



Sláintecare.
**Healthy
Communities**



Rialtas na hÉireann
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Local Government Ireland



Waste Less SAVE MORE

A Donegal Guide to Reducing Food Waste at Home

This project is funded by the Department of Health's Sláintecare Healthy Communities Programme.

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Funded by Donegal County Council under the Sláintecare Healthy Communities Programme

By reducing food waste using this booklet’s guidance, Donegal households can save up to

€700 per year

reduce methane emissions, support local composting services, and play their part in Ireland’s circular economy goals.

It’s a practical, cost-effective, and impactful step toward a healthier household, community, and environment.

Who is this guide for?

This reduce food waste guide is for everyone in Donegal—whether you live alone, with family, or share a home. No matter your budget or cooking skills, we all waste food sometimes. This guide is here to help you waste less, save more, and make the most of what you already have in your kitchen.



Let's work together to make small changes that make a big difference—for your home, your pocket, and our planet.

Why this booklet matters?



Financial Benefits

Lower Food Costs

Irish households waste, on average, €700 of food annually—around €60 per month. Nationally, this amounts to over €1.29 billion in avoidable food expenditure.

Lower Bin Costs

Reducing food waste means your bins won't fill up as quickly, which can lower your waste collection costs—especially if you're charged by weight, size, or how often you use the service.



Environmental Impact

Reduce greenhouse gases

Discarded food decomposes and emits methane—a climate warming gas far more potent than CO₂. Globally, food waste contributes to about 8–10% of greenhouse gas emissions.

Reduce waste of resources

Every wasted meal represents land, water, energy, fertiliser, and transport wasted.



Community Well-Being & Circular Economy

Creating green jobs

Recycling organic waste supports composting and anaerobic digestion industries—sustainable initiatives creating jobs in Donegal.

Local soil and garden benefit

Home composting returns nutrients to soil, helps local agriculture, and improves soil health.



Community and Regulatory Alignment

Policy targets

Ireland's commitment to halving food waste by 2030 reflects EU goals and national policy.

Local support tools

Donegal households receive kitchen caddies and liners as part of the National Food Waste Recycling Project, making household separation easier.

What Is Food Waste?

Food waste refers to food that is grown, produced, processed, transported, and sold—but ultimately not eaten. It can happen at any stage of the food system—from farm to fork—including during harvesting, manufacturing, retail, and in our homes.

Food waste has serious consequences: it wastes natural resources like land, water, and energy, contributes to climate change through greenhouse gas emissions, and adds unnecessary costs to households and society.

In Ireland, most food waste happens in the home. This includes food that is thrown away at any stage – whether it's leftovers, spoiled food, or food past its date – and could have been avoided with better planning, storage, or use.

Every year, Irish households throw away hundreds of euros worth of good food.

This booklet is full of simple tips, smart habits, and everyday actions you can take to:

- Waste less food
- Save money
- Help the planet

Food waste impacts

Your pocket

up to €700 per household per year



The environment

wasted food means wasted water, energy & transport



Climate change

food waste in landfills releases harmful methane gas



ORGANISE YOUR KITCHEN

Make a list of what foods you already have in the fridge, freezer and cupboards.



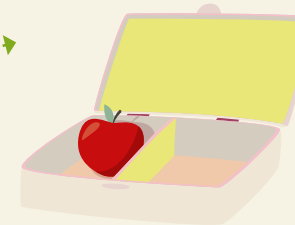
PLAN YOUR MEALS

Design a menu for each day and follow a shopping list.

TOP TIPS to Manage Food Waste at Home

LOVE YOUR LEFTOVERS

Don't throw away leftover food. Make sure you cover and store them correctly before you reuse them.



DON'T FILL YOUR PLATE

Use medium sized plates and don't over fill your plate. You can always go back for more.



CHECK THE 'USE BY DATE'

Before you choose any foods, make sure you check the use by date. Rotate food when storing at home.



COMPOST

Use brown or compost bins to dispose of your food waste. Make sure you follow the correct guidelines.

Food Storage: How to make food last longer

Less waste, more taste!

Keeping your cupboards, fridge and freezer organised means better meals and less food thrown away.

General Food Storage Tips

Store dry goods in airtight containers

Keep pasta, rice, cereals, flour, and lentils in sealed containers to protect them from moisture and pests.

Keep bread in a cool, dry place

Store in a bread bin or cloth bag—not in plastic, which can cause mould, and not in the fridge, which dries it out faster.

Rotate your food supplies

Use the “first in, first out” method. When you unpack shopping, move older items to the front and place new items at the back.

Use clear containers or labels

Being able to see or read what you have helps avoid forgetting about food and reduces accidental waste.

Keep fruit and veg apart where needed

Some fruits (like bananas, apples, and tomatoes) release ethylene gas, which can speed up ripening and spoilage of nearby veg.

