How to avoid food wastage
Prepare your shopping list

VIRTUAL COLLEGE

A grocery list can help you save money – if you stick to your list you are less likely to impulse purchase which could lead to waste if you don't actually need it.

Prepare your Shopping list

- Save you time to save you wondering and thinking "what should I have for dinner tonight"
- Helps with waste, if you buy too much and don't eat in time.
- Meal planning take time to figure out needs vs wants. Research new recipes.
- A grocery list can help you be healthier, keep track of what you're eating.
- Don't go shopping hungry.

its not a bargain unless you need it!

Say no to BOGOFS

Although the BOGOF promotions have proven to be very successful, it is believed that buying one more than consumers need can lead to wastage, especially in the case of perishable food

Statistics from research carried out in the UK (2011) shows that;

Promotional waste

30%

of shoppers are concerned with food waste.

14%

of shoppers are totally turned off by multi-buy promotions.

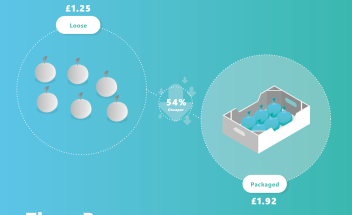
26%

of shoppers said they would prefer if multi-buy promotions did not take place on fresh food lines.

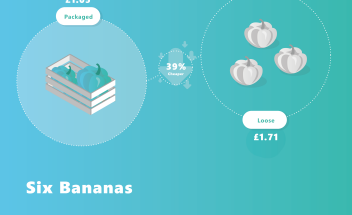
Loose VS. Packaged

On average, you can save yourself money when buying your fruit and vegetables but you need to keep a close eye on whether it is cheaper to buy them loose or pre-packaged

Six Apples



Three Peppers



Six Bananas

Summary

The conclusion

It is very easy to spend a lot of money unnecessarily when you are doing your food shop. Hopefully, by using our tips and suggestions, you can help save yourself money and ultimately help reduce food waste.

www.virtual-college.co.uk
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