



6 WAYS TO SAVE FOOD

THROWING AWAY LESS FOOD IS EASY

SPOILAGE

Food that is damaged or out of date such as vegetable spoilage

1

SMART ORDERING

Check your stock and purchase only what you need. Buy smaller portions of fresh produce, order more often. Support local – you'll get fresh seasonal produce that lasts longer.

2

SAVVY STORAGE

First in, first out!
Store newer items at the back to ensure older items are used first. Label and date new supplies as they come in. Use airtight containers or cling film to keep ingredients fresh – or freeze them.

PREPARATION

Food that is thrown away during preparation, such as offcuts

3

SMART MENU

Explore ways of using the same ingredients for different dishes. Use cooking methods for meat, fruit and vegetables and herbs that make the most of ingredients. Be creative by using leftover ingredients and offcuts.

4

ESSENTIAL SKILLS

Empower staff and train them on how to throw away less food safely. Review preparation schedule and food handling procedures. Remove less popular or time consuming dishes from your menu.

PLATE

Food that is left on customers' plates such as chips and garnishes

5

RIGHT PORTION SIZES

Offer portion size and side dish options as well as takeaway doggy boxes.

6

ENGAGE CUSTOMERS

Let your customers know about the work you are doing to save food from being thrown away and ask what they think. Find out what food they don't like and leave it out of their meal.

The Guardians of Grub materials were originally developed by WRAP under the Courtauld Commitment 2025 for the 'Your Business is Food; don't throw it away' campaign. We would like to thank Love Food Hate Waste New South Wales and FoodSave London for their permission to reproduce some of the materials.

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