

## Making the most of your food

Every year in the UK, we waste a massive five million tonnes of edible food. **A quarter of** this waste comes from leftovers – food we end up throwing away because we've cooked, prepared or served too much. This is both ethically and environmentally wrong. In these challenging times, we are beginning to value our food more than ever.



Check out the 'Love food, hate waste' website (see the link below) for food storage tips to maximise your food's shelf-life and recipes using up leftover ingredients (get creative and star in your own version of 'Ready, Steady, Cook'!).

<https://lovefoodhatewaste.com/>

And remember to think of others who are times... if you are in a position to do so, in the food bank collection bins when you essential food shopping.



**Feeding the Community**

struggling at these please leave an item are doing your