

## FOOD

*One person's food waste is another person's treasure*

### **Halstead Community Fridge**

The community fridge is up and running from within the Lodge Gate building in Causeway. Set up by the Halstead Community Fridge Trust, the scheme offers the public a chance to leave any unwanted food in a fridge. The fridge is open to everyone and all food inside can be collected for free. The fridge is open from 8am until 7pm each day.

### **USEFUL FOOD APPS**

**Too Good To Go** - fights wasting food. Primarily through a mobile app that connects customers to restaurants and stores that have surplus unsold food. You can buy and collect 'magic bags' locally for a great price, usually ranging from £2-£5.

**Olio** - a mobile app that connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown veg or the groceries in your fridge when you go away.

**Kitche** - is a free mobile app designed to save you money and reduce your food waste at home. Add your shopping list and scan receipts to track what food you have at home. The app provides reminders and recommends recipes so that nothing goes to waste.

### **COOKING**

**Slow Cooker**- using a slow cooker to prepare meals uses around 90% less energy than an oven. Just set them off in the morning or overnight and leave them for eight or so hours on low heat.

Contrary to popular belief, they are not just for stews and casseroles either. You can make soups, lasagne, and even cook cuts of meat inside.

**Using a microwave, it's usually cheaper than an oven** - Microwaves are high wattage but tend to be used for less time, and crucially they only heat the water in food, not the air surrounding it as in an oven, so there's less wasted energy. It is estimated that microwaving a jacket potato can cost 25% or less of what it would cost if you oven-cooked one.

**Batch Cook** - If you are short of time, why not batch cook? You can portion and freeze meals and have something ready when you need it. It also often works out cheaper.

**Meal Plan** - One of the best ways to prevent food waste and save money is to plan your meals for the week. This means you can go to the shops with a clear list of what you need and not be tempted by items you do not need.

## **What is Healthy Start?**

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. For further information call: 0345 607 6823

## **AVAILABLE IN GREAT MAPLESTEAD**

**Great Maplestead Fresh Produce stool** - located directly inside the church gates on the right. This is for anyone to leave excess fruit and vegetables for others to take. Any plants can also be left or taken.

**Affordable and easy recipes available at the Church** - if you are looking for some inspiration of what to cook that is quick, easy and affordable. You can pick up a recipe from our recipe corner at the Church.

## **OTHER**

### **Halstead Foodbank**

St Andrew's Church Hall, Parsonage Street, Halstead, CO9 2LD. Open Mondays 10am -12.00.

Everyone who attends the foodbank for emergency food will need to produce a valid foodbank voucher.

### **How to get a food voucher? The referral process:**

In order to get help from the foodbank you will need to be referred with a voucher. The foodbank works with different frontline professionals, doctors, health visitors, social workers, and Citizens Advice

These professionals will be able to refer you to a food bank and give you a food bank voucher if they think you need emergency food.

The foodbank and referral agency will use this voucher to gather some basic information about you. This will help them to understand why you need support and offer practical guidance, and the right emergency food.

*If you have any questions or require information, that is not covered by the contents of this leaflet please email [qmcostoflivingcrisis@gmail.com](mailto:qmcostoflivingcrisis@gmail.com) or leave your question in the suggestion box in St Giles Church.*

*This information has been provided in good faith (and without prejudice) by a team of volunteers from our village, using any current information provided by national/local government authorities and various advisory services.*