



*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



ANTIGASPI GOLDEN RULES

8 GOLDEN RULES FOR LESS WASTE IN EVERYDAY LIFE.

Food waste in households is not the result of intentional consumer behaviour. Rather, it arises from actions based on a lack of information concerning the transportation of fresh products from the supermarket to their home, the interpretation of use-by dates or the correct way of storing foodstuffs.

If you follow these 8 golden rules you can eat more sustainably 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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N°1

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. Make use of it!

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.

A large part of the fruit and vegetables produced in Europe will never make it to the 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 by their shape.

The farmer has put as much effort into an ugly product as into a standardized one. If an apple has a damaged spot, 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 an insulated 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 First In, First Out principle to perishable foodstuffs. Put newly bought products behind those that you already have in stock.

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 to find out how to store different foods in the best way: dry - away from light - in an airtight container - 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 unfit for consumption and must no longer be frozen. Examples of this type of product include fresh 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 small plates than to waste food.

If you have ordered too much in a restaurant, don't hesitate to ask to take your leftovers home, 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 very easily be used for other meals. There are no limits to your creativity. Here are a few examples: make fruit purées or smoothies with damaged fruit, make soups with

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



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