

# Further Food Waste Tips

## For Poster 26

Some of us are far too ready to throw food away rather than repurpose, donate or dispose of environmentally. Many of us lead very busy lives with job and family commitments. Nearly all of us occasionally take the easy route of buying prepared meals, try to choose those presented in recyclable packaging.

If you are too busy to even give a thought to repurposing or environmental disposal perhaps the children could help or you could team up with a friend or neighbour. Look on our Facebook page for our food diary suggestions and fill one in if you have time.