**Save Food, Cut Waste**

节约食物，减少浪费！

How much food do you buy each week? Do you finish everything that you buy? If not, what will you do with the leftover (吃剩的) food? Save it for another time or throw it into the bin?

Throwing away unwanted food has become a big problem. Most food waste happens at supermarkets. After all, food has a **pull date**. If it is past that date, supermarkets will throw away lots of food, especially those vegetables and fruit that are the wrong shape or have gone bad. Or they may encourage customers to buy more than they need by giving discounts (折扣), such as ‘buy one get one free'.

In Denmark, a woman called Selina Juul has been working hard to solve this problem. She moved from Russia many years ago and was surprised to see the abundance of food available (供应的丰富食物) in the supermarkets. And she found that people were buying more than they needed and throwing too much away.

She advised some supermarkets to stop selling their food**in bulk**so that people bought only what they needed. She made a leftover cookbook and set up an education program in schools, which has helped cut food waste by 25%.

Clearly, we need to think twice when we put something in our shopping bags. When we are at home we should **make full use of**the food we have. If there is excess (过量的) food, we can share it with our friends and neighbors.