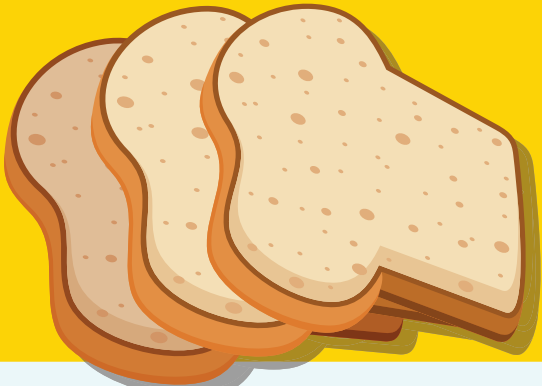


Wasting food is wasting water

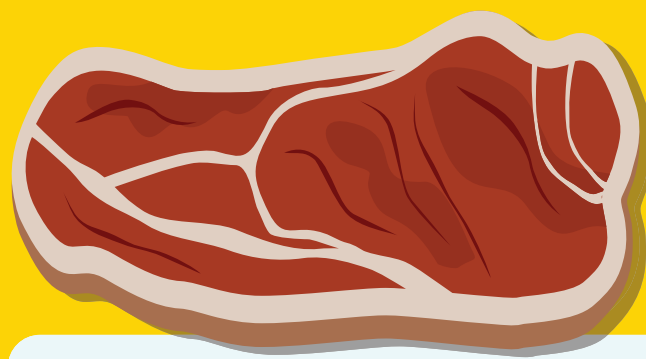
HOW MUCH WATER IS NEEDED TO PRODUCE...?

1 slice of bread



40 litres

1 beef steak



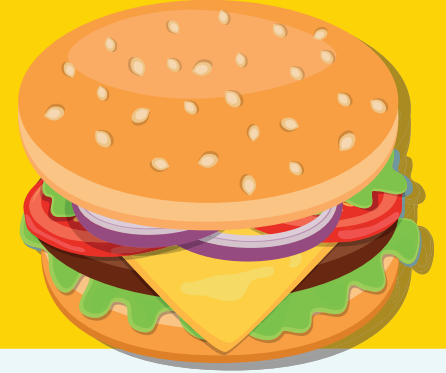
7 000 litres

1 apple



70 litres

1 hamburger



2 400 litres



This means that our food choices have a large impact on the amount of water needed to produce those foods.

Knowing how much water is needed to produce a particular food item or beverage means you can make better choices for the benefit of the environment.

Lettuce



237 litres

Bottle of water (1ℓ)



3 litres

Tomatoes (per kg)



214 litres

1 egg



135 litres



Reduce Food Waste!

Take care to waste less food and the water it has taken to produce it.

There are two main reasons that good food is thrown away:

- We cook or prepare too much
- We don't use it before it becomes inedible or goes 'off'

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



Love food more, waste it less



keep your avocados
fresh up to 3x longer*



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

Pick n Pay
School Club