Store onions, potatoes, and garlic separately

Keep them in cool, dark, well-ventilated places—but not together, as they can cause each other to spoil faster.

Keep a ‘use me first’ basket

Designate a spot in your cupboard, fridge or counter for foods that need to be eaten soon—perfect for snacks, bread, or tins close to expiry.

Check your cupboards, fridge and freezer weekly

A quick check before shopping helps you use up what you have and avoid doubling up on items.

Did you know...

You can borrow a **Home Energy Kit** from your local library? It includes handy tools like fridge and freezer thermometers to help you check if your appliances are running efficiently.

Fridge Tips

Set the Right Temperature

Keep your fridge at below 5°C to slow bacterial growth and keep food safe.

Use the ‘First In, First Out’ Rule (FIFO)

Place newer items at the back and bring older items to the front so they’re used first.

Know Your Zones

TOP SHELVES

Ready-to-eat foods
(leftovers, dairy,
cooked meats)

LOWER SHELVES

Raw meat, fish
(store in sealed
containers to
prevent cross-
contamination)

MIDDLE SHELVES

Dairy, eggs

CRISPER DRAWER

Fruit & vegetables
(some prefer different
humidity levels)



DON'T OVERLOAD

Air needs to circulate to keep things cool. A packed fridge leads to uneven cooling and quicker spoilage.



LABEL LEFTOVERS

Use labels to mark what it is and when it was made. Eat within 2–3 days.



HAVE A WEEKLY FRIDGE CLEAR-OUT

Plan meals around what's about to expire.

Freezer Tips

Freeze Before It Spoils – Bread, herbs, chopped fruits, leftovers—freeze it before it goes bad, not after.

Portion It Out – Freeze food in meal-size portions. This makes defrosting easier and prevents waste.

Use Airtight Packaging – Avoid freezer burn by using containers or bags with as little air as possible.

Label Everything

Include contents + date frozen. First in, first out applies here too!

Defrost Smartly – Defrost in the fridge overnight—not on the counter—to stay within food safety limits.

Freezer Know-How

Save food, save money, waste less!

Your freezer is a great tool to stop food waste.

Here's how to use it wisely:



What Freezes Well

- **Bread** – Slice before freezing
- **Cooked meals & leftovers** – Freeze in portions
- **Fruit** – Great for smoothies (bananas, berries, apples)
- **Vegetables** – Blanch first for best results
- **Grated cheese** – Freeze small amounts
- **Milk & butter** – Milk may need a shake after defrosting
- **Meat & fish** – Freeze before the use-by date



What Doesn't Freeze Well

- **Salad leaves** – Go soggy
 - **Soft cheese** – Texture may change
 - **Creamy sauces** – Can split when thawed
 - **Boiled eggs** – Whites go rubbery
 - **Crispy foods** – Lose crunch
- Remember** – you can freeze odds and ends – save veggie scraps for broth or freeze overripe bananas for smoothies.

Label & Rotate System

Keep track of your food, eat it in time, and waste less!

Why Label?

Labelling food in your fridge and freezer helps you:

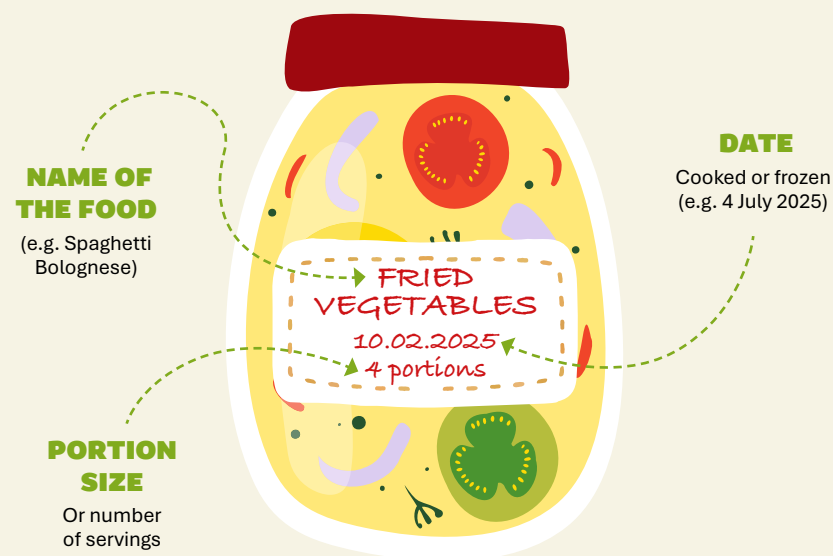
- Know what the item is
- Remember when you cooked or froze it
- Avoid forgotten “mystery meals”
- Stay on top of what to eat first

Use:

- Masking tape + marker
- Freezer-safe labels or stickers
- Write directly on containers (if suitable)

A little organisation goes a long way in cutting food waste! Labelling and rotating your food helps keep it fresh, safe, and eaten—not binned.

