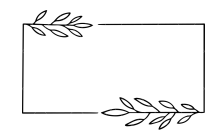


Further Food Waste Tips

For Poster 17

Try not to shop on an empty stomach. Hungry shoppers will nearly always buy things they don't need.



Try to avoid being influenced by store tactics such as scenting the shop with cooking aromas or placing treat items by the till queues.

If possible shop when your children are safely elsewhere. Children often demand items you don't need or can't afford.