

MEAL PLAN

Reducing your food waste starts with a meal plan and a shopping list.

Start small – plan three dinners a week plus one ‘eat what you can find’ night. Check what you already have in your fridge, freezer and pantry. Write your shopping list using your meal plan and try to stick to the list when shopping.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SHOPPING LIST