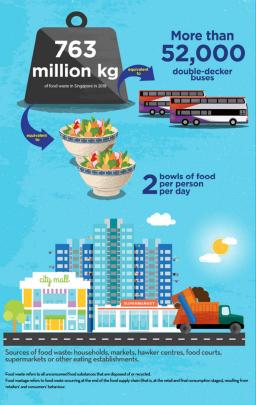## LET'S BUY, ORDER OR COOK JUST ENOUGH

In Singapore, we love food. But when we buy, order or cook too much, it leads to food wastage.

**763 million kg**
of food waste in Singapore in 2018

equivalent to

**More than 52,000** double-decker buses

equivalent to

**2** bowls of food per person per day

Sources of food waste: households, markets, hawker centres, food courts, supermarkets or other eating establishments.

Food waste refers to all unconsumed food substances that are disposed of or recycled.
Food wastage refers to food waste occurring at the end of the food supply chain (that is, at the retail and final consumption stages), resulting from retailers' and consumers' behaviour.

## LOVE YOUR FOOD @ SCHOOLS
### LET'S NOT BE WASTEFUL

Average household spending on food a year*

$14, 256

Throwing food away is wasting our hard-earned money, which could be put to better use.

*Report on the Household Expenditure Survey 2012/2013, Department of Statistics Singapore.

## WHAT CAN WE DO ABOUT IT?

We can reduce food wastage by practising good eating habits and encouraging our friends and family to do the same.

1. Order only what you can finish.

2. Ask for less rice/noodles if you can't finish them.

3. Say 'No' to side dishes you don't eat.

**Watch Captain Green's Eco Habits videos at cgs.sg**