



**JOIN OUR FREE, FUN
AND INTERACTIVE**

LOVE FOOD HATE WASTE

SESSION WHERE YOU'LL LEARN:

- **Top tips** to help you make the most of your food and **save up to £70 a month**
- **Ideas** on how to pass the message on to help your **friends, family and community**

3 sessions

**Wednesday 28th September 10.30am
during English Club**

**Wednesday 28th September 1.30pm
session-BOOKING REQUIRED**

**Thursday 29th September during
Baby Bounce and Rhyme 10.30am
session**

Find out information on

Planning – checking cupboards, menu plan and writing a list

**Dates – best before, use by
Portion sizes**

Fridge and freezer storage – what's best kept where

Packaging – how it keeps things at their best



@LFHW_UK

and freebies to take home!



/LoveFoodHateWasteCommunity

