



*Anti  
gaspi*



# 8 GOLDEN RULES FOR WASTING LESS FOOD

**antigaspi.lu**

Together against food waste



THE GOVERNMENT  
OF THE GRAND DUCHY OF LUXEMBOURG  
Ministry of Agriculture, Food and Viticulture



ZERO  
WASTE

# ANTIGASPI GOLDEN RULES

## 8 GOLDEN RULES FOR LESS WASTE IN EVERYDAY LIFE!

Food waste in households is not the result of intentional consumer behaviour. It's rather a matter of actions based on a lack of information, usually linked to the transportation of fresh products from supermarkets to home, interpretation of expiry dates or the correct food storage.

If you follow these 8 golden rules you will consume better and throw away less. These are 8 simple steps that will allow you to quickly and significantly reduce the amount of food that you throw away.

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- ☒ POTATOES
- ☒ CARROTS
- ☒ SALAT
- ☒ PEARS
- ☒ APPLES
- ☒ CAULIFLOWER
- ☒ STRING BEANS
- ☒ MILK
- ☒ EGGS
- ☒ CHEESE
- ☒ HONEY
- ☒ BREAD



# Nº1

## SHOP WISELY

### PLAN YOUR SHOPPING IN ADVANCE AND BE CAREFUL WITH SPECIAL OFFERS.

Prepare weekly menus, check what food you still have in your cupboards and only buy what you really need. Choose regional and seasonal products, as they have not travelled a long way and are therefore fresher and better for your health and for the environment.

Some shops offer discounts on food that is about to expire. Come and grab some! This way you can help fight

food waste and save money. However, only buy these products if you are really going to use them.

Only choose special offers where you pay less by buying more (such as 3 for the price of 2 or 20 % extra free) if you actually need all of it or if you can freeze the product. Otherwise, you will waste money as well as food.

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# N°2

## GIVE UGLY VEGGIES A CHANCE!

### **DEFORMED FRUIT AND VEGETABLES ARE JUST AS FRESH AND HEALTHY AS THE MORE APPEALING ONES.**

More than 50 million tonnes of fruit and vegetables produced in Europe will never be put up for sale in a supermarket because they do not meet the required standards.

Yet these ugly fruits and vegetables can still be eaten without a single problem. They are just as fresh and healthy as the ones without defects.

If they are used to make a compote, smoothie or soup, their appearance is irrelevant since their quality and taste are not affected.

The farmer has put in as much effort into an ugly product as into a standardized one. If an apple has a damaged tip, just remove it; no need to be picky.

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# N°3

## DO NOT BREAK THE COLD CHAIN

### MANY FOODS KEEP FRESH FOR LONGER WHEN KEPT COLD.

**When shopping:** make sure that fresh and frozen food is not exposed to room temperature for longer than absolutely necessary.

**On the move:** carry fresh food in a cool bag to keep it cool.

**At home:** stock the fridge correctly, according to the different temperature zones, to make sure that food keeps fresh for longer.

Put products with a shorter expiry date at the front where you can see them, and use them first.

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**READY MEALS,  
CAKES**

4 - 7 °C

**CHEESE**

4 - 7 °C

**YOGHURT, CREAM,  
MILK**

0 - 4 °C

**MEAT, FISH,  
SAUSAGES**

0 - 4 °C

**FRUIT, VEGETABLES**

8 - 10 °C

**EGGS, BUTTER,  
JAM**

10 - 12 °C

**SAUCES**

10 - 12 °C

**DRINKS**

10 - 12 °C



# N°4

## STOCK THE FRIDGE CORRECTLY

### THE FRIDGE IS THE IDEAL PLACE TO KEEP FRESH FOOD.

A fridge has different temperature zones. Certain foods keep better in a particular area, such as the vegetable drawer or the fridge door.

Adjust the temperature of your fridge to a maximum of 5°C for the middle shelf. Harmful bacteria can grow at higher temperatures.

Keep leftover food in clear containers in the fridge, put it at the front so as not to forget about it and consume it within three days.

Apply the principle for perishable foodstuffs that those at the front are to be consumed first. Put newly bought products behind those that you already have.

Keep the fridge completely clean to avoid a build-up of bacteria. That is why the fridge must be cleaned once a month.

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# N° 5

## STORE FOOD CORRECTLY

### STORAGE HAS A GREAT IMPACT ON THE SHELF LIFE OF FOODSTUFFS.

The way food is stored determines its shelf life. It depends, among other factors, on light, oxygen and storage temperature.

Check out [antigaspi.lu](http://antigaspi.lu) to find out how to store different foods in the best way: dry - away from light - tightly closed - cold or frozen!

Keep your storeroom, pantry and cupboards clean and free of crumbs and food scraps.

This is the only way to prevent parasites from multiplying and contaminating foods.



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**“BEST BEFORE...”:  
USE YOUR SENSES**

☒ look  
☒ smell  
☒ taste



**USE BY DATE  
(UBD)**

**“TO BE USED BY...”**

**DATE OF MINIMUM  
DURABILITY (DMD)**

**“BEST BEFORE ...”**

# N° 6

## CHECK THE SHELF LIFE

### IT IS IMPORTANT TO UNDERSTAND THE DIFFERENT EXPIRY DATES CORRECTLY.

#### **“Use by...”**

Food can pose a risk to health if consumed after the use-by date. Once this date has passed, the product in question is to be considered to be unfit for consumption and must no longer be frozen. Examples of this type of product include meat or fish.

#### **“Best before...”**

This type of expiry date is used by the manufacturer to indicate that the product will retain its quality and taste until the date shown. Foods with this type of expiry date can often still be consumed after that date. Check, smell and taste them to see if they are still good. Examples of this type of food include pasta, biscuits, coffee, rice, etc.

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# N°7

## **DON'T TAKE TOO BIG A PORTION!**

### **DON'T BITE OFF MORE THAN YOU CAN CHEW.**

In restaurants or canteens, do not order more food than you can eat. At a buffet, it is better to serve yourself several times from small plates than to waste food.

If you have ordered too much in a restaurant, don't hesitate to ask to take your leftovers away, for example in an Ecobox.

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# N° 8

## BE CREATIVE WITH LEFTOVERS

**AVOID HAVING LEFTOVERS, IF POSSIBLE.  
IF YOU DO HAVE THEM,  
USE THEM AGAIN.**

Leftovers can be used for other meals very easily. There are no limits to how creative you can be. Here are a few examples: make fruit purées or smoothies with bruised fruit, make

soups with leftover vegetables, turn old bread into breadcrumbs, make a sandwich with leftover fish or meat, or prepare a salad with cooked potatoes, pasta or rice.



[www.antigaspi.lu](http://www.antigaspi.lu)

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