What to Write on Your Label



“Use By” vs “Best Before” — What’s the Difference?

Food labels can be confusing—but knowing the difference between these two dates can help you save food and stay safe!

Best Before = Quality

- This is about food quality, not safety.
- Food is still safe to eat after this date if it looks, smells, and tastes okay.
- You might notice a change in texture, flavour, or freshness, but it won’t make you sick.
- Common on: bread, biscuits, pasta, cereals, tinned foods, chocolate, eggs.

Tip:

Trust your senses! If it smells and looks fine, it probably is.

Use By = Safety

- This is about food safety.
- Do not eat food past this date, even if it looks and smells okay.
- It may contain harmful bacteria that you can’t see or smell.
- Common on: meat, fish, dairy, ready meals, fresh salads.

Tip:

You can freeze food before the use by date to keep it safe for later.

*What we save
in the kitchen, we give back
to our families, our wallets,
and our world.*



Smart Shopping

Smart shopping is one of the most powerful ways to cut food waste and save money—especially with everyone facing rising living costs. By planning meals, using shopping lists, and making informed choices, households can avoid unnecessary purchases, reduce impulse buys, and ensure they only buy what they can use. This not only prevents good food from ending up in the bin but also makes every euro stretch further.

10 Smart Shopping Tips

1

Plan your meals before shopping

Use a weekly meal planner to decide what you need in advance.

2

Check your cupboards, fridge and freezer first

Use what you already have before buying more—avoid duplicates.

3

Make and stick to a shopping list

Use a printed or phone-based template to stay on track and avoid impulse buys.

4

Set a food budget and bring cash if needed

Decide your limit in advance to stay in control of your spending.

5

Avoid shopping when hungry or rushed

You’re more likely to buy unnecessary food if you shop while hungry or distracted.

6

Understand special offers

“Buy one get one free” can be wasteful if it’s perishable and you won’t use it all.

7

Compare unit prices

The cheapest item isn’t always the best value—look at the cost per kg/litre.

8

Think before you bulk buy

Bulk only works if you can use or freeze it before it goes off.

9

Choose loose fruit and veg if possible

It reduces packaging waste and lets you buy only what you need.

10

Leave room for leftovers and changes

Don’t over-plan—allow for a flexible “use-it-up” day to clear the fridge.

Meal Planning Made Easy

Reduce Food Waste. Save Money. Eat Well.

Planning your meals is one of the most powerful steps you can take to cut your food bills, reduce waste, and take the stress out of mealtimes. It doesn't have to be complicated – just a few simple steps each week can make a big difference.

Whether you're cooking for one or feeding a family, smart planning helps you use what you have, shop wisely, and avoid throwing away good food.

Why Plan Your Meals?

SAVE MONEY

By using up what you have and avoiding unnecessary purchases.

REDUCE WASTE

Up to 1/3 of food in Irish homes is thrown out.

SAVE TIME

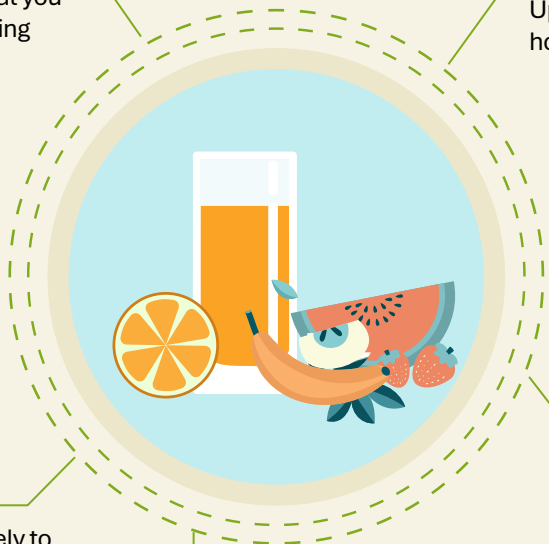
Fewer trips to the shop and no stress at dinner time.

EAT BETTER

You're more likely to make balanced meals when you plan ahead.

USE WHAT YOU HAVE

Avoid duplicate items or forgotten foods at the back of the fridge.



Healthy Eating

How to Use the Food Pyramid

USE HEALTHY FATS IN MODERATION

Use vegetable oils such as olive or rapeseed oil in very small amounts.

INCLUDE LEAN PROTEIN

Select lean meat, poultry without skin, and fish. Include oily fish (like salmon) up to twice a week.

CHOOSE WHOLE GRAINS

Opt for wholemeal bread, high-fibre cereals (like porridge), wholewheat pasta, and brown rice for slow-release energy.

AIM FOR VARIETY

Eat a range of different coloured fruits and vegetables, at least 5 to 7 servings a day.

