

FRIDGE CHECKLIST



IN THE FRIDGE

eg. Mushrooms

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USE BEFORE

eg. Friday 24/11/23

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Scan to learn more about reducing food waste



 **BRIGHT IDEA**
Freeze any extra food to keep it fresh and minimise waste.

PLAN AHEAD
Writing use-by dates helps with meal prep!

 **REMINDER**
Did you remember to pack your shopping bags?