

FAMILY MEAL PLANNER

YOUR FRIDGE
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.



BREAKFAST

LUNCH

DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



KEEP FOOD SAFE &
MAKE YOUR BUDGET GO FURTHER

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

