



Love Food Hate Waste



Northamptonshire's own acclaimed food writer Vanessa Kimbell has joined forces with the County Council in the fight against good food going bad. Did you know that the average family throws out up to £50 a month in uneaten food? 36% of black bin waste in Northamptonshire is food waste, and that's a hug amount of good quality food going straight in the bin!

Vanessa has written four new recipes with leftovers in mind to help you cut down on food waste:

- Use your Fruit Slice
- Spiced Orange Bread Pudding
- Leftover Chicken and Lemon Rice Soup
- Caraway and Lemon Chicken Pasties

You can get the recipes, use the Perfect Portion calculator, download a weekly meal planner, and find lots of useful kitchen tips on the campaign website, www.ilovefoodnorthants.co.uk.

Take our Food Lover's Prize Draw Quiz and you could win dinner, bed, and breakfast at Staverton Park, donated by De Vere Venues, or 1 of 10 signed copies of Vanessa's celebrated first cookbook, *'Prepped! Gorgeous food without the slog - a multi-tasking masterpiece for the time short foodie'*.

www.ilovefoodnorthants.co.uk

The Waste Team will also be doing road shows at the following locations where visitors can get copies of the recipes in a goody bag and also enter the competition. If it is timely for your publication, can you please also include the road shows near you:

4	October	Northampton Abington St
5	October	Corby Town Centre
6	October	Wellingborough Swansgate Centre
11	October	Daventry High St
13	October	Kettering ASDA
14	October	Towcester Farmers Market
20	October	Brackley Tesco
21	October	Wellingborough Morrisons
25	October	Corby Town Centre
28	October	Kettering Town Centre
1	November	Daventry High Street
3	November	Northampton Market