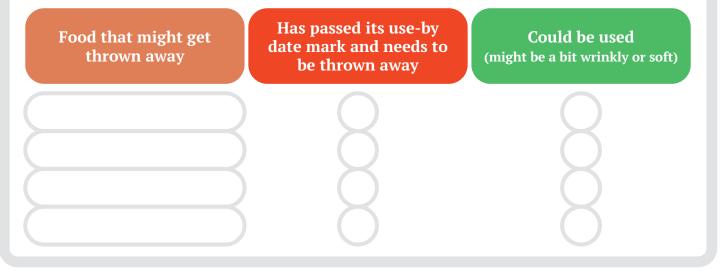


Do a food waste survey at home and find ways to use food wisely.

## Task

Before someone at home goes shopping to buy food, ask them to help you look at what is left in the fridge and identify what might get thrown away when the new shopping arrives.



## Task

After a meal, record the food that has been left over and ways to stop this going to waste in the future. Here are some ideas:

