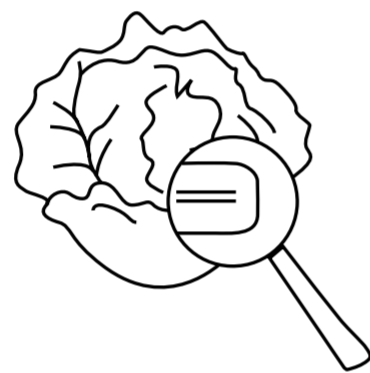


# GIVING FOOD

## 1. Ask yourself



Is it at risk of being wasted?



Is it fresh and within its use-by date?



Can we accept it? Check list.

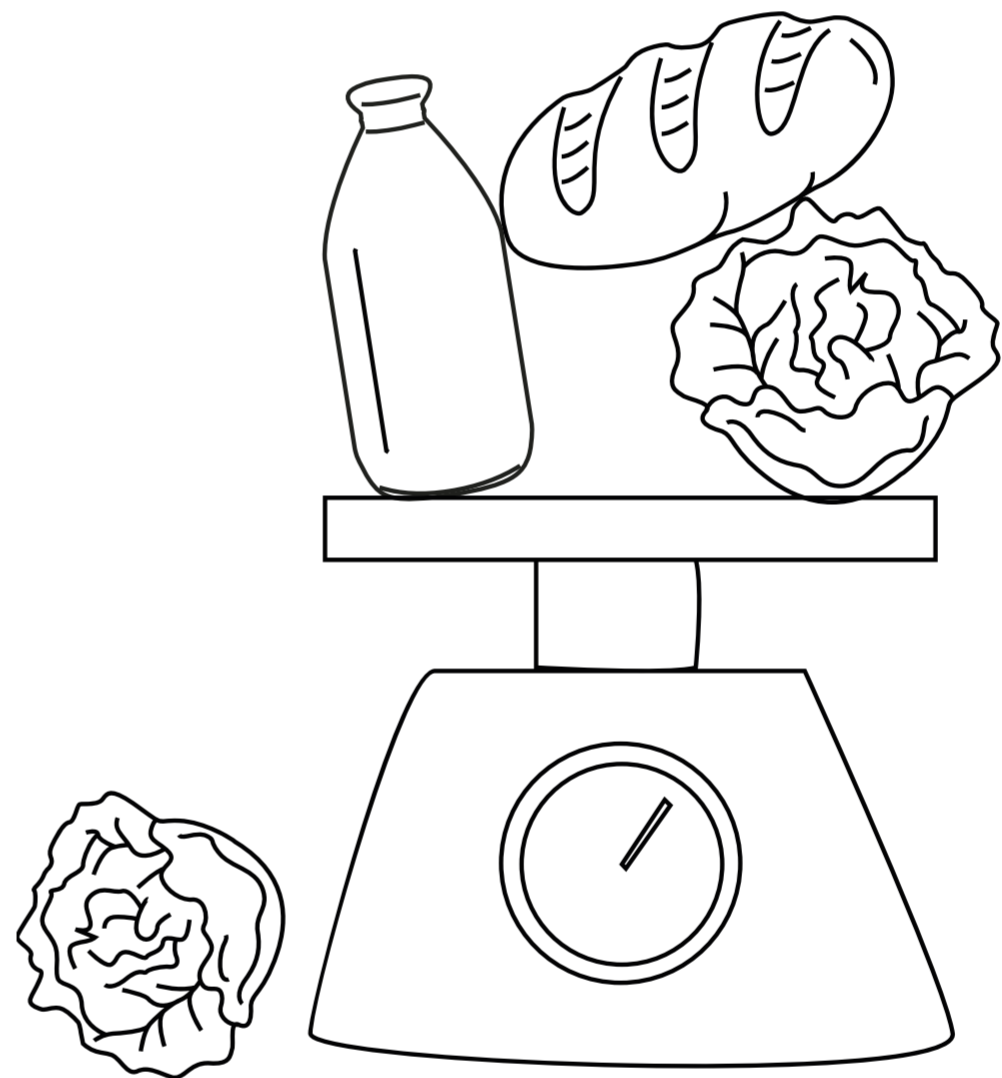


Is it good to eat for at least 24 more hours?

