

Cutting down on food waste

Last year, 785,500 tonnes of food was thrown away, nearly equivalent to 2 bowls of food per person per day. Only 13 per cent was recycled. Here are some tips on how to reduce waste.

At home



- Plan meals according to what you have, and what's expiring soon.



- Use off-cuts of meat and vegetable stems or roots to make stocks.



- Cook a "use-it-up" meal every week where you use only what's already in your kitchen.

At the supermarket



- Check your kitchen before going grocery shopping to prevent duplicate purchases.



- Make a shopping list and keep to it.



- Look past the imperfections. Blemished fruits and vegetables can be trimmed and used for cooking.

When eating out



- Order only what you can eat.



- Ask for a smaller portion if you intend to eat less.

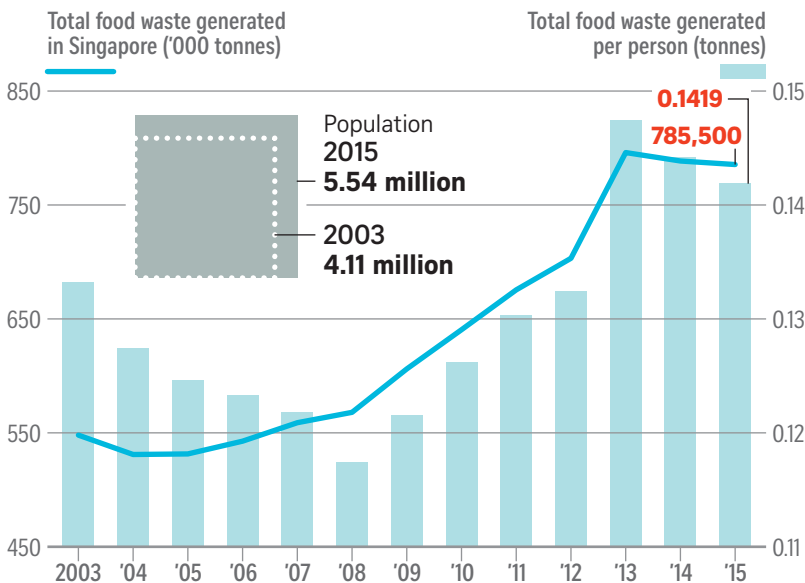


- Share your dishes.

Donate excess food to

- Food Bank Singapore Tel: 6831 5395
- Food from the Heart Tel: 6280 4483
- Fei Yue Community Services Tel: 6416 2162

Food waste at a glance



Sources: NATIONAL ENVIRONMENT AGENCY, DEPARTMENT OF STATISTICS SINGAPORE
STRAITS TIMES GRAPHIC