



CurrEATulum

A fun and exciting adventure guide, packed with awesome ideas to help save food from going to waste at home!





HelloFresh is working with Social Farms & Gardens championing gardens in London, Birmingham, Edinburgh and Sheffield. The charity, which supports communities to farm, garden, and grow together, will be working with HelloFresh to encourage people to adopt more sustainable habits.



HelloFresh aims to showcase that supplementing the pre-portioned recipes with growing your own, can help reduce food waste. Instead of sending vegetables to landfill, households can try to compost to grow even more food.

Find out more about the HelloFresh Gardens initiative at:
www.hellofresh.co.uk/hellofreshgardens

WELCOME!

Introducing the HelloFresh CurrEATulum

Created in collaboration with HelloFresh and Social Farms & Gardens, join us for a fun and educational journey that will help kids and families learn about food waste and how to make a positive impact.

By taking part in these easy-to-follow activities aimed at primary aged children, ages 5-10, we'll look to ignite their curiosity and create a nation of future food waste heroes.



ACTIVITY 1

Eight awesome ways to save your plate!

Welcome young food enthusiasts to an exciting activity that will help them become superheroes in saving their plates from the bin!



Our Food Waste Heroes Goal

Let's learn how little things like planning meals, reading labels, and storing food correctly can make a HUGE difference in reducing food waste. We'll become champions of saving food!

Activity

Highlight that by following these eight food-saving tricks, your learners will be on their way to being a food-saving superstar! Say goodbye to food waste and hello to a greener, tastier world for all of us!

1. The Meal Planner's Secret

Meal planning involves charting out your week's meals and understanding how to use every ingredient efficiently.

2. The Cupboard Detective

Before shopping, check your kitchen like a detective for existing ingredients. It's a food treasure hunt!

3. Label Explorers

Understand food labels for safety and quality. "Use by" dates ensure safety, while "best before" dates offer quality guidance.

4. The Perfect Portion

Serve the right amount of food to avoid leftovers. Reduce waste and savour every bite.

5. Food Keeper's Club

Learn food storage science to keep food fresher longer. Proper storage prevents spoilage and waste.

6. Food Wrapper Magicians

Master food-wrapping for freshness. It's essential for fruits, vegetables, and leftovers.

7. Master of Leftovers

Get creative with surplus ingredients. Turn leftovers into exciting new dishes and reduce food waste.

8. Freeze Squad

Freeze excess food for later enjoyment. Create your secret food stash.

Remember, even small actions can make a BIG difference.



FAMILY PLANNER

Now it's time to put your meal planning into action by plotting out your meals for the week and adding any missing ingredients to your shopping list.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