HEALTHY COOKING METHODS

Choose healthier cooking methods like steaming, grilling, baking, roasting, and stir-frying over deep-frying.

LIMIT TOP SHELF FOODS

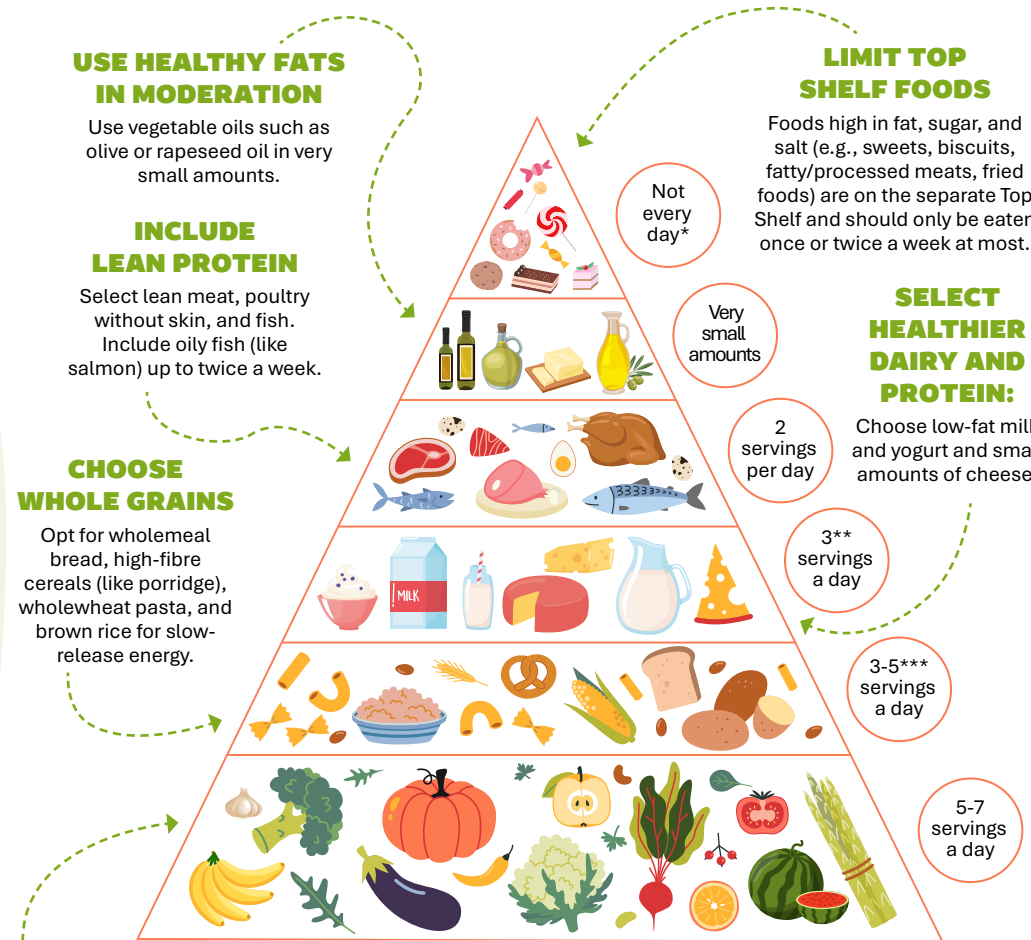
Foods high in fat, sugar, and salt (e.g., sweets, biscuits, fatty/processed meats, fried foods) are on the separate Top Shelf and should only be eaten once or twice a week at most.

SELECT HEALTHIER DAIRY AND PROTEIN:

Choose low-fat milk and yogurt and small amounts of cheese.

EAT MORE FROM THE BOTTOM

Make vegetables, salad, fruit, wholemeal cereals, potatoes, and rice the foundation of your meals.



*Maximum once or twice per week

**5 for children ages 9-12 and teenagers aged 13-18

***Up to 7 servings for teenaged boys and men aged 19-50

Meal Plan Ideas

Tasty. Budget-Friendly. Low Waste.

Notes:

Meals use basic kitchen equipment (e.g. oven, pot, pan, air fryer optional). Some foods (like porridge oats, potatoes, carrots, mince, eggs) are used across days to cut waste and cost. Recipes use commonly available foods in Donegal shops.

This 5-day plan includes:

- Check out SafeFood Portion Sizes for appropriate portion sizes for different people
- Diverse nutrients
- Budget- and waste-conscious choices
- Child- and adult-friendly meals

DAY 1 | SUNDAY

Breakfast:

- Porridge with apple slices and a sprinkle of cinnamon
- Glass of milk

Lunch:

- Egg salad sandwich on wholemeal bread
- Carrot sticks
- Piece of fruit

Dinner:

- Roast chicken with steamed carrots, potatoes, parsnip and peas
- Homemade gravy (from roast juices)
- Leftover chicken saved for Day 2 & 3

Snack:

- Rice cakes with peanut butter or cheese



There's value in every carrot, crust, and cup of rice — let's not let it go to waste.

