

Want to save food, money and the environment? **Tick off the following every time you shop:**

1

## Make a meal plan

### Planning what you're going to eat for the week ahead can:

Minimise your food waste

Save you money

Reduce the amount of times you need to go to the shops

Reduce dinner time stress

Help you maintain a diverse and balanced diet

Reduce the amount of time you spend shopping

### The Food Know How Weekly Menu Plan and Shopping List

Our tool will help you plan your meals and shopping for the week ahead. We'll give you great recipes that use up food you already have in your kitchen. By creating a customised and ready-to-go menu plan and shopping list it will help you cut down your food bills and reduce your household waste.

2

## Write a list and stick to it

### Write a shopping list

You can avoid the temptation of buying unnecessary items and special deals that you don't need. Before you write your shopping list, look for recipes that use up food you already have in your kitchen. Make sure you write the quantities you need and check what's already in your fridge, freezer and cupboards before you add items to your list.

### Have an item you always waste?

Commit yourself to buying smaller amounts more frequently. That way, it's easier to use up everything in your kitchen and you can restock whenever you need.

3

## Shop locally and in season

### Buy seasonal produce

It's a great way to get fresh food. If it's grown locally, it also minimises the distance your food travels before it reaches your plate. This often helps to make your food last longer, which will save you money.

### Shop at your local farmers' market

You can find out what's in season in your area and you'll be supporting your local growers. Another great way to eat local food is to grow your own!



### Remember

We're all different – meal planning should be flexible and suited to your lifestyle, so make a plan that works for your household.



### Remember

Buying in bulk isn't cheaper if half of it ends up in the bin.  
Buy only what you can realistically eat before it expires.



### Remember

Save plastic – don't forget to take your own reusable shopping bags every time you shop.