

JOIN THE MIGHTY FOOD WASTE MISSION

Can you think of a healthy meal or snack using an item at risk of being wasted?
Create a dish so delicious that everyone will clean their plates.

STEP 1

Choose an item that is sometimes wasted in your house, or one of the most commonly wasted food items across households in Wales.

STEP 2

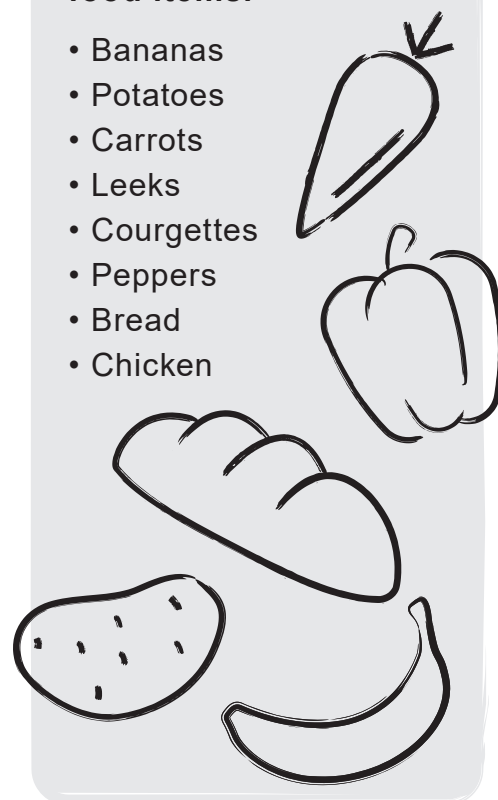
Think of a healthy meal or snack idea that includes this item. You can combine it with other ingredients that you might find at home.

STEP 3

Use the **Recipes to the rescue!** poster template to create a recipe poster!

Commonly wasted food items:

- Bananas
- Potatoes
- Carrots
- Leeks
- Courgettes
- Peppers
- Bread
- Chicken



Use these recipe ideas for inspiration:

- Jazzed-up pan omelette
- Roast chicken fajita
- One pot pasta
- Epic cheese toastie
- Yoghurt sundae



Don't forget, the items of food that can't be eaten – such as inedible peels and stalks – can be recycled into renewable energy

Think about what else might help you make a meal. Here are some store cupboard item ideas:

- Tinned tomatoes
- Herbs and spices
- Beans
- Pasta
- Fresh fruits or vegetables
- Butter or oil
- Flour
- Eggs



RECIPES *TO THE RESCUE!*

Recipe name: _____

First name: _____

Age: _____

School: _____

What food have you saved from being wasted?

Ingredients

Picture of meal:

Method

Step 1:

Step 2:

Step 3:

Step 4:

List the “inedible”
food items from
your recipe that can’t
be eaten but should
be recycled
