



#YOUR ONE THING



SAY NO TO FOOD WASTE

DID YOU KNOW?

A third of all edible food in South Africa is never consumed and ends up in landfills, adding pressure to an already over-extended waste system. Meanwhile, millions are without enough food to eat.

HOW TO REDUCE FOOD WASTE

Plan your meals and always check fridge stock before grocery shopping.

Buy only what you will consume.

Prepare the right quantity of food (not too much) and do not serve more than can be eaten.

Freeze leftover or surplus food for later use.

Store fresh produce where it is easy to see.

Reuse any packaging that can be used for an alternative purpose and recycle.

Use vegetable waste for composting.

Get curious about where your food comes from, knowing the journey it takes - helps us to value our food more.

Understand date labels. 'Sell by' is information for the grocer, not for the customer. Food past its sell-by date is generally still good to eat for a few days. When in doubt, sniff!

Save water.

THE AMOUNT OF WATER USED WHEN FOOD IS WASTED



Throwing away half your **hamburger** is equal to a **60-minute shower** with a water-efficient shower head.



Leaving a mouthful of **steak** on your plate equates to running your **dishwasher 22 times**.