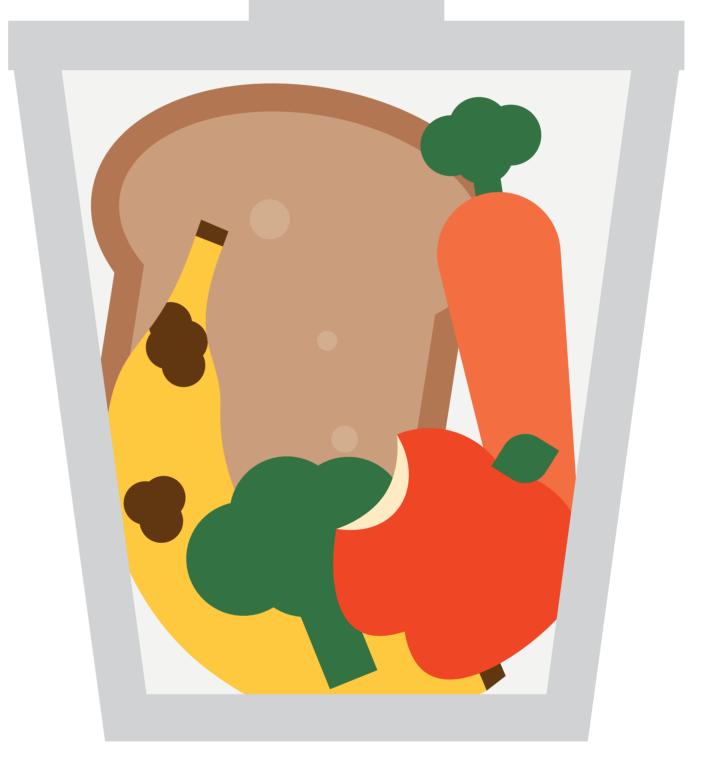


Eat well for you and the planet! Reduce food Waste



Know your portions

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

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