

FIGHT FOOD WASTE

MEAL PLANNER AND SHOPPING LIST

MONDAY	AMOUNT NEEDED	ALREADY HAVE
	FRUIT & VEG	
TUESDAY	BREAD & CEREALS	
WEDNESDAY	DAIRY & FROZEN	
THURSDAY	MEAT & FISH	
FRIDAY	NON-PERISHABLES	
SATURDAY	DRINKS	
SUNDAY	OTHER	

FOR MORE TIPS VISIT WWW.FIGHTFOODWASTE.ORG

