

# Together Against Food Waste

Building a Sharing Community



INDIA

**55 kg**

of food wasted at home per person every year\*

INDIA

**78 million**

tonnes wasted by our households in a year\*

WORLD

**1.05 billion**

tonnes of food wasted in one year

1

# Plan before you buy

Food we do not need is food we will throw away.

Do we need this?



**Check your kitchen first**



**Make a list and stick to it**



**Buy a big pack only if you will finish it**

2

## Store it right

Food we can see is food we remember to eat.



**Keep older food in front**



**Use airtight boxes and covered bowls**



**Put cooked food in the fridge within 2 hours**

3

## Cook and serve just enough

At home and at celebrations: full hearts, empty plates.



A little first. More later!



Measure rice, dal and  
atta for today



Serve a little first,  
take more later



For functions, plan  
quantities with the  
caterer

4

## Share, do not throw

Extra food that is still good belongs on a plate, not in a bin.



Share extra food while it is fresh and safe



Never share food that smells or looks spoiled



Turn peels and scraps into compost

**Plan. Store. Serve. Share. Start today, together.**

**Sources:** UNEP, Food Waste Index Report 2024 (figures for 2022; India figures are UN estimates from city-level studies). World Health Organization, Five Keys to Safer Food. FSSAI, Food Safety and Standards (Recovery and Distribution of Surplus Food) Regulations, 2019.