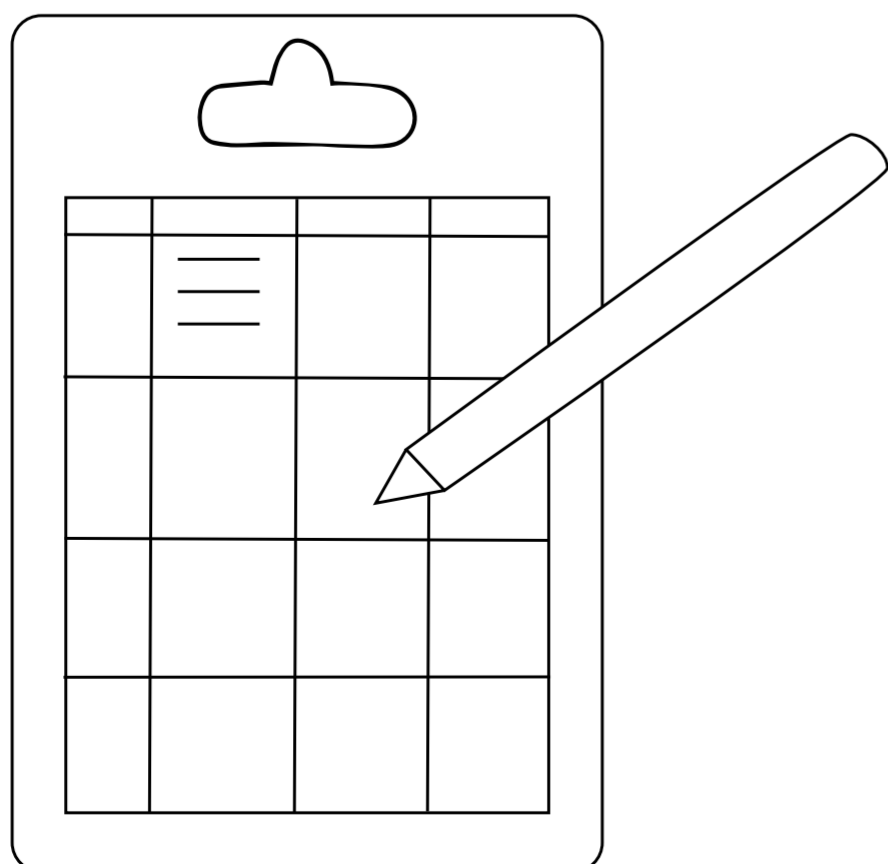


Is it in a sealed bag or container?

