

Food is a precious resource



South African households waste up to

R22-million
of food a year!



13-million

people go to bed hungry every night in South Africa.



The average person throws away

7 times

their own body weight
in waste every year,
half of which is food
and garden waste.

Take care to waste less food.

Storing your food properly can make it last much longer to help you save money and reduce waste.

Love food more, waste it less



Making a compost bin

With a simple compost bin, you can recycle most of your organic household and garden waste and enrich your garden's soil at the same time. It's also a great way to help the environment.

- To make a compost bin, you will need:
 - A plastic garbage bin with a lid
 - Garden waste – lawn clippings, dead plant growth, old plants
 - Dry waste – straw, shredded newspaper
 - Kitchen waste – fresh scraps, no meat, no dairy
 - A watering can
- Cut the bottom out of a lidded plastic bin so that the compost is in contact with the ground
- Collect your different waste in GLAD Refuse Bags. When you have enough waste, layer it in the bin – dry waste, then kitchen waste, then garden waste
- Water well and close the lid
- When you add more kitchen waste, make sure to add a dry waste layer on top and water well
- When the bin is full, give it a good mix
- Your compost is ready when the waste has broken down completely and is dark and flaky



keep your lettuce
fresh up to 3x longer*



*based on moisture loss data and visual appearance compared to no protection

Pick n Pay
School Club