DAY 2 | MONDAY

Breakfast:

- Wholemeal toast with scrambled eggs
- Banana

Lunch:

- Chicken & salad wrap (use leftover roast chicken)
- Natural yoghurt with berries

Dinner:

- Chicken and veg curry (use leftover roast chicken, add onion, carrots, frozen peas)
- Serve with wholegrain rice (make a double portion and use one for Day 3)

Snack:

- Wholegrain crackers with cheese

DAY 3 | TUESDAY

Breakfast:

- Overnight oats with grated apple and raisins

Lunch:

- Leftover curry or chicken fried rice (use leftover rice + veg + egg)
- Side salad

Dinner:

- Baked cod or tinned tuna fishcakes (mashed spuds, egg, onion)
- Steamed veg
- Leftover mash saved for Day 4

Snack:

- Popcorn or fruit

DAY 4 | WEDNESDAY

Breakfast:

- Low-fat yogurt with granola and fruit

Lunch:

- Veggie soup (made with leftover veg, mash + stock)
- Toasted cheese sandwich

Dinner:

- Spaghetti Bolognese (make big batch of lean mince with onion, carrots, chopped tomatoes)
- Save half for Day 5, freeze any extra

Snack:

- Small homemade oat flapjack

DAY 5 | THURSDAY

Breakfast:

- Spoonful of peanut butter and ½ banana

Lunch:

- Pasta salad with leftover veg and cheese
- Fruit

Dinner:

- Beef & Bean Chilli (made from leftover lean mince, add kidney beans & spices)
- Serve with baked potatoes or air fryer nachos
- Top with grated cheese, plain yogurt

Snack:

- Carrot sticks with hummus or leftover crackers

*Use what you have.
Make it stretch.
Waste less, live more.*

Leftovers & Repurposing Food

Leftover Vegetables

Veggie Fritters

- **Use:** Any cooked vegetables (carrots, broccoli, potatoes, peas, etc.)
- **How:** Chop finely, mix with 1 egg, 2–3 tbsp flour, season, and pan-fry until golden.



Soup or Stew

- **Use:** Roasted or steamed veg, leftover meat
- **How:** Sauté onion & garlic, add veg, stock, and blend or simmer. Add cream or herbs to enhance flavour.

Leftover Meat (Chicken, Beef, Turkey)

Wraps or Quesadillas

- **Use:** Shredded chicken or beef
- **How:** Mix with grated cheese, leftover veggies, and wrap in a tortilla. Toast in a pan or oven.



Fried Rice

- **Use:** Cooked rice + meat
- **How:** Sauté garlic, add rice, meat, soy sauce, and frozen peas or scrambled egg.

Leftover Bread

Savoury Bread Pudding

- **Use:** Stale bread, cheese, cooked veg or ham
- **How:** Cube bread, mix with egg, milk, fillings, and bake.

Croutons or Breadcrumbs

- **Use:** Stale bread
- **How:** Cube and toast with oil and herbs, or blend into fine crumbs and freeze.



Our grandparents knew how to make the most of every crumb — now it's our turn.

Leftover Pasta

Pasta Salad

- **Use:** Cooked, cooled pasta (plain or lightly sauced)
- **How:** Toss with chopped veggies, a protein (like tuna, chicken, or beans), and a simple dressing (e.g. olive oil + vinegar or a spoon of pesto). Chill and serve cold — great for lunchboxes or quick meals!

Pasta Bake

- **Use:** Plain or sauced pasta
- **How:** Add more sauce, cheese, frozen mixed vegetables, and bake until bubbly.

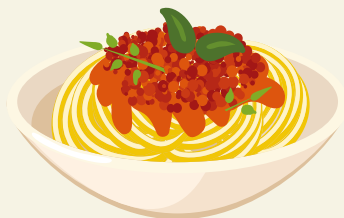
Overripe Fruit

Banana Pancakes

- **Use:** Overripe bananas
- **How:** Mash with egg and a spoon of flour or oats. Fry into pancakes.

Smoothie Packs

- **Use:** Soft berries, bananas, spinach
- **How:** Freeze in portions and blend with milk or yogurt when needed.



Cooking with Confidence

Tips for Beginners and Nervous Cooks

Cooking doesn't have to be complicated or perfect. Whether you're new to the kitchen or trying to get back into the habit, small steps can help you grow your confidence — and your skills.

Lots of people worry about “getting it wrong,” but cooking is something you learn by doing. Mistakes are part of the process, and even experienced cooks burn toast now and then! You don't need fancy ingredients or expensive equipment. What matters is giving it a go and building from there.

Feeling Nervous? You're Not Alone.