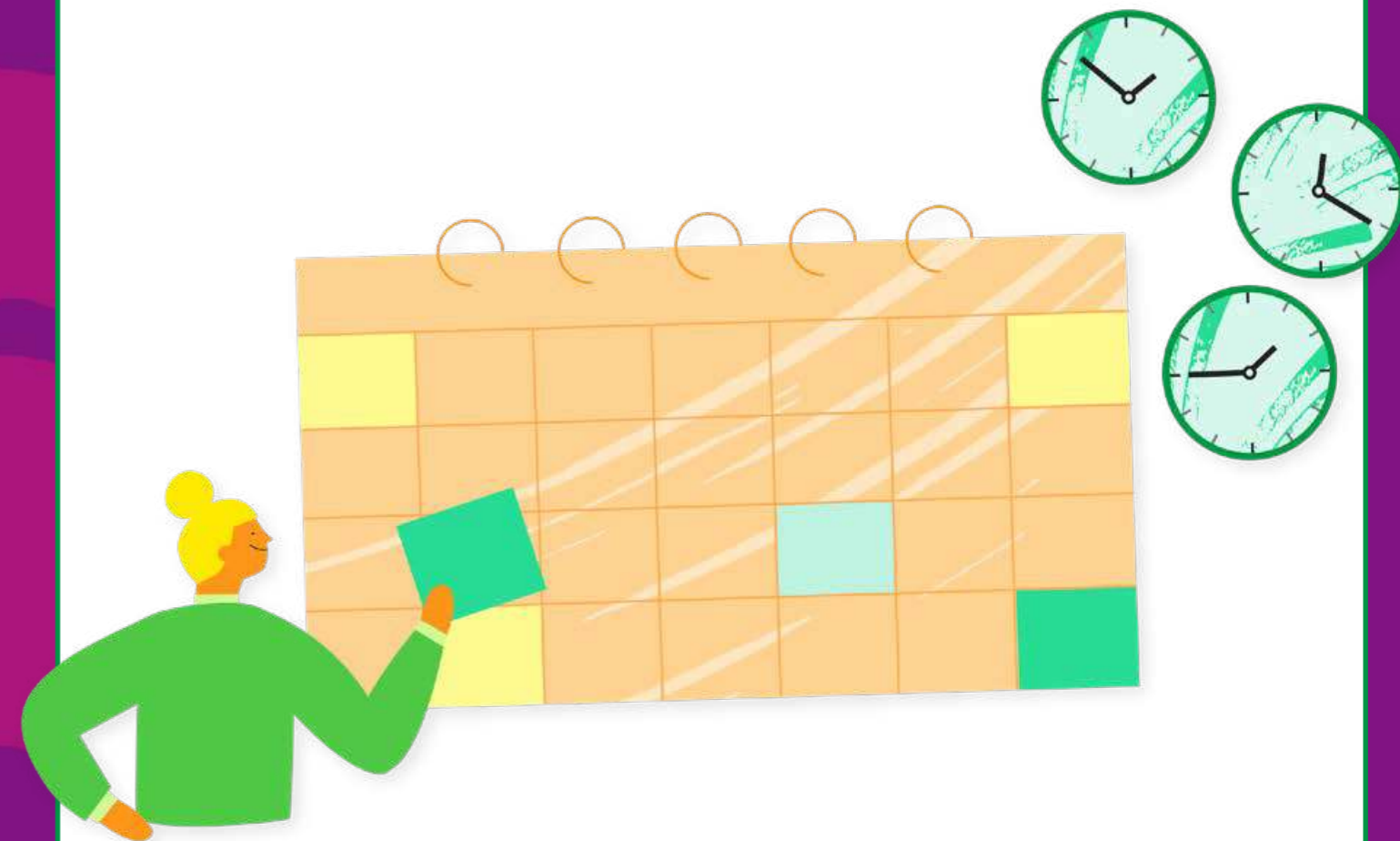
Sunday

Notes

Shopping List

HOW TO STORE YOUR FOOD

In this fun experiment, we'll get our young food waste heroes to place fresh fruit in both the fridge and freezer to showcase the difference in preserving freshness.



By regularly monitoring and comparing the fruit's condition, it will show how freezing keeps things fresher than refrigeration.

This hands-on activity not only demonstrates the value of freezing for long-term storage but also encourages our young waste warriors to think sustainably and reduce food waste.

ACTIVITY 2

Most wasted foods!

Just imagine the possibilities if we put the 4.5 million tonnes of wasted food to good use*. It's enough to fill 38 million wheelie bins, or 90 Buckingham Palace's. So let's roll up our sleeves, get creative, and make a real difference.

Our Food Waste Heroes Goal

The aim of this activity is to understand how everyday food is wasted by visually bringing the surprising stats to life in a creative and compelling way.

Bananas

About 190,000 tonnes of ripe bananas are thrown away annually, equivalent to filling a football stadium. Most are wasted when they become mushy or develop spots.



Did you know?

You can transform overripe bananas into delicious recipes like banana bread, muffins, ice cream, or smoothies.

Salad and Vegetables

Approximately 170,000 tonnes of salad and vegetables are wasted each year because we often buy too much, and they go bad before we can use them.

Did you know?

You can revive wilted vegetables by trimming what you don't need, soaking them in water for 15-30 minutes, patting them dry, and using as usual.



Activity

In the first instance, get your students to guess the top wasted foods in the UK. When the answers are revealed, that's when you'll unveil how much of each item gets binned every year - and what that equates to visually by asking them to draw a surprising food waste scene.

Bread

In the UK, a surprising 900,000 tonnes of bread are wasted yearly. That's like tossing out an entire bakery's worth of loaves.

Did you know?

You can revive stale bread by sprinkling it with water and warming it briefly in the oven.

Potatoes

Approximately 750,000 tonnes of potatoes are discarded each year in the UK. Some go to waste due to imperfections, while others get forgotten and spoil in cupboards.

Did you know?

If you store potatoes in a dry, dark place away from sunlight you can extend their shelf life.



RECIPE

Our Gluten-Free Banana Cake Recipe!

It's the weekend and we know families love having fun in the kitchen. And guess what? We've got ripe bananas that are just perfect for a yummy family adventure! Plus, we added blueberries to make it even more delightful.



