

Food Waste

What you should know

13 million South Africans go to bed hungry every night



We waste food by cooking or preparing too much or not using it before it becomes inedible

A third of all food in South Africa is never consumed and ends up in landfills



Producing the food we eat uses up to 15 times more water than what we use in our homes



Fruit and vegetables generate the highest levels of waste

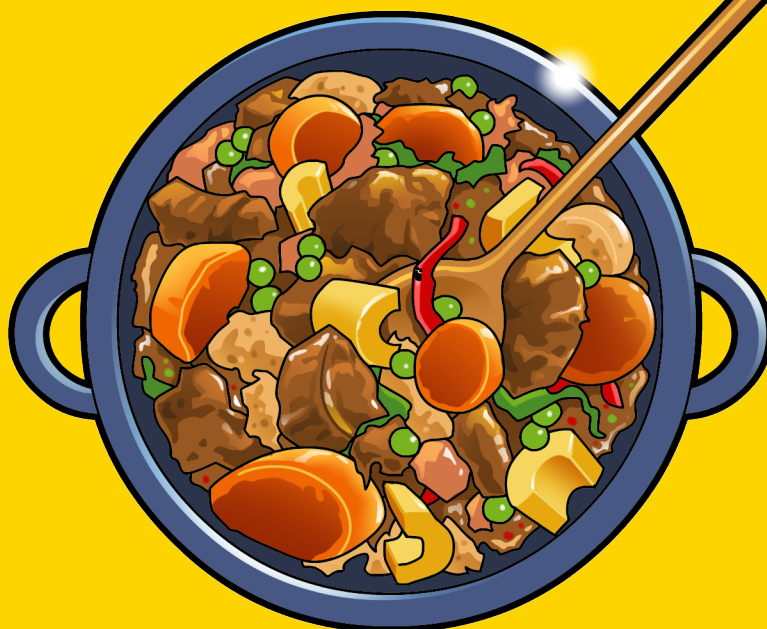


Three ways you can make a difference:

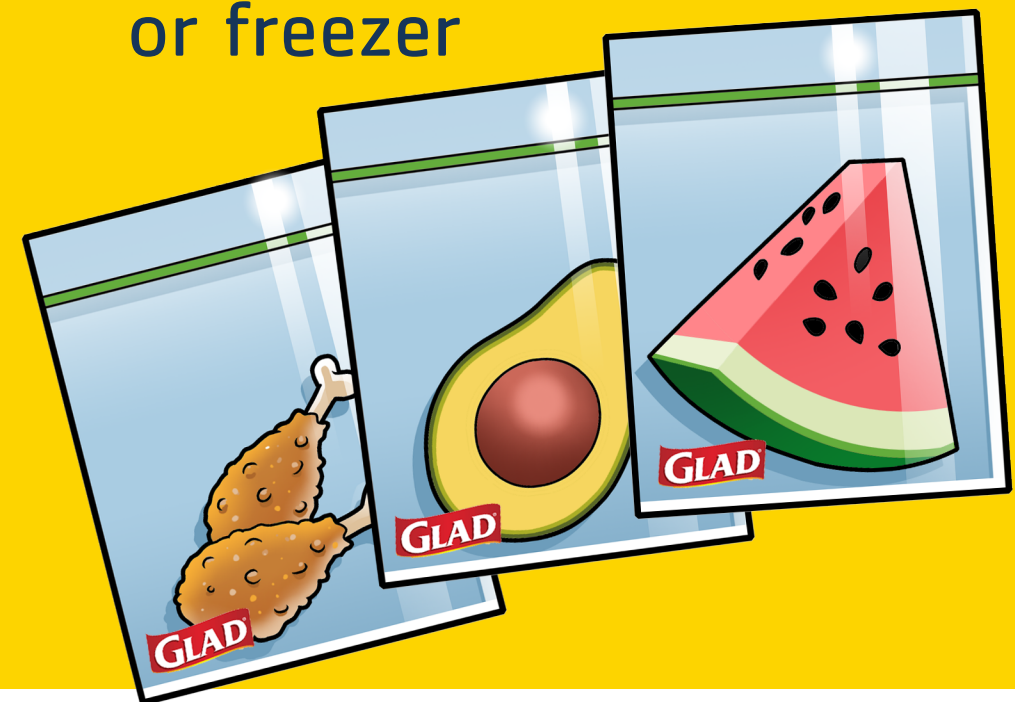
1 Plan your meals in advance



2 Prepare the correct quantity of food



3 Store leftovers in GLAD wrap or resealable bags and place in the fridge or freezer



KEEP APPLES FRESH
UP TO 3X LONGER*



KEEP WHAT YOU
LOVE FRESH

Pick n Pay
School Club