

NOTHING GOES WASTED!

7 STEPS AGAINST FOOD WASTE





In Greece **300.000** tones of food get thrown away from our households annually!



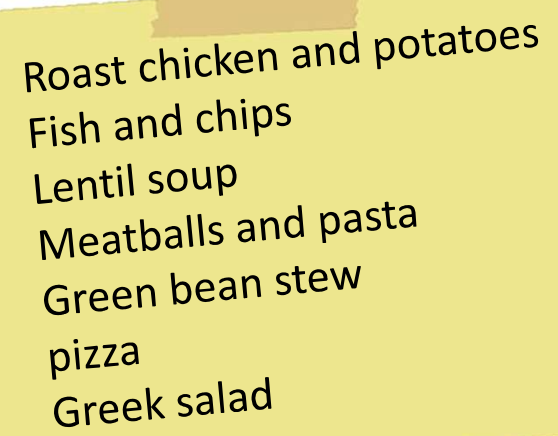
SAVE FOOD



- 01 Plan.
- 02 Check.
- 03 Label.
- 04 Use up.
- 05 Wrap.
- 06 Store.
- 07 Freeze.

1. Plan

Make lists – that way you know what to buy and what you have to use up



Roast chicken and potatoes
Fish and chips
Lentil soup
Meatballs and pasta
Green bean stew
pizza
Greek salad



2.Check

Check what's in your fridge before you go shopping



Not sure?
...take a picture!

3.Label

What is written on the label can tell you the expiry date and the country of origin



'Best before' dates give you an idea of how long foods will last before they lose quality.



Foods marked with a 'use-by' date must be consumed before or on that date

Not sure?

...trust your senses, smell and texture are indicative of product quality

4.Wrap

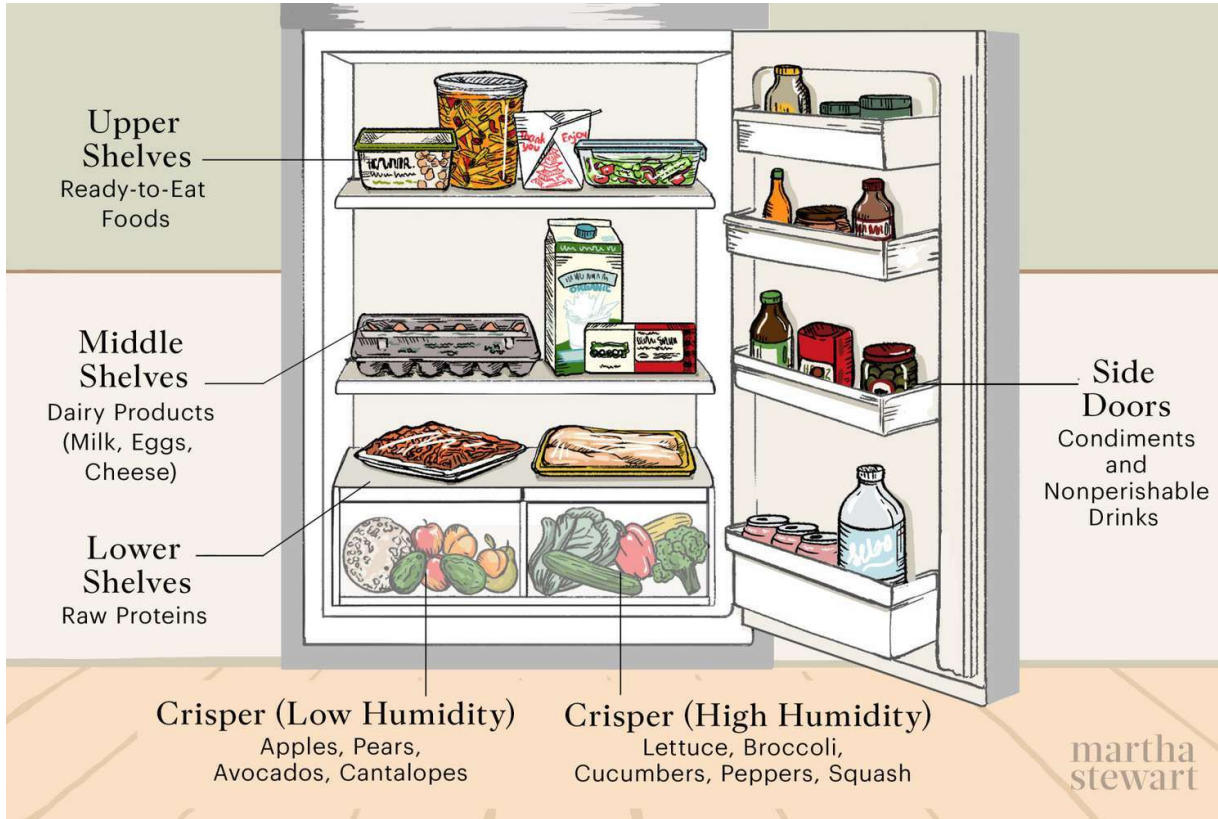


Wrap the open food to avoid spoilage

Do you want to reduce single use plastics?

...the answer is re-usable containers!

5.Store



put food in the right places to keep it fresher for longer.

Did you know?

...The high temperature on the top of the fridge makes it unsuitable for food & drink storage

6. Use up

Use up your ingredients in delicious recipes



Use up your leftovers in a creative way

Even **scraps** – turn them into compost

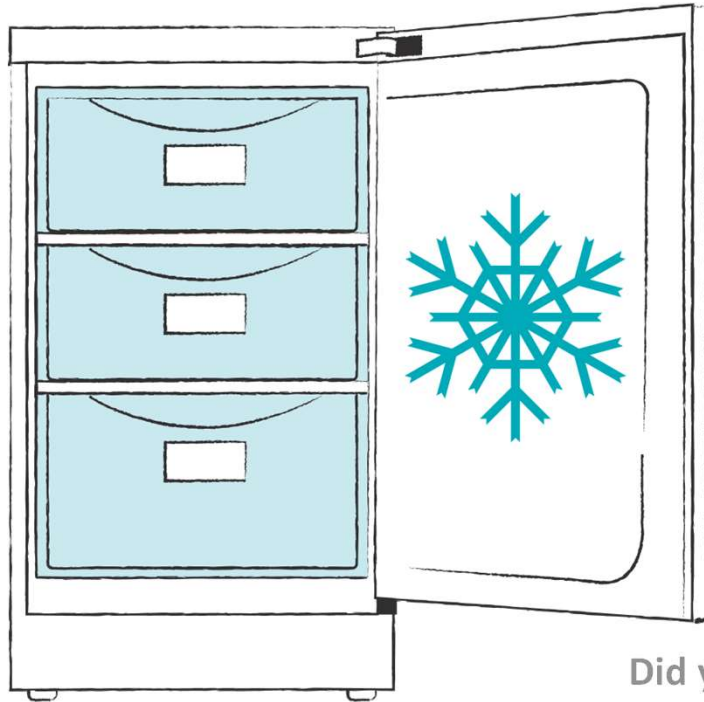
Hungry?

Portion your food and if you have a lot of leftovers consider donating!



6. Freeze

Stick any surplus or leftovers in the freezer



Did you know?

... That way you have more time to eat it!

...most food can be frozen, even baked beans!

Thank you!



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