

FAMILY MEAL PLANNER

YOUR FRIDGE
is
YOUR FRIEND

Check what's in your fridge so you can eat food you've already got before its 'use by' date.
Don't forget leftovers, they could make another meal, but make sure you eat them within 2 days.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							



KEEP FOOD SAFE &
MAKE YOUR BUDGET GO FURTHER

Learn about labels: food.gov.uk/foodsafetyweek
Make the most of your food: lovefoodhatewaste.com

