

Food waste hero



If you waste your food all the energy and effort it takes to produce it is wasted too. Get creative in the kitchen and transform unloved leftovers into culinary masterpieces.

What can you do?

- **Take on a 'ready, steady cook' challenge.** Unit leaders can bring in a selection of commonly wasted foods (along with store cupboard staples and a selection of herbs and spices). You can then compete to come up with the tastiest leftover invention.
- **Leftovers bake-off.** Don't chuck out old fruit, veg and bread – turn it into something delicious instead. Try your hand at courgette cake, banana bread, beetroot chocolate cake, fruit and veg smoothies and bread and butter pudding slices. You could even hold a bake sale to sell your creations and raise money for FareShare.

What do we waste most?

Bread
Eggs
Fruit and veg
Milk



*if you don't have kitchen facilities check out these 'no bake' recipes girlguidingscotland.org.uk/leaders/activities-to-do-with-your-unit/cooking/. Armpit fudge, anyone?