



HEY YOU! FREEZE!

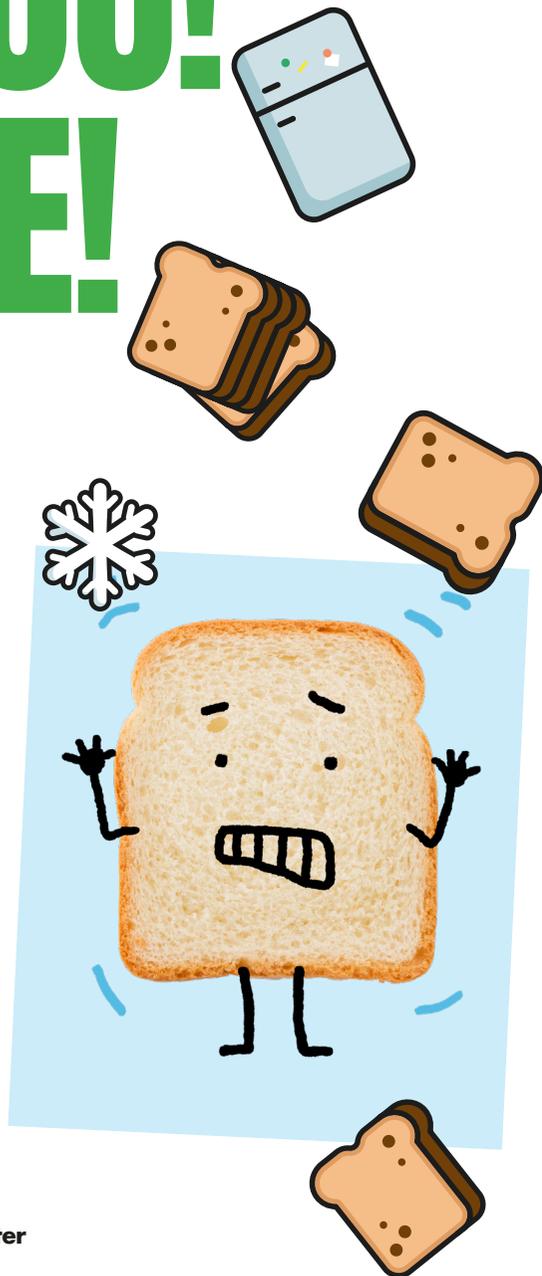
Why not pop half your loaf of bread in the freezer when you get home from the shop.

You can then make toast straight from the freezer and never bin a slice again.

Why not create your own tasty toast topper snack? - share your amazing creation on social using **#MakeToastNotWaste** **#LoveFoodHateWaste**

MAKE FOOD MATTER

lovefoodhatewaste.com/MakeFoodMatter



CHILL OUT

A lot of food is chucked away as it's gone off and not been eaten in time.

Chill your fridge out and keep it at a lovely cool temperature of **5 °C or below**.

Be the 'Chill the fridge' champion in your home by taking responsibility for checking the temperature weekly and keep an eye on the food in the fridge - what tasty meals can you make with food that needs eating up before it goes off?

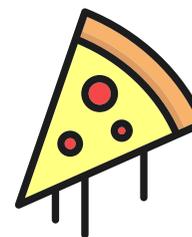
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Visit **LoveFoodHateWaste.com** and use the handy fridge temperature tool to find out how to keep your fridge chilled and for delicious leftover food recipes.

It's simple and easy!



Easy Peasy Food Saver Tips

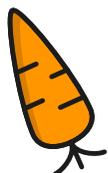
WHY NOT BUY LOOSE FRUIT AND VEG?

Then you can buy only what you'll eat rather than buying a huge bag and end up chucking about half of them in the bin!

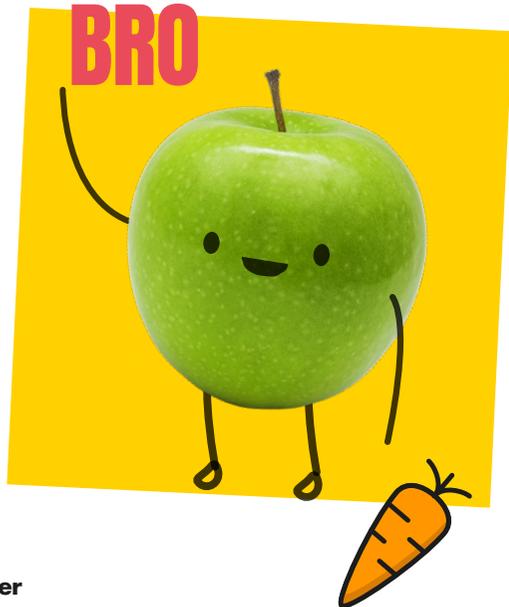
Learn how much fruit and veg to buy by using the 'portion planner' tool on LoveFoodHateWaste.com/portionplanner

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STAY LOOSE BRO



Easy Peasy Food Saver Tips

MAKE A MINI PIZZA BREAD-END

Are your bread-end-crusts always forgotten at the bottom of the bread bag and end up being chucked away?

Save them from going in the bin and make mini pizzas from the bread-end crusts instead.

Create your own recipe using up leftover food and share your creation with friends and family.

#LFHWFoodSaverHero

You will need:

Crusts from the end of a loaf of bread

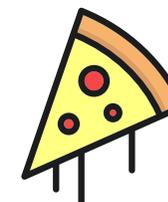
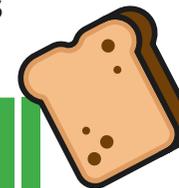
Tomatoes, chopped herbs, any other food that needs using up that you fancy (try the fridge)

Grated cheese

Pepper to season

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Get baking!

1. Heat the oven to 180 °C
2. Place the crust(s) on a baking tray.
3. Spread the tomatoes over the crusts for your pizza base.
4. Create your own topping using the food you've found that needs eating up.
5. Sprinkle on a few herbs and a teaspoon of grated cheese. Season with a little pepper.
6. Bake for around 15 mins.
7. Take a photo to share and enjoy!

YUM!

