

HOW TO HELP FIGHT FOOD WASTE ON YOUR NEXT TRIP



Did you know that one third of all food produced in the world is either lost or goes to waste? Here are some do's and don'ts to help you reduce food waste during your next holidays.

Dos

Take away



Who doesn't like some late night snacking? If you can't finish your dish, ask the waiter to provide a take-away box. An even better option is to bring your own reusable box.

Refuse



If you are not planning on eating the complimentary starters (e.g., bread), feel free to tell the waiter not to bring them.

Support smart choices



Restaurants with a huge selection of choices from around the world on their menus are more likely to spoil food than those specialised in a few dishes.

Don'ts

Go all in at the buffets



Prefer to go more often to the buffet but take less food each time to make sure you can finish your plate.

Be shy to ask



The more you know about the dishes on the menu or buffet, the more likely you will get something you will like and finish it.

Forget your homework



More and more hotels and restaurants are committed to fighting food waste. Check their sustainability initiatives before booking to support this change.

Extra tip!

Use food sharing apps to give food leftovers a second chance (and your wallet a break!). There are many options around the world: Too Good to Go in Europe and the US and Yindii in Thailand are great examples.