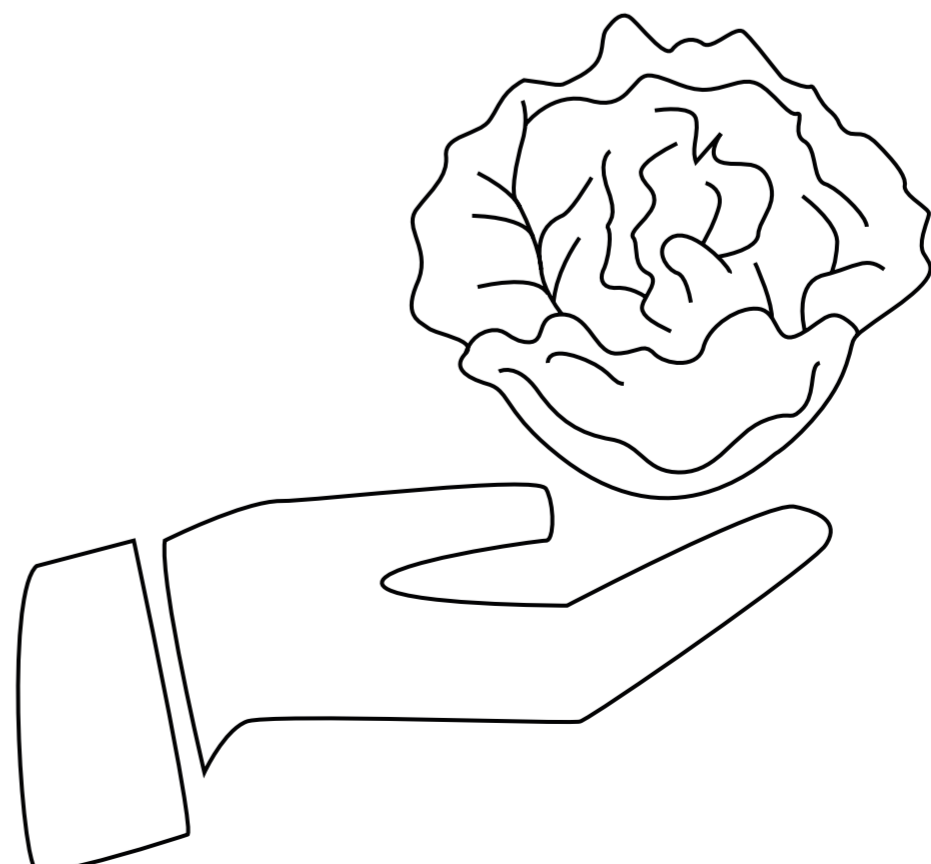
## 2. Weigh food



## 3. Record on form



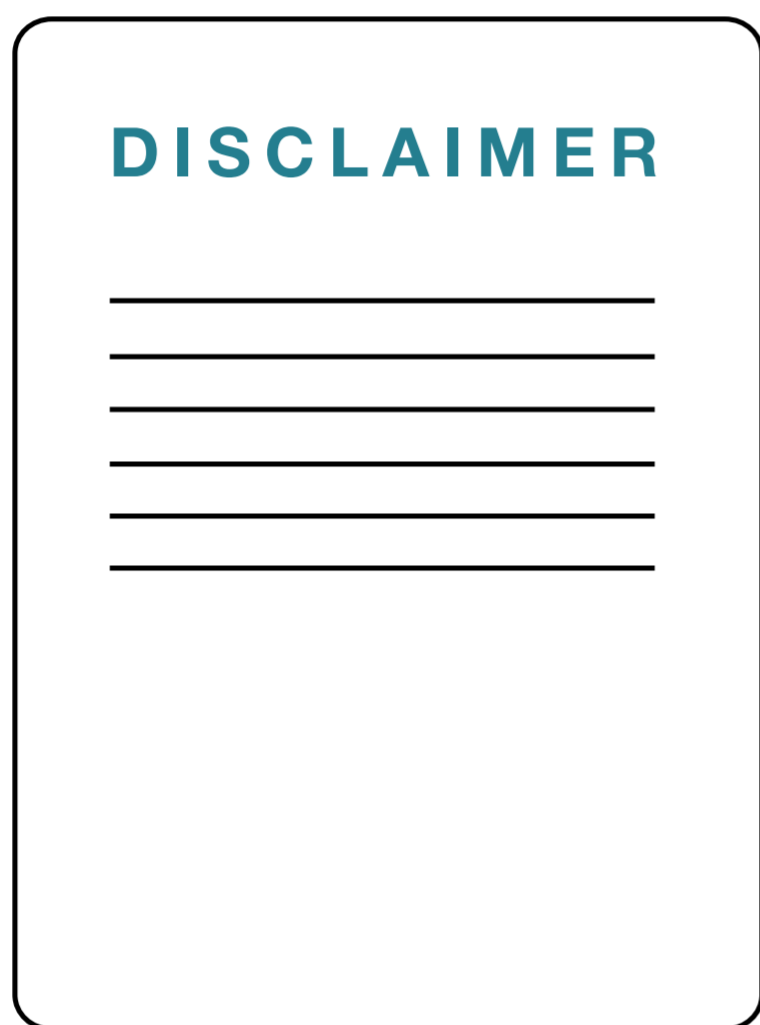
## 4. Put food in fridge



