

HOW TO BECOME A FOOD SAVER

Tips to combat food waste

Stick me to the fridge right away

Often good longer

If stored properly, food is often still edible even after the best before date (BBD) has passed. Trust your senses: If the product still smells, looks, and tastes normal, you can probably still eat it. Caution: You should strictly adhere to the BBD when dealing with foods like fish or meat.

Green tip:

If you are going to use the food you purchase right away, why not choose a pack with a lower remaining shelf-life at the supermarket?



Store correctly

Depending on the type of food, you should keep it in different parts of your fridge.



We have to stay outside: 🍌 🍌 🍌 🍌 🍌 🍌 🍌

Tip for energy-conscious people:

Always let food cool down before putting it in the fridge. Why? Because the fridge uses more energy to cool it down.

Meal plan & Shopping list

Plan your meals a few days in advance. This will enable you to shop with purpose and helps avoid unnecessary waste of food, time, and money. Because let's be honest - who doesn't hate the daily question „what are we having for dinner?“?!



Serving size table

Sometimes, your eyes are bigger than your hunger. With our handy serving size table, you'll always have the right quantities at a glance.

	as main course/ person	as side dish/ person
Pasta	80-100g	50-70g
Rice	80-100g	50-70g
Potatoes	300g	150-200g
Vegetables	300g	150g
Soup	400ml	200-250ml
Couscous	150g	60g
Lentils	100g	50-70g