

Are you a smart shopper?

Want to save food, money and the environment?

Tick off the following every time you shop:

Make a meal plan

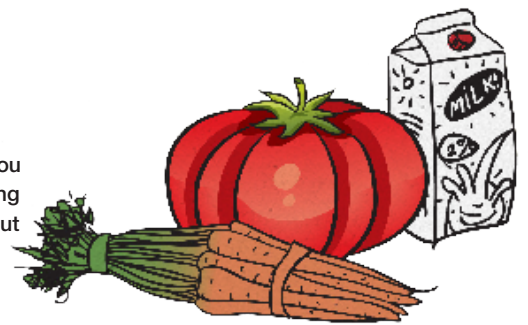
Planning what you're going to eat for the week ahead can:

- Minimise your food waste
- Save you money
- Reduce dinner time stress
- Help you maintain a diverse and balanced diet

THE DOSOMETHING! FOODWISE MEAL PLANNER

is an online tool which can help you plan for the week ahead. We'll give you great recipes that use up food you already have in your kitchen. By creating you a customised meal plan and a shopping list ready-to-go, it'll help to cut down your food bills and reduce your household waste.

REMEMBER: We're all different – meal planning should be flexible and suited to your lifestyle, so make a plan that works for your household.



1

Write a list and stick to it

WRITE A SHOPPING LIST You can avoid the temptation of buying unnecessary items and special deals that you don't need. Before you write your shopping list, look for recipes that use up food you already have in your kitchen. Make sure you write the quantities you need and check what's already in your fridge, freezer and cupboards before you add items to your list.

HAVE AN ITEM YOU ALWAYS WASTE? Commit yourself to buying smaller amounts more frequently. That way, it's easier to use up everything in your kitchen and you can restock whenever you need.

REMEMBER Buying in bulk isn't cheaper if half of it ends up in the bin. Buy only what you can realistically eat before it expires.



2

Shop local and seasonal

BUY SEASONAL PRODUCE It's a great way to get fresh food. If it's grown locally, it also minimises the distance your food travels before it reaches your plate. This often helps to make your food last longer, which will save you money. You can plan your meals around seasonality at FoodWise.com.au

SHOP AT YOUR LOCAL FARMERS MARKET You can find out what's in season in your area and you'll be supporting your local growers. Another great way to eat local food is to grow your own!

REMEMBER Save plastic – don't forget to take your own reusable shopping bags every time you shop.



3

Learn how to shop smart at DoSomething's Foodwise.com.au

