

**Let's face up to
food waste**



The
Stop Food Waste Challenge

Saving you food and money

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Why do we need to stop food waste?

We all waste food. Plans change, we prepare too much, leftovers go off in the fridge, we forget about the stuff in the bottom of the freezer.

Day-to-day it might not seem like much but when added up, food waste is a big problem both for your pockets and the planet. No matter what your situation, there will always be something you can do to reduce waste. By taking small individual actions, we have the potential to make a big impact on food waste.

The Stop Food Waste Challenge brings people together to learn and share ideas about how to reduce food waste. By thinking and talking about food waste together, we can come up with changes that work for us.

What is the Stop Food Waste Challenge?

THE STOP FOOD WASTE CHALLENGE IS A COMMUNITY BASED TRAINING PROGRAMME THAT HELPS PEOPLE REDUCE HOUSEHOLD FOOD WASTE.

THE CHALLENGE INVOLVES FOUR 1-HOUR MEETINGS THAT TAKE PLACE OVER 4-6 WEEKS.


STOP
FOOD
WASTE.IE



Saving you food and money!

The topics covered during the four meetings include:



Awareness of what food is being wasted, and the reasons why



Storing food to ensure that you make the most of what you have bought



Planning of meals and using your shopping list



New ways of **cooking**, serving and reusing the food that you have in your home.



Understanding how smart **shopping** can help reduce food waste



Dealing with unavoidable food waste and the many methods of home **composting**.

“By working through this programme we hope participants will reduce their food waste and save as much as €60 a month”

LOCATION

St Joseph's Pastoral Centre,
Monaghan Town,
Co. Monaghan.

DATES

28th March, 4th April, 11th April
18th April

TIME:

7.30pm for approx.
1 hr 30 mins each night.

Please register your interest
in attending by email
mkelly@monaghancoco.ie or
by telephone on 087 4157385





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The Stop Food Waste Challenge is a fun and interactive course that teaches participants practical skills to reduce food waste and save money.

Find out more about the Challenge online at
www.stopfoodwaste.ie or contact us at
info@stopfoodwaste.ie