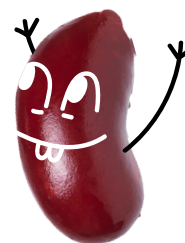


Join our **FREE, FUN** and **INTERACTIVE** food action workshops and discover:



- Top food shopping tips to help you buy what you need and eat what you buy
- How to save up to £60 a month on your food shopping
- Guidance and cookery demonstrations on what food is good for you and good for the planet
- How to put your food waste to better use

WORKSHOP 1

INTRODUCE AND INSPIRE

Meet your group and learn how to grow your own greens

WORKSHOP 2

BUY WHAT YOU NEED

EAT WHAT YOU BUY

Learn practical tips on preventing food waste by making changes to shopping, storage and meal preparation

WORKSHOP 3

GOOD FOR YOU GOOD FOR THE PLANET

Create a simple one pot meal and learn about healthy sustainable eating along the way!

WORKSHOP 4

FOOD RECYCLING? MAKE IT YOUR NORM

Get creative with your leftovers and put your scraps and peelings to good use

To find out more and book your place contact:

LAURA on 0207 960 4279 or laura.price@groundwork.org.uk

**SMALL CHANGE
BIG DIFFERENCE**

