Problem Solving Cards

How can you help these families reduce their food waste?

The Hicksons

The Hickson family have been to the supermarket to get their weekly shop. They weren't sure what they were going to eat, so have bought lots of different foods. When they cook their meals, they make too much so some gets wasted. Also, some of the children didn't like new recipes dad tried making so they didn't finish their meals.

The Virdees

The Virdee family find several grocery items that had been hidden behind other things in the fridge for a couple of weeks. The items have a 'best before date' for yesterday, which has now passed, so she throws the items in the bin.

The Rahims

The Rahim family planned their weekly food shopping carefully, but when they win a last minute holiday they sadly throw away all the milk, bananas, bread, and fresh meat. They know all the food will lose quality (go off) while they are away.

The O'Haras

The O'Hara family put all their fresh food in the fridge, which is full to bursting! Very little is kept in the freezer, except for ice cubes and frozen peas. Their cupboards have a mixture of dried pasta, breads, tinned soups and fruits all mixed together. When it's time to cook, they can never find what they need!

The Bennets

The Bennet family eat their Sunday roast chicken and put the leftovers in the fridge. They weren't sure what to do with the leftovers. Two days later, they still haven't eaten it and decide to throw it away.