

Zero Waste Kitchen Challenge

What is it?

A challenge to householders to see how much food waste they can reduce and how much money can be saved.

What will I have to do?

At the start of the challenge, you are asked to keep a record for three weeks of how much food you throw away. You will then attend a workshop to learn about food saving tips and ideas for cooking with leftovers. We will give you up to £70 worth of kitchen items of your choice to help you reduce your food waste. After the workshop and once you have received your items you will be asked again to record food waste for a further three weeks to see how much you have saved.

All recording forms and ways to measure your food waste will be provided to you.

Aims:

To enable householders to reduce food waste and save money. Householders will learn and try new tips and ideas, and obtain tools tailored to their cooking and food preparation needs.



How can take part?

- **Sign up to the challenge**
- **Attend a preliminary meeting for participants in January 2018**
- **Order your kitchen items**
- **Start recording your food waste**
- **Attend the workshops**
- **Finish recording your food waste**
- **Successfully complete the challenge and receive a £20 reward**

To sign up contact Rachel Palmer on:
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Or 01484 221000 ext 78069