

Let's all work together to reduce food waste!!



starting
today!

3 ways to reduce food waste



1. For immediate consumption, pick items that have 『sooner best-by-dates』

- If you plan to eat the food immediately after purchase, actively choose products that are nearing their expirations or best-before dates. This will help reduce food waste.

October is "Food Waste Reduction Campaign Month."
October 30th is
"Food Waste Reduction Campaign Day."



As an Akita dog, picking items from the very front gets my "Pawprint of Approval!"

2. All taste 『no waste』

While at home

- Please eat the food you've prepared as soon as possible while it's still delicious.
- If you have leftover food, try remaking it or finding other creative ways to use it.

When eating out

- Please take care to consider portion size at the time of picking your order from the menu.
- Let's enjoy and finish all the food you ordered.
- If you can't finish your meal, ask the restaurant staff about taking it to-go.



3. 『Use all ingredients』 without waste

- Check what you already have at home so as to buy only what you can use up.
- Let's plan ahead and use up all the ingredients you have at home.
- Cook with a zero-waste mindset by using every edible part.
- Understand the characteristics of different foods to store them properly.

