

What are the foods we throw out?

Salads



Almost 50% of what we buy we throw out

Fruit & Veg



Almost 25% of these are thrown out

Bread



20% of bread and bakery is wasted

Meat & fish



10% of these expensive products get dumped

Yogurts & dairy



10% of these go down the drain

Potatoes



This is the vegetable that we waste most

Bananas & Apples



These are the fruits we waste the most

So when you're shopping or eating, watch out for these foods especially and you will save twice:

- by buying less food
- by having less to dispose of



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