

## REDUCING FOOD WASTE – AND SAVING MONEY

As we approach [The International Day of Awareness of Food Loss and Waste](#) on 29 September 2022, a FOOD Club member explains how her and her family are reducing food waste and saving money by freezing and using up ingredients from previous club visits. Find out more about [FOOD Clubs](#).

Hiya all

Hope you are all having a fab week, as you all deserve to.

With the enchiladas pack I didn't have any chicken Monday eve but I had some beef mince frozen from a previous FOOD Club collection.

I used the mushrooms and peppers and cheese from a previous week, and the kids loved making their wraps with the garlic butter and were more adventurous than I thought they would be.

Tonight, I used the peppers in a chicken stir fry with rice I had saved from another visit to a FOOD Club. It's great that a lot of the items can be saved and used in the future.

I love FOOD Club and how I am welcomed each Saturday. I really look forward to what my family will receive in our parcel and I know some of you volunteer.



One day, when my kids are more grown up and I have a little spare time, I would actually like to volunteer to do this or something similar as it makes such a difference in my life with the cost of living constantly rising. One day I want to be able to do this for people. Thank you for all you do - it is very much appreciated.

As a family we have received food we have never tasted before and I've learnt a lot, having to learn how to cook certain items I've never bought before.

Lots of love to you all.