



# 2016 SUSTAINABLE STALBANS WEEK

**19th - 26th November**

**DOES YOUR DINNER END UP IN THE DOG?  
ARE YOU READY FOR A WEEK WITHOUT FOOD WASTE?**

## **ENTER** THE COMPANY Need to Feed Challenge

### **The Challenge:**

Raise money for the St. Albans Food Banks by "Eating to Zero Waste" 18th to 24th Nov 2016

### **The Prize Giving:**

25th Nov 2016

### **What to do...**

- Form a Company Team of 5
- Email [tara.clark@oaklands.co.uk](mailto:tara.clark@oaklands.co.uk) with your team name to enter
- Winning Team raises the most £££ and wins prizes

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[www.sustainablestalbans.org](http://www.sustainablestalbans.org)

Rules of Entry

[www.jpa-furniture.com/rules.pdf](http://www.jpa-furniture.com/rules.pdf)

 Tweet us your tips  
[@\\_greentriangle](https://twitter.com/_greentriangle) [@jpafurniture](https://twitter.com/jpafurniture)

# USE THESE TIPS TO REDUCE YOUR FOOD WASTE



## Put me on your fridge

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See tips/recipes at [lovefoodhatewaste.com](http://lovefoodhatewaste.com)  
Tweet tips/photos @ [SustainableStA](https://twitter.com/SustainableStA)

**Plan meals: check cupboards/freezer, write list, take to shops – stick to it!**

Come along to a 'Cook with Leftovers' skills session in the Week

Check dates of food in fridge – move to front. Keep veg at eye-level as reminder to eat up

Plan a Left-overs Day each week – to cook up left-overs and frozen food

Freeze & label left-over foods: bread, cake, grated cheese, milk, chopped bananas

Come along to a 'Composting Skills' session in the Week

Fruit in original pack keeps 2 week longer in the fridge – except for bananas/pineapple

Make the most of every meal

If you find your bread often goes mouldy put half in freezer when you buy it

Your plants and compost bin love tea leaves & coffee grounds

Spuds don't like the fridge. Take out of plastic bags and store in a cool, dry, dark place

Freeze raw meat/fish before 'use by' date. Use within 24 hrs of defrosting

Check portion sizes for cooking especially pasta and rice – rinse & freeze left-over pasta

Put any food waste in green food caddy, or compost bin. Assess what you waste at the end of the Week

Revive lettuce, spinach/ leafy greens – put in water for half an hour

Make smoothies from bruised fruit, and frozen bananas

Keep fridge at right temperature – from zero to 5° C

**Saved money this week will be collected by:**  
**Fiona Edwards & Tara Clark**

# RULES OF ENTRY



**1** The business food challenge will take place between breakfast on the 18th November and lunch on the 24th November and will be a charity event with all donations going to the two food banks based in St. Albans.

**2** Donations will be made up from the total money saved per team through living to zero food waste.

**3** All nominees and entrants are asked to pull together a team of five people and nominate one team captain.

**4** To enter the food challenge just email Tara: tara.clark@oaklands.ac.uk including the names of all team members and the overall team name.

**5** Teams are asked to engage in social media to show how they are getting on throughout the week – this can be through pictures and comments. Tag both @jpfurniture & the @\_greentriangle and #FoodChallenge.

Please feel free to goad and interact with other teams from other businesses.

**6** Each team member is required to spend a week living with zero food waste, this is both at home and at work.

**7** All participants are able to get hints and tips of how to minimise their food waste from the fact sheet provided.

**8** At midday on Thursday 24th November, please email Tara Clark with the total amount your team has saved in food costs by living to "Zero Food Waste, as well as the name of the team member who has saved the most. The final amount which is emailed in will be collected from you as a charity donation on Friday 25th November in advance of the awards presentation.

**9** A prize giving will take place at the Sustainable St Albans Week event on the evening of Friday 25th of November. Awards will include Overall Winning Team, Most Creative Meal, Most Enthusiastic Team, Most Dedicated Team Member and many more. It's important that you use social media throughout the week and update us on how the week has gone when you email in the on the 24th. Judges word is final.