

General Info Social Post Link Captions and Notes

Link to the Canva template file:

https://www.canva.com/design/DAGVt3sStnE/5RK1boYlfcbsXREfDgXlLw/view?utm_content=DAGVt3sStnE&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Template/ideas for Captions:

- Fruit and veggies are the one of the most wasted items in the home. And it is usually due to improper storing. Here are a few hacks to extend their shelf life at home.
- Did you know **some fruits and veggies shouldn't be kept together**? Bananas, apples, and avocados release ethylene gas that speeds up the ripening of other produce? Keeping these fruits separate from others can reduce spoilage.
- **Leftovers!** One of the biggest source of food waste, not because we immediately throw them away but because they are forgotten about in the fridge... here are some top tips to keep your leftovers on 'top' of your mind! Small changes like this can help cut down on food waste and save money too! 🙌 Do you have another tip to work with leftovers? Share your tips in the comments below!
- **Shocking but true:** If food loss and waste were its own country, it would be the **third-largest greenhouse gas emitter** after the US and China! That's because wasted food means wasted resources—like water, energy, and land—while decomposing food releases harmful methane gas.
The good news? **We can change this! With (name of the project), we're committed to** reducing food waste and take action to protect our planet.

#foodwaste #food #hacks #ireland #tips #food #waste

Add # of your locality.