

Making the Most of Food – My Pledge

I promise to *make the most of food* by reducing food waste (which will save me money too). I will (please check at least one box):

<input type="checkbox"/>	I will check the contents of my fridge/freezer and make a list of what I need before I go shopping.
<input type="checkbox"/>	I will let people serve themselves so there is less left on plates and I can save what wasn't taken for another meal.
<input type="checkbox"/>	I will check use-by dates and use up food which needs to be eaten quickly (but I know that best before dates aren't to do with safety).
<input type="checkbox"/>	I will keep just a few items in the fruit bowl and store most of the apples and similar fruit in the fridge in a loosely tied plastic bag (not bananas).
<input type="checkbox"/>	I will use stale bread to make breadcrumbs and/or croutons for soup.
<input type="checkbox"/>	I will use left over meat scraps and bones (cooked or raw) to make stock for soup or risotto.
<input type="checkbox"/>	Other (please enter your own idea(s) here):

Name:

Email:

Telephone:

I would like to receive news from CaSFA by email (please tick):

Making the Most of Food – My Pledge

I promise to *make the most of food* by reducing food waste (which will save me money too). I will (please check at least one box):

<input type="checkbox"/>	I will check the contents of my fridge/freezer and make a list of what I need before I go shopping.
<input type="checkbox"/>	I will let people serve themselves so there is less left on plates and I can save what wasn't taken for another meal.
<input type="checkbox"/>	I will check use-by dates and use up food which needs to be eaten quickly (but I know that best before dates aren't to do with safety).
<input type="checkbox"/>	I will keep just a few items in the fruit bowl and store most of the apples and similar fruit in the fridge in a loosely tied plastic bag (not bananas).
<input type="checkbox"/>	I will use stale bread to make breadcrumbs and/or croutons for soup.
<input type="checkbox"/>	I will use left over meat scraps and bones (cooked or raw) to make stock for soup or risotto.
<input type="checkbox"/>	Other (please enter your own idea(s) here):

Name:

Email:

Telephone:

I would like to receive news from CaSFA by email (please tick):