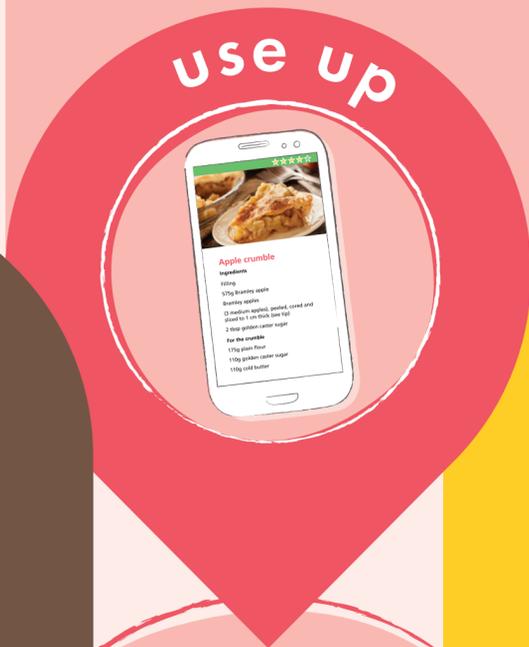


**Store** food in the best place to keep it fresher for longer.



**Use up** food by transforming it into other tasty meals.



**Labels** are important. 'Use By' is about food safety and should be followed but 'Best Before' is just about the quality of the food not the safety.

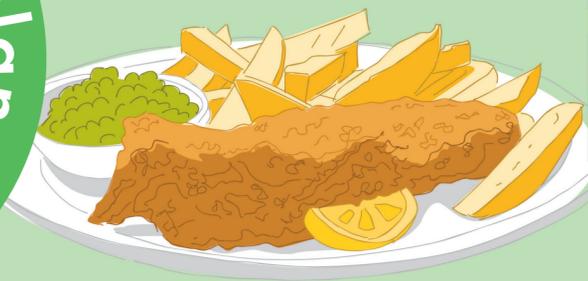


**Freeze** things you want to save for another day.



# Food saving actions

**Plan** what meals you are having this week and how you'll use everything up.



**Check** your cupboards and shelves before going shopping...why not take a photo of your fridge so you don't end up with too much?



**Portion** properly. Don't take what you can't finish.



**Wrap** food that needs a little extra help and don't leave open packets uncovered!

