASTE



AT HOME

1. Plan meals ahead of time:

By planning what meals you will be cooking for the week, you can buy only the necessary ingredients and reduce wastage before it gets used.



2. Use leftovers creatively:

Leftovers can be turned into new dishes.



3. Compost:

Use a compost bin and turn waste into manure and use in your garden.



4. Freeze Food:

Freezing food is a great way to extend shelf life.



AT SHOPS/MARKETS :

1. Shop Smart :

Make a shopping list before going to the grocery store. Stick to the list and avoid impulse buys.



2. Buy only what you need :

Buy the portion what you can realistically consume before it spoils.



3. Check Expiry Date :

Always check the expiry dates to eliminate wastage due to short shelf life.



AT WORK PLACE/SCHOOLS/COLLEGES/UNIVERSITIES :

1. Raise Awareness :

Educate employees, students and staff members about the importance of reducing food waste.



2. Conduct food waste audits :

Regular assessment of food waste in cafeterias, canteens and other dining areas will help to plan for waste reduction strategy.



3. Provide storage and reheating facilities :

Facilities such as refrigerators and microwaves will encourage individual to save and consume leftovers.



DONATE EXCESS FOOD

If you have surplus food that you know you won't consume, donate to the needy people to reduce food waste.

AT CAFES, RESTAURANTS AND HOTELS :

1. Carefully plan menu to minimize food waste
2. Monitor and track food waste regularly to control wastage.
3. Provide comprehensive training to staff members on food handling, storage and waste reduction techniques.
4. Use locally available seasonal vegetables to reduce the risk of excess purchase which may be wasted before use.
5. Display signage to educate customers about the importance of minimizing food waste.
6. Encourage customer to take home the leftovers. Keep provision in the menu for smaller portion to reduce wastage and price too.