Many people feel unsure or anxious about cooking, especially if they never learned at home or school. That's OK. Cooking is a life skill that you can learn at any age — and it gets easier with practice.

Our local programmes (like Healthy Food Made Easy) have shown that a bit of support and a few simple tips can make all the difference.



Cooking is a journey — and every meal is a step forward. Keep going!

Top Tips for Cooking with Confidence

1 Start simple

Choose easy recipes with 4–6 ingredients.

2 Read the recipe twice

This helps avoid surprises or missed steps.

3 Prep before you start

Chop veg and get everything out first.

4 Use a timer

Great for boiling pasta, roasting veg, or baking.

5 Taste as you go

You'll learn what works and adjust seasoning if needed.

6 Stick to familiar foods

Start with things you and your family already like to eat.

7 Ask for help or watch a video

There are great tutorials online (SafeFood has some great recipes and videos).

8 Don't panic if it doesn't look perfect

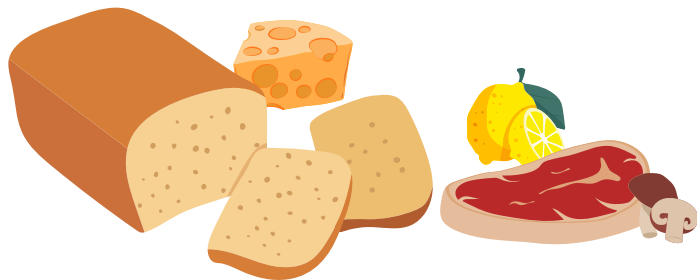
If it's hot, safe and tastes good, it's a win!

9 Build your go-to recipes

Keep 3–5 easy dinners you can rely on.

10 Learn from leftovers

Batch cooking and freezing helps cut waste and saves stress.



Air fryer recipes

Air fryers are a great way to prepare healthy meals with less fat, making them ideal for quick, nutritious cooking. They're energy-efficient, reduce cooking time, and help achieve a crispy texture without deep frying. However, if you don't have an air fryer, all of these recipes can easily be made in a conventional oven—just allow a little extra time and adjust temperatures as needed.

Air Fryer Egg & Veg Muffins (Great for Breakfast or Snack)

Ingredients:

- Eggs (4–6 depending on batch)
- Chopped spinach, tomatoes, peppers, onion
- Optional: small amount of grated low-fat cheese

Method:

- Mix eggs with chopped veg and a pinch of pepper.
- Pour into silicone muffin cases (or ramekins).
- Air fry at 160°C for 12–15 mins until set.

Tip:

Serve with wholegrain toast for a fuller meal.

Start small. Try your best. That's enough.



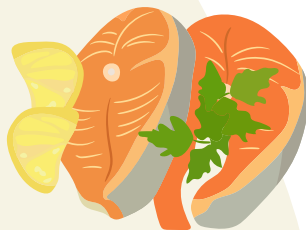
Air Fryer Salmon with Roasted Veg & Baby Potatoes

Ingredients:

- Salmon fillet (fresh or thawed)
- Olive oil, lemon, herbs (like dill or parsley)
- Baby potatoes, halved
- Mixed veg: peppers, carrots, courgette

Method:

- Toss veg and potatoes with olive oil, garlic, and herbs.
- Air fry veg and potatoes at 180°C for 15–20 mins.
- Add salmon (brushed with lemon & herbs) and cook for another 10–12 mins.



Air Fryer Chicken & Wholemeal Pitta Pockets

Ingredients:

- Chicken breast strips (marinated in lemon, paprika, garlic)
- Wholemeal pitta bread
- Lettuce, tomato, cucumber
- Low-fat yogurt mixed with lemon and mint for dressing

Method:

- Air fry chicken at 180°C for 10–12 mins, turning halfway.
- Slice and stuff into wholemeal pitta with salad and yogurt dressing.

Tip:

Great lunch or light dinner option; high in protein and fibre.



Feeding your family well doesn't have to cost the earth – in fact, it can help save it.

Air Fryer Falafel with Hummus & Salad Wrap

Ingredients:

- Tinned chickpeas, garlic, parsley, cumin, lemon juice
- Wholemeal wraps
- Lettuce, tomato, cucumber
- Hummus (store-bought or homemade)

Method:

- Blend chickpeas and seasonings into a coarse mix; shape into balls.
- Air fry at 180°C for 10–12 mins, turning halfway.
- Serve in wraps with salad and a spoon of hummus.

Tip:

A great plant-based, fibre-rich meal.

Wasting less food is one of the easiest ways to take climate action from your own kitchen.

Food Waste & Tough Days

It's normal to feel overwhelmed by shopping, cooking, or using up leftovers at times.

You might:

- Buy too much food
- Let food go off
- Feel bad about wasting it

You're not alone — and you don't have to get it perfect.

