

Anti-Waste Checklist

Cuisi'Frigo - cuisifrigo.com

Before shopping

- Take stock of your fridge and pantry
- Plan 3 to 4 meals for the week
- Write a list and stick to it
- Never shop hungry

After shopping

- Move older items to the front, new ones to the back (FIFO)
- Portion and freeze meat right away
- Wash and dry herbs, keep them in a glass of water
- Write expiry dates on a visible board

Every week

- One 'empty the fridge' meal to use up leftovers
- Turn tired vegetables into soup or sauce
- Stale bread = croutons, breadcrumbs or French toast
- Freeze anything you won't eat within 48 hours

Bonus tips

- Overripe bananas: pancakes or banana bread
- Egg whites freeze very well
- A squeeze of lemon brightens any leftover
- Snap a photo of your fridge with Cuisi'Frigo for instant recipe ideas

