



FOOD

Sustainable food means producing more nutrition with fewer resources.

Leftovers are not rubbish. Throwing away food wastes the energy, water and resources used to grow it, ship it and sell it.



**WRITE
A LIST**

Making a shopping list lessens the chance of impulse buys or forgetting what we need.

Most of Hong Kong's food waste is disposed of at landfills together with other municipal solid waste (MSW). In 2019, 30% of the 11,057 tonnes of MSW disposed of at landfills each day were food waste, constituting the largest MSW category being landfilled.



**3,353
tonnes
per day**



**SHOP
SMART!**



SHOP FRESH, EAT FRESH

Heavily processed food, such as canned meat, can be more resource-intensive to produce. Get more for your money and cook from scratch with fresh seasonal ingredients.



**FREEZE
IT**

Freeze portion sizes of leftover food in air tight containers to eat later. In order to keep food in your fridge fresher for longer, ensure it is set at around 4°C or lower.



**PLAN
MEALS**

Planning meals and portion sizes reduces the chance of leftovers and food waste. In restaurants, ask to have your leftovers wrapped up to take home and enjoy later.



**SHOP
LOCAL**

Enjoy your local markets! Local food has a lower carbon footprint and is often cheaper! Find out more about local seasonal produce at:
http://www.vmo.org/en/index/page_order/item_products/