Ingredient

- 2 ripe bananas
- 2 eggs
- 100g cup coconut oil
- 1 vanilla pod
- 1 1/2 tsp cinnamon
- 150g cup coconut flour
- 1 tsp baking powder
- 1 pinch of salt
- Some chocolate nibs (depending on your own taste)
- 1-2 handful of blueberries

Instructions

1. Preheat your oven to **180°C**
2. Mash bananas with a fork, add the eggs and combine well
3. Heat up the coconut oil a little bit, so you can blend it better with the banana-egg-mash
4. Add all the dry ingredients (except the blueberries) and mix it all until you get a good texture
5. Use some extra coconut oil for the baking form and pour the mash into it
6. Add the blueberries in the middle of your banana bread and slightly push it into the dough so they won't burn in the oven
7. Bake for around **45 minutes** until it's golden brown. If the bread is still too wet inside cover with foil to keep it from burning
8. Tastes even better **1-2 days** after baking. If you want you can also add nuts

ACTIVITY 3

Compost champions!

When it comes to reducing food waste, we're setting sail on an exciting eco-adventure that involves the magic of composting. But that's not all; this journey also unveils a whole new world of understanding our connection with food scraps and waste.

Our Food Waste Heroes Goal

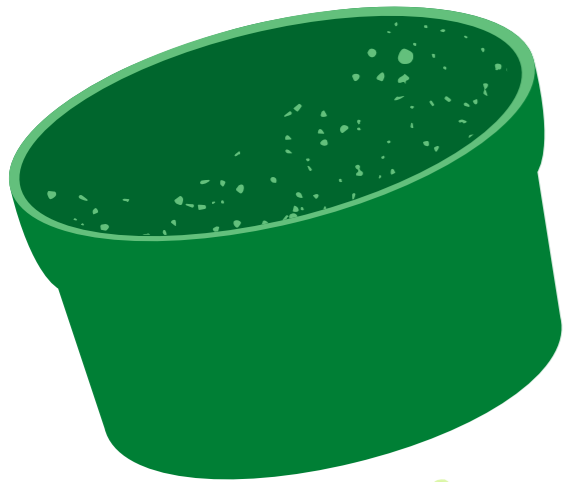
Let's plant the seeds of knowledge about various strategies for battling food waste while nurturing a mindset that values responsible management of food scraps and waste.

Activity

Get ready for a composting mission that's bound to make your kids into eco-champions! We'll guide them through the fascinating world of composting, teaching them the ropes of turning kitchen scraps into nutrient-rich soil. It's an adventure that will empower them to make a positive impact on the environment while having a tonne of fun along the way!

Choose a Compost Bin or Pile

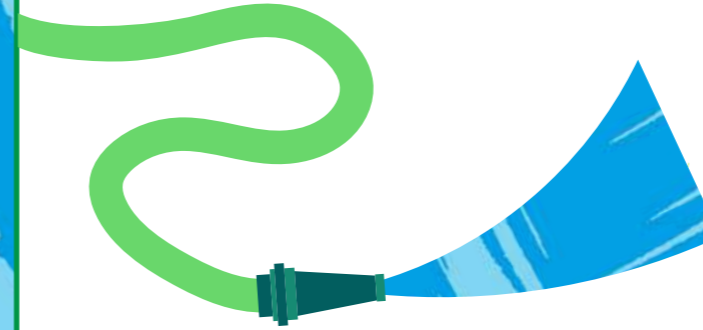
Explain to learners that composting starts with a special container where organic waste can decompose. This can be a compost bin you store on the balcony, a pile in the garden, or even a worm bin for a more hands-on experience.



Gather Compostable Materials

Help kids identify what can be composted, such as:

- Fruit and vegetable scraps
- Coffee grounds and filters
- Eggshells
- Garden waste like leaves and grass clippings
- Shredded newspaper or cardboard (no glossy paper)
- Avoid adding meat, dairy, and oily foods to the compost, as they can attract pests

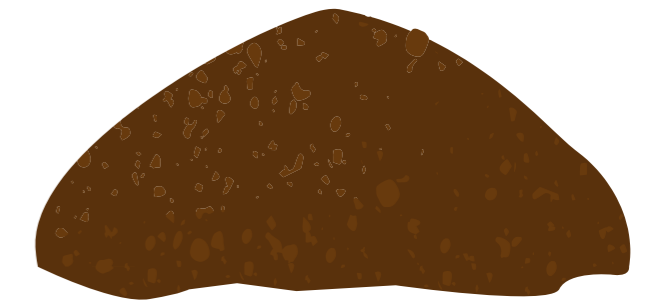


Keep It Moist and Mix It Up

Let kids know that compost needs to stay moist but not soggy, like a wrung-out sponge. Show them how to use a hose or watering can to sprinkle water over the compost pile. Explain that turning the compost with a pitchfork or shovel helps it break down faster and prevents bad smells.

