

# USE IT UP DON'T THROW IT OUT

## SHOP WITH PLAN.

Check the fridge, spot  
Leftovers & buy  
what you'll use.

## LEFTOVERS = LIFE SAVERS.

Remix Leftovers  
into something  
yum. Boom dinner done.

## METHANE, NO JOKE!

Rotting food = Methane  
gas = Climate  
trouble. Save  
the planet!

## WONKY VEGGIES?

Still tasty &  
healthy. Cook it,  
eat it.

## SOMEONE IS HUNGRY...

1 in 9 people go hungry.  
Share it with someone  
or compost it for  
your garden.

## WASTED FOOD WASTES MORE.

Wasting food  
wastes money,  
effort, energy,  
water & time.



