

It pays to plan

Planning is a great way to save time and money. It takes the hassle out of thinking about what to cook every day and helps us enjoy food at its freshest.

1. In your team go through the listed actions below.
2. For every action you all do on a regular basis, give yourselves 2 points. If only one of you does it give yourself 1 point and if no-one does it then 0 points.
3. Discuss which of the planning actions had the most ticks and why.
4. Discuss which of the planning actions had the least ticks and why.
5. Share anything different you might do differently following this exercise.
6. The team with the most ticks is the winning team.

	Score
Check for leftovers that need using up	
Check what you already have in the fridge, freezer and store cupboard	
Check labels on food in fridge and cupboard for 'use by'/'best before' dates	
Think about how many people are eating on each day	
Decide how many days and meals you are shopping for	
Decide what you are going to eat/cook for each meal	
Plan to cook more and have it another day or freeze for another day	
Write a shopping listand take it with you And stick to it!	
Think about what you are going to do if you buy an unplanned bargain – freeze it, share it, eat it.	
Plan to use up/give away your fresh food before going on holiday	
Ensure that frozen leftovers are included in the plan	
Include a 'store-cupboard' meal in your plan in case your plans change	
Involve other household members in the meal planning (housemates, children)	
Total	

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SESSION GUIDE

Time

This session will take approximately 15 minutes, but can be made longer or shorter as required.

Delivery technique

Breakout groups or individual exercise, followed by group discussion.

Purpose

The purpose of this session is to draw attention to the practical things we can all do at home to plan meals, share ideas with friends and family, and discuss the benefits of planning. Planning is a key behaviour which Love Food Hate Waste promotes to help reduce food waste.

Session outline

1. Either individually or in breakout groups, hand out the 'It pays to plan' activity sheet and give everyone five minutes to complete the exercise.
2. Ask for a volunteer to feedback to the group.
3. Ask for feedback
 - Which of the planning actions had the most ticks and why?
 - Which of the planning actions had the least ticks and why?

This should bring you onto a discussion about the benefits of planning.

4. Emphasise the benefits of planning in relation to reducing food waste.
5. Close the session by asking everyone for one thing that they will start doing as a result of the session, or for a tip they have learnt. Note these down on flip chart or post-it note to be displayed for all to share.



Outcomes

Participants will be clear about which planning behaviours are important for making the most of our food and be able to identify which ones they can implement or pass on to others.