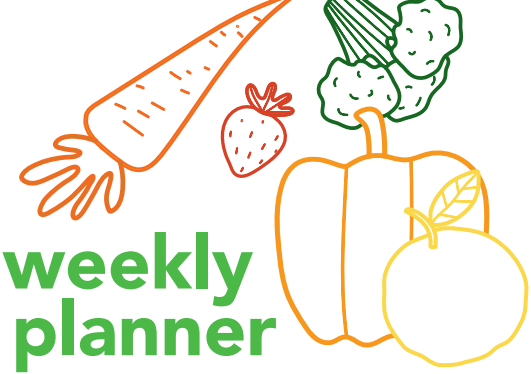

Your weekly meal planner

Place your food waste in your FOGO bin to stop it going to landfill and reduce your impact on the environment.

Monday	Tuesday	Wednesday

Thursday	Friday	Saturday and Sunday

Fruits and vegetables

Bread, rice and pasta

Seafood, meat and deli

Bakery and dairy

Frozen and canned

General