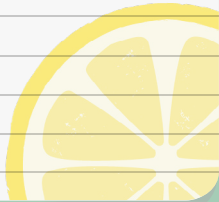


Weekly Meal Planner

As a leading retailer, we know we must play our part in tackling the climate crisis, and food waste is a big contributor. Over **9.5 million tonnes** of food is thrown away across households in the UK each year. By planning your meals in advance, you can help reduce your impact not only on the planet, but your pockets too.

What needs using?

Check what needs eating before making your meal plan in order to use up what you have first!



Top Tips

Keep your fridge between **0°C and 5°C** to help preserve your food for longer.

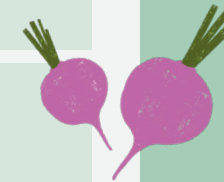
Buying **frozen instead of fresh** allows you to use as much or as little as you like without the rest of the pack going past its best.

Don't cut or prepare fruit and vegetables until you need them. Fresh produce will last longer if it remains whole.



For more information and top tips for reducing your food waste, visit our [Sustain Hub](#).

	Lunch	Dinner
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		



Shopping List



Order your groceries for home delivery or click and collect at [morrisons.com](https://www.morrisons.com).