### Reasons Why Food is Wasted in Households Instead of Being Eaten

<table>
<thead>
<tr>
<th>Reason</th>
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<tbody>
<tr>
<td>Not keeping track of stock at home</td>
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<tr>
<td>Shopping behaviour (buying too much, not sticking to a shopping list)</td>
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<tr>
<td>Too much prepared, cooked or served</td>
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<tr>
<td>No ideas for cooking (especially when dealing with leftovers)</td>
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<tr>
<td>Wrong storage / treatment of food e.g. in fridge</td>
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<tr>
<td>Incorrect interpretation of sell-by / best before date</td>
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<tr>
<td>Missing knowledge about preserving methods</td>
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<tr>
<td>Lacking awareness and knowledge about environmental and social impacts of food waste</td>
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### Food Supply Chain

- **Primary Production** (Factsheet #1)
- **Food Processing**
- **Retail** (Factsheet #2)
- **Food Service** (Factsheet #3)
- **Consumers** (Factsheet #4)
- **Waste Management** (Factsheet #5)
# SOLUTIONS

## HOW TO REDUCE FOOD WASTE AT HOME

### KEEP TRACK OF THE FOOD YOU HAVE AT HOME

**SHOP SMART!**
- Plan your meals
- Buy less more often
- Use a shopping list
- Don’t shop hungry
- Be careful with special offers

**COOK SMART!**
- Cook the right amount
- Create creative dishes out of your leftovers
- Eat your leftovers

**EXTEND YOUR FOOD´s SHELF LIFE**
- Store food correctly
- Preserve and freeze it, if necessary

**DON’T BE CONFUSED BY EXPIRY DATES - TRUST YOUR SENSES!**

**SHARE YOUR SURPLUS OF FOOD** e.g. by joining/forming sharing initiatives

## HOW YOU CAN HELP OTHERS TO AVOID FOOD TO BECOME WASTE

### BUY B-MERCHANDISE ITEMS

### BUY DISCOUNTED PRODUCTS THAT EXPIRE SOON

### TAKE THE INITIATIVE AT BUFFETS OR IN RESTAURANTS
- Ask to take food home, bring your own reusable box
- Ask for a smaller portion or share
- Share your ideas with persons responsible

### INITIATE POSITIVE EXAMPLES IN YOUR NEIGHBOURHOOD

### FIND LOCAL FARMERS AND GO GLEANING

## BENEFITS

- **Save money!**
- **Be a better chef!**
- **Inspire others - become a role model!**
- **Contribute to environmental and climate protection!**
- **Act according ethical principles!**