

Easy Peasy Food Saver Tips

LOVE  
FOOD  
hate waste

# HEY YOU! FREEZE!

Why not pop half your loaf of bread in the freezer when you get home from the shop.

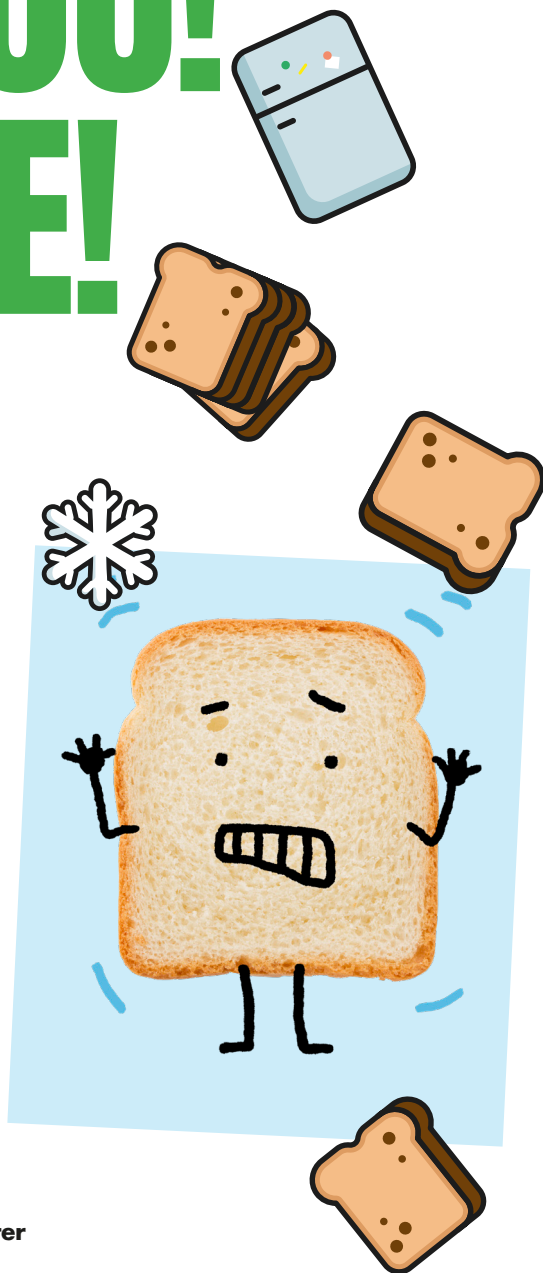
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You can then make toast straight from the freezer and never bin a slice again.

Why not create your own tasty toast topper snack? - share your amazing creation on social using **#MakeToastNotWaste**  
**#LoveFoodHateWaste**

## MAKE FOOD MATTER

[lovefoodhatewaste.com/MakeFoodMatter](https://lovefoodhatewaste.com/MakeFoodMatter)



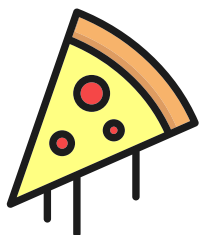
# CHILL OUT

A lot of food is chucked away as it's gone off and not been eaten in time.

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Chill your fridge out and keep it at a lovely cool temperature of **5 °C or below.**

Be the 'Chill the fridge' champion in your home by taking responsibility for checking the temperature weekly and keep an eye on the food in the fridge - what tasty meals can you make with food that needs eating up before it goes off?



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Visit **LoveFoodHateWaste.com** and use the handy fridge temperature tool to find out how to keep your fridge chilled and for delicious leftover food recipes.

**It's simple and easy!**

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# WHY NOT BUY LOOSE FRUIT AND VEG?

**Then you can buy only  
what you'll eat rather than  
buying a huge bag and end  
up chucking about half of  
them in the bin!**

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Learn how much fruit and  
veg to buy by using the  
'portion planner' tool on  
[LoveFoodHateWaste.com/  
portionplanner](https://LoveFoodHateWaste.com/portionplanner)

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