Be Kind to Yourself

- Wasting less food is a great goal — but your mental health comes first. Start small. Do what feels easy and manageable.

Simple Tips for Tough Days

- Freeze leftovers for another time
- Plan just 2–3 easy meals for the week
- Keep a few “go-to” meals you enjoy
- Store food properly to help it last longer
- Share extra food with friends, neighbours, or local groups

Cutting food waste at home can free up food and money to share or donate.

Understanding Food Miles

Have you ever wondered how far your food travels before it reaches your kitchen? The distance food travels from where it's grown to where it's eaten is called “food miles.” These miles come with a hidden environmental cost – in transport emissions, fuel use, and packaging waste.

The Journey of a Banana to Donegal

Let's follow the journey of a single banana from the farm to your fruit bowl:



Every time we waste food, we also waste:

- The hard work of farmers
- The water used to grow and produce it
- The energy used in processing and storage
- The fuel used for transport

Top Banana Tips:

- Freeze ripe bananas for smoothies!
- Make banana bread with browning ones.
- Keep them away from other fruit to slow ripening.
- Only buy what you'll actually eat!



Small actions = Big impact.

Composting at Home

What can I put in the 'brown' bin
(Food waste bins)?

Brown bins



Composting at Home

What foods can be used for composting?

Home composting bins



Local Actions in Donegal

In Donegal, many local groups are working together to support healthy living, reduce waste, and build strong communities. Inishowen Development Partnership (IDP) and Donegal Local Development Company (DLDC) support local communities through wellbeing initiatives and community projects. They help run workshops, training, and local events – and are key partners in promoting food sustainability and reducing waste.

Community Gardens

Local community gardens in areas all around the county provide spaces to grow food, share gardening skills, and learn about composting and reducing food waste.

Healthy Food Made Easy

A fun, practical course that helps people learn how to cook simple, healthy meals on a budget.

Healthy Air Fryer Programmes

These workshops show how to use air fryers to prepare healthy, low-cost meals while saving energy and reducing food waste.



*Small changes at home
can make a big difference.*

*Start where you are,
use what you have,
and waste as little as you can.*

Zero Food Waste Programme

A hands-on course that teaches people how to shop smarter, store food correctly, use leftovers, and reduce food waste at home.

Food Budgeting Programme

Learn how to plan meals, shop with a budget, and make the most of your weekly food shop.

Food Preservation Course

Discover traditional and modern ways to preserve food – like pickling, freezing, and fermenting – to reduce waste and make food last longer.

Environmental & Sustainability Course

A course that explores how everyday actions, including food choices, impact the environment, and what we can do to live more sustainably.

Healthy Families

A family-friendly programme that supports parents and children in learning about healthy eating, meal planning, and making better food choices together.



Support & Signposting

Living with Food Insecurity: You're Not Alone

If you're finding it hard to afford food or make it last, you're not alone—many households in Donegal are facing similar challenges. This is known as food insecurity can affect anyone, especially during times of rising living costs or changes in income. But support is available, and reaching out is a strong and positive step.

Need Support? You're Not Alone – Help Is Available Across Donegal

If you're experiencing food insecurity, financial stress, or need help with health and wellbeing, here are trusted services you can turn to for free, confidential support.

Emergency Food & Essentials

Donegal Food Response Network

Emergency food support through local groups and food banks. Ask your local Family Resource Centre or health worker for referral www.donegalfoodresponse.ie

St. Vincent de Paul (SVP)

Help with food, heating, bills, and essentials
091 563 233
www.svp.ie

Money, Budgeting & Social Welfare

MABS (Money Advice & Budgeting Service)

Support with budgeting, debts, and managing bills

Letterkenny MABS: (0818) 072 460

Derrybeg MABS: (0818) 072 650

Donegal Town MABS (0818) 072 480

www.mabs.ie

Citizens Information

Advice on welfare, housing, legal rights & entitlements

National: 0818 07 6500

Letterkenny: 0818 07 6400 | Donegal

Town: 0818 07 6360

www.citizensinformation.ie

Mental Health & Emotional Wellbeing

Connected for Life Donegal – Suicide prevention & mental health

074 910 4725

www.hse.ie/connectedforlife

Pieta Letterkenny – Free counselling for suicidal distress

0818 111 126

www.pieta.ie

Jigsaw Donegal – Mental health support for ages 12–25

074 972 6920

www.jigsaw.ie/donegal

GROW Mental Health – Peer-led mental health support groups

074 916 1628

www.grow.ie

Quit Smoking Support

One to one support:

- Ask your GP for referral to local stop smoking adviser.
- National Help: www.quit.ie - Free helpline: 1800 201 203

Samaritans: Freephone 116 123

Social Prescribers: If you're feeling lonely or isolated, social prescribers can help connect you with community supports to improve your physical and mental health. Check out <https://www.allirelandsocialprescribing.ie/> to find a social prescriber near you or ask your GP.

