Some tricks to avoid food waste

1. Distribute dishes so that each person is served what he estimates that is going to eat. Insist on that it is better to repeat and serve you twice, than throw what you cannot finish.
2. Put relaxing music so that there is no rush to finish eating and go out to play. Let's enjoy the moment.
3. In this sense, it is advisable to hold the meeting after a period of game, so that we do not have so much desire to leave again to play.
4. If we have fruits to share, do not remove the skin before time. Better to do it just before starting to take it.
5. Prepare ecological containers to save the remains of food that, preferably, has not been manipulated before (so be served in the individual dish what you can eat yourself). If we store it, we can either take it to some dining room or social organization nearby, or return it to the houses so that it is consumed in later days.