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## 10 tips for preventing food waste

### 1. Shop smart

Plan your week's supply before you go shopping (especially for foods that goes off quickly, such as fruit, vegetables, dairy products and meat)

Make a shopping list (check the fridge beforehand, what's left?)

Do not be tempted by bargains and promotions (those who buy when they're hungry usually buy more and often too much)

Choose to buy small amounts of products that go off quickly, but more often

### 2. Regional and seasonal items in the shopping basket

Pay attention to regional and seasonal ingredients (if certain types of fruit and vegetables are in season, there can be a large or even oversupply, which, in the worst-case scenario, will end up in the biogas plant)

### 3. Cook properly

Portion correctly before cooking (it is often small leftovers that lead to food waste. Two leftover potatoes or two or three tablespoons of rice – not enough for the next meal. Or you deliberately cook more so that it is worth using the leftovers for another meal)

### 4. Plate up small portions

What is left on the plate almost always ends up in the bin. If you're still hungry, get more. So, what is not eaten stays in the pot and you can still eat it the next day.

### 5. Use leftovers

Use up leftovers with a little imagination and creativity (in a salad or in a clear soup, many foods can be used the next day. Cooked vegetables can often be made into a fine pasta sauce)

Anyone who has trouble estimating amounts should schedule one day a week as a leftover day. This saves additional time that would otherwise be spent cooking.

### 6. Use your senses to check the shelf life

The expiry date on many packets is just a guide. When it comes to salt or pasta, you can usually safely ignore that information (seeing, smelling, tasting helps to determine whether expired food is really no longer edible)



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## **7. Choose the right packaging**

Store appropriately, for example, in the fridge, and use the right packaging to ensure a much longer shelf life.

## **8. Load the fridge properly**

The following applies to all shelves in the fridge: Old items to the front, new foods to the back. By doing so, older foods are not forgotten about, but are consumed.

Regularly check the fridge and looking for “fridge remains” also prevents food waste.

The correct temperature for the fridge is between +2 and +5 degrees. However, temperatures in the fridge differ: While it's 5 degrees in the middle, it's more like 8 degrees at the top and 2 degrees at the bottom. In the vegetable drawer, on the other hand, it's 10 degrees, just like in the shelves on the inside of the fridge door.

## **9. Freeze food instead of throwing it away**

Allow cooked food to cool down as quickly as possible, for example, in a cold water bath or on the windowsill or balcony in winter. After that, they can be frozen.

When freezing, take care when working out the right portions. Especially with meat, but also with vegetables such as pumpkin, mushrooms or asparagus, it makes sense to portion the amount according to how much of it you will need later. Because once thawed, food should not be refrozen.

Too much oxygen in the freezer bags means that even frozen food can go off or turn rancid more quickly.

Write a good label on the bag or container stating what is in it and when it was frozen. So an overview is visible.

Frozen food can usually be stored for at least two months.

## **10. Use old bread**

Bread is probably one of the foods that most often ends up in the bin.

Baguette or rolls from the day before? No problem. You can put old bread in the toaster, in the oven (moisten bread with a little water, wrap in aluminium foil and bake in a preheated oven at approx. 150°C for 3-5 minutes) or dried as breadcrumbs.