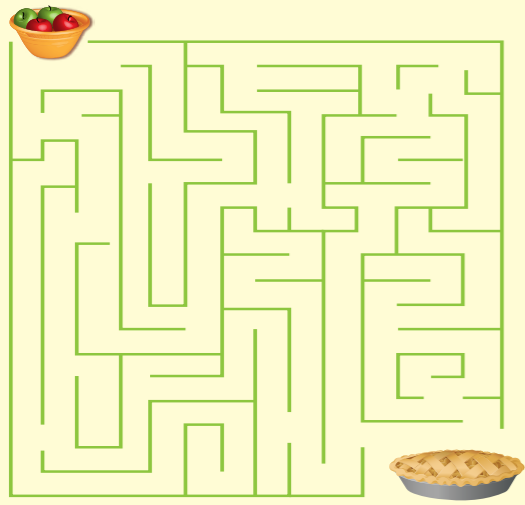


ACTIVITY

These apples are starting to go soft and will need to be cooked. Can you help the apples find their way to the apple pie?



# Great Taste Less Waste Show

## Win a year's beehive adoption

Ask your parent or carer to fill in the slip below and return it to your school office so that you can be entered into a prize draw to win a beehive adoption pack and support the work of the British Beekeepers Association. The winner will receive a welcome pack full of bee goodies and will follow the life of a beekeeper for a year with quarterly updates from their hive. There will be one winner in each school.

**Deadline for entries: 9th December 2011.**

For full conditions of entry please visit [www.nlwa.gov.uk/foodwasteshows](http://www.nlwa.gov.uk/foodwasteshows)

Printed on 70% post consumer recycled paper



**Chef Gordon Blur is here to tell us how families can save up to £50 per month by wasting less food!**

Try the activities here with your family and see if you can make a difference!



a British Beekeepers Association beehive adoption pack!



# THE GREAT TASTE LESS WASTE SONG

ACTIVITY

(to the tune of 'Supercalifragilisticexpialidocious')

Can you remember the song? Fill in the gaps using the following words:

**day waste leftovers compost plate quarter**

We go and buy our lovely food each and every \_\_\_\_\_.  
But do you know one \_\_\_\_\_ of it you will throw away.  
It's not good for your climate it's not good for your purse.  
Plan and do not waste your food, you know you could do worse.  
Love your food don't buy too much, eat it if you can.  
Love your food don't \_\_\_\_\_ too much eat it if you can.  
Love your food take care of it eat it if you can.  
Any food not edible \_\_\_\_\_ that's the plan.  
We all love to eat our food, we like to fill a \_\_\_\_\_.  
But if we do not eat it all you know that's just not great.  
Do not waste your \_\_\_\_\_ I've got a cunning plan.  
Make another meal with them, pop them in the pan.

**Gordon Blur is horrified that we throw away nearly one quarter of the food we buy. That's like buying four bags of shopping, and throwing one of them in the bin!**



## What do labels on food mean?

**Use by:** usually for meat, fish and dairy products. Never use products after this date. Check the label to see if the item can be frozen and eaten later instead.

**Best before:** these dates refer to food quality rather than food safety. Food (except eggs) is safe to eat after this date but may no longer be at its best.

**Display until:** you can ignore these dates as they are for shop staff, not shoppers.

## TOP TIPS!

### Save time and money!

Writing a shopping list is a great way to save you money. Take the stress out of cooking by planning weekly menus.



**Be Cool!** Is your fridge in the recommended temperature range of 1°C and 5°C? Also, remember that your freezer should operate at a temperature of -18°C and below.



### Love your leftovers!

There really is such a thing as a free lunch if we simply use what's already in the fridge, or take last night's leftovers for a packed lunch at school or work.

### Feed the garden!

Any uncooked fruit and vegetables that you really can't use can be composted. Composting is a fun way to learn about nature while also reducing the amount of waste that we throw away.



### Did you know...

Using the freezer more often for multi-buys means we can buy bigger packs of meat or fish when it's cheaper, but divide it into freeze-able portions to eat later.

For ways to reduce food waste and save money visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)



The Great Taste Less Waste show is produced and performed by Circus Takeaway and funded by the North London Waste Authority in partnership with the London boroughs of Barnet, Camden, Enfield, Hackney, Haringey, Islington and Waltham Forest.