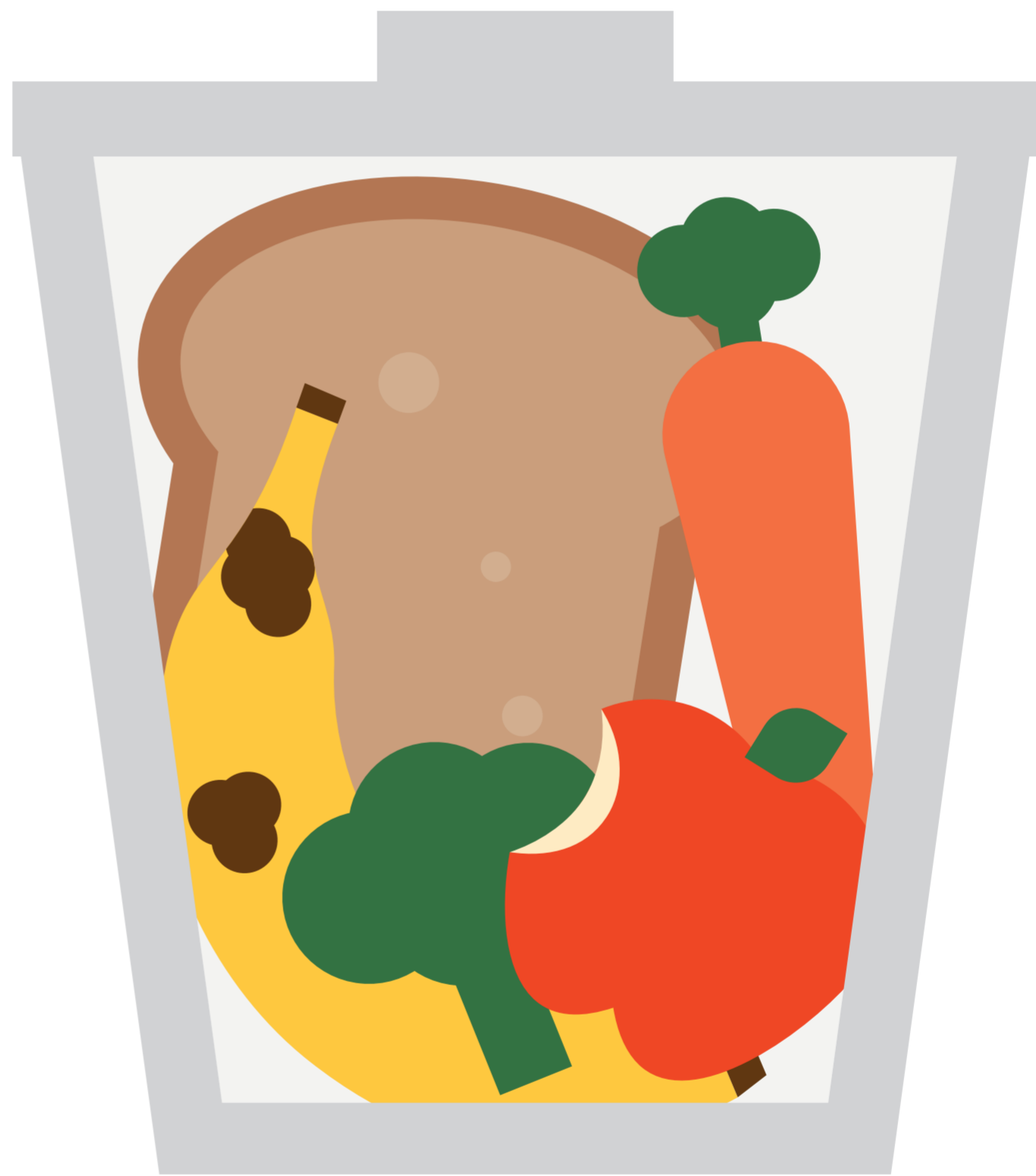


Eat well for you and the planet!

# Reduce food waste



## Know your portions

Aim for the right amount when you shop, cook and eat to avoid throwing food away