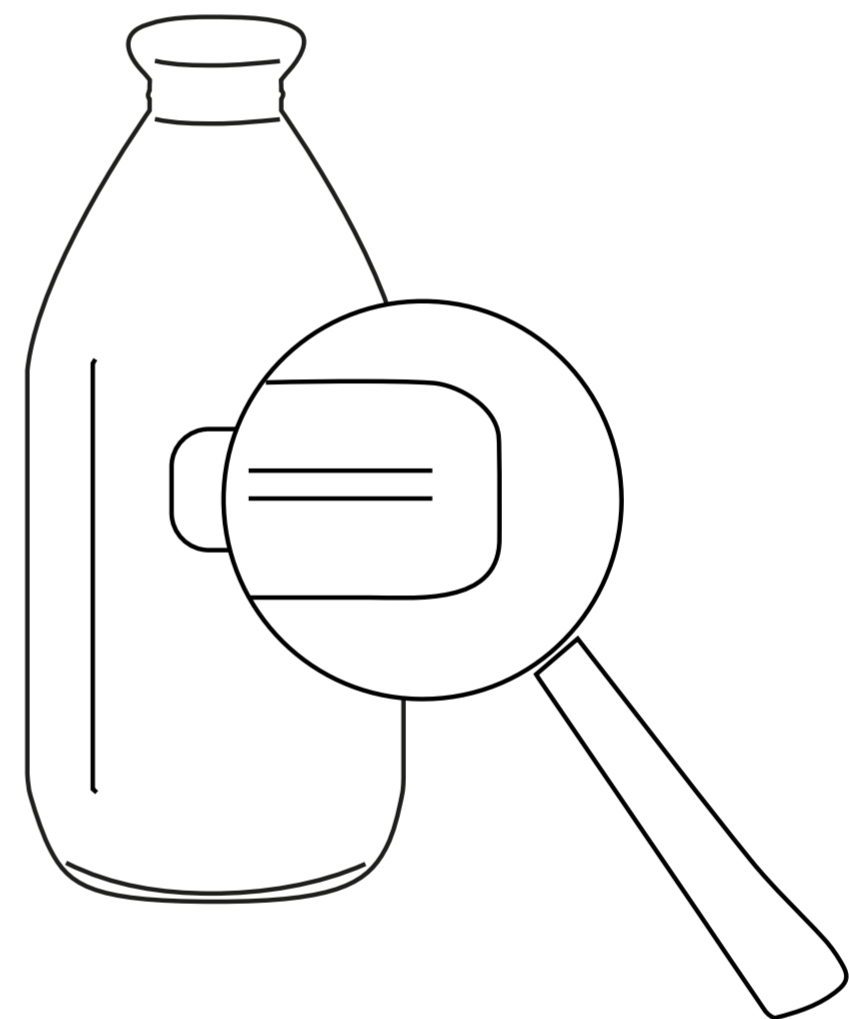


# TAKING FOOD

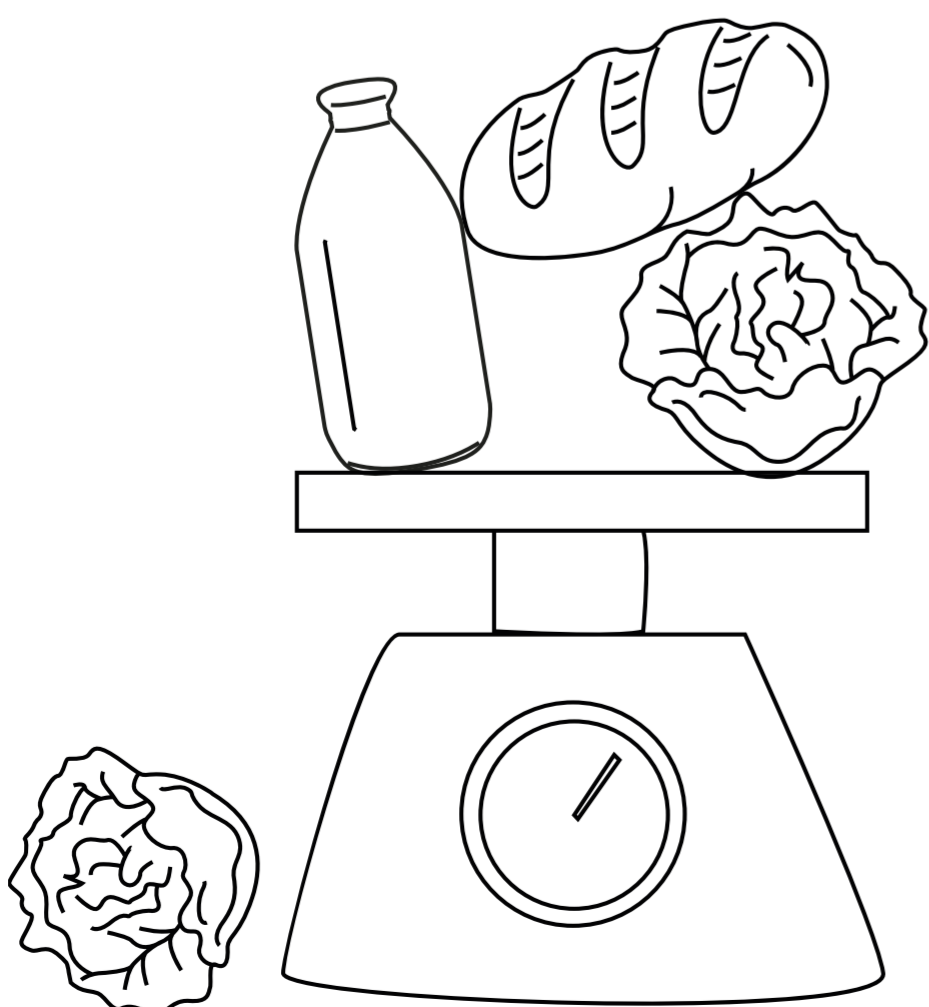
## 1. Read disclaimer



## 2. Check use-by



## 3. Weigh food



## 4. Record on form