Group Support:

- We Can Quit, Inishowen Development Partnership, Buncrana. Tel. 074 93 62218
- We Can Quit, Ionad Naomh Padraig, Dore. Tel. (074) 953 2949

Alcohol & Substance Abuse Support

- National Drug & Alcohol helpline available Mon-Fri 9.30-5.30pm at 1800 459 459
- Information and support at www.nwdrugtaskforce.ie Regional Office: 071 9194556
- Alcoholics Anonymous: Tel - 018420700 Mon-Fri 9.30am - 5pm
- Al Anon: 01 8732699 / 0800 0086811 7 days a week 10am-10pm

Community, Social Prescribing & Wellbeing

HSE Social Prescribing

Connect with local services to support health & wellbeing. Ask your GP, Public Health Nurse or FRC www.hse.ie/socialprescribing

Donegal Local Development CLG (DLDC)

Supports with health, education, employment & community participation to Community support, training, employment & wellbeing
074 912 7056
www.dldc.org

Inishowen Development Partnership (IDP)

Community support, training, employment & wellbeing in Inishowen

074 936 2218

www.inishowen.ie

Family Resource Centres (FRCs) – Countywide

Family support, local services & counselling

www.familyresource.ie

Safety & Domestic Violence Support

Donegal Women's Domestic Violence Service (DWDVS)

24/7 safe refuge, outreach & support

1800 262 677

www.dwdvs.org

Tusla – Child & Family Agency

Child protection & family support services

Letterkenny Office: 074 912 3672

www.tusla.ie

Useful Websites

The information in this booklet was adapted from the sources listed below. For more up to date information, statistics, or tips about preventing food waste at home, these are very helpful:

- Environmental Protection Agency (EPA) – Stop Food Waste / Take Action in the Home
- Department of the Environment, Climate and Communications (Gov.ie) – Prevent Waste & National Food Waste Prevention Roadmap
- Citizens Information – Reducing Waste / How to Reduce Food Waste
- Stopfoodwaste.ie – Irish Programme on Food Waste Prevention, Regulations & Guidance
- SafeFood.ie – Helpful information on portion guides, food waste recipes and storage information
- Food Waste Charter – Resources for businesses but also useful insights that can inform household behaviour
- FoodCloud – Redistributing surplus food to charities and community groups, with information & insights on preventing food waste nationally
- HSE Healthy Eating Guidelines where you can find lots of nutrition advice and learn about the benefits of healthy eating for you and your family.
- ATU Letterkenny – Free “Reducing Food Waste in the Home” course, offering practical tips and education on reducing waste at home

Note: All statistics, tips, and guidelines in this booklet are based on publicly available data from Irish sources as of June 2025. For the latest statistics or guidance, please consult the above websites.

Keep these pages somewhere safe – these services are here to help when you need them.

A little bit about Sláintecare Healthy Communities Programme (SHCP):

Sláintecare Healthy Communities Programme (SHCP) provides a range of targeted health and wellbeing supports and services across 20 PILOT community areas in Ireland. Inishowen was selected alongside NW Gaeltacht for Co Donegal.

This continues to be about activating locally led health and wellbeing supports with a social determinants approach to health inequalities. SHCP involves key partners including Department of Health and the HSE; Department of Community and Rural Development through the Donegal County Council and Local Community Development Committee (LCDC); and the community hosts across Inishowen and North West Gaeltacht. Inishowen Development Partnership (IDP) www.inishowen.ie is the community partner across Inishowen for Parenting Support; Social Prescribing; Smoking Cessation – We Can Quit; Community Food and Nutrition; and Health Food Made Easy. There are two community partners in the North West Gaeltacht region: Donegal Local Development Company (DLDC) www.dlhc.org, with the remit for Community Food and Nutrition and Health Food Made Easy, and Ionad Naomh Pádraig www.ionadnp.ie with the remit for Parenting Support, Social Prescribing and Smoking Cessation – We Can Quit.

This booklet has been developed by the Community Food and Nutrition Workers in both areas, Niamh Britton (IDP) and Donna Mc Gettigan (DLDC). The Community Food and Nutrition Worker funded role has a remit to build capacity, knowledge, and skills across communities and to work with local statutory and voluntary partners to improve the food environment, address food poverty and activate agreed national campaigns. This is resourced by the HSE under the Health Promotion and Improvement Team in Donegal. The design and printing of the booklet is funded by Sláintecare Healthy Communities Programme through the Donegal County Council (DCC) SHCP Seed Funding and supported by the SHCP Team in DCC.

The Sláintecare Healthy Communities Programme is a significant investment offering resources and expertise to create space and places to gather, learn, grow, and develop and focus on health and wellness.



When you reduce food waste, you're not just saving money — you're protecting your community and environment.