Wait and Watch

Composting takes time, so be patient. It can take several months to a year for your compost to turn into rich, dark soil. Encourage kids to observe the changes in the compost pile over time, like how it gets smaller and starts to look like soil.

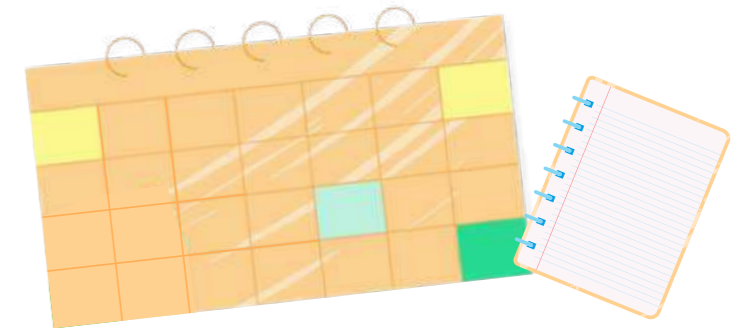


Use the Finished Compost

Once the compost looks dark and crumbly, it's ready to use in the garden. Explain to kids that this nutrient-rich compost can be mixed into the soil to help plants grow better.

Fun Composting Tips

Make a compost journal or chart to track the composting process. Teach kids about the importance of composting for the environment and how it reduces landfill waste. Encourage them to name their compost pile to make it more fun and personal.



By breaking down composting into these simple steps, kids can have a hands-on learning experience that's not only educational but also helps them develop a sense of responsibility for the environment.

ACTIVITY 4

Eco-friendly crafting

There are a lot of impactful methods to significantly reduce food waste, ranging from embracing the art of composting to practising mindful purchasing habits. Additionally, going on this adventure helps learners not only stop wasting food but also discover a whole new way to think about food scraps and leftovers.

Our Food Waste Heroes Goal

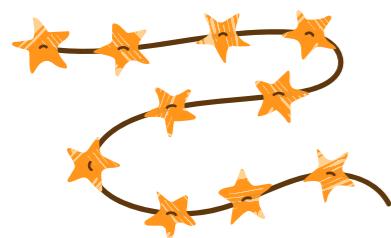
The goal of this activity is to help children learn how to reduce food waste and to start thinking in a more creative way about using leftovers and managing food scraps.

Activity

In this fun-filled activity we'll get the children to think a little differently and delve into a world of friendly, sustainable crafts that transforms scraps into works of art.

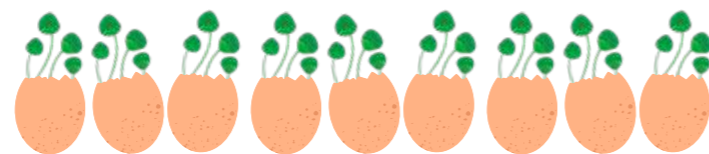
Citrus Peel Garland

Citrus peels are not just colourful and fragrant; they're your new secret weapon for creating a fabulous and sustainable garland. The next time you're peeling oranges for a snack attack or squeezing lemons for a zesty twist, don't toss those peels! Grab a mini cookie cutter (star shapes are stellar), let your learners dive into the fun of punching out peel shapes, and string them along some twine or hemp. Citrus garlands aren't just for the holidays; they're a year-round, fragrant, and compostable decor delight!



Make Your Own Potato Stamps

Got some sneaky spuds hiding in your cupboard? Well, it's time to turn them into your new crafting buddies! With the help of funky-shaped biscuit cutters, you can magically morph those potatoes into super-duper stamps that are kid-friendly and loads of fun!



Egg Shell Planters

Get crackin' with eco-friendly crafting using eggshell - a winner in versatility and function! These little gems are calcium-rich and completely biodegradable, giving your plants the perfect head start.

ACTIVITY 5

Make food waste history

Did you know that we're throwing away a third of the food produced globally? That's right, one-third! It's time to take action and join the movement of minimising food waste.

Our Food Waste Heroes Goal

UK households toss 6.5 million tonnes of food annually, with 4.5 million tonnes still good to eat. We're not talking about eggshells or chicken bones; it's the untapped potential in those final bites, bread crusts, and potato peelings that could become something delicious!

Activity

With this food waste quiz you can identify where your students' knowledge gaps are, so you can close them and start making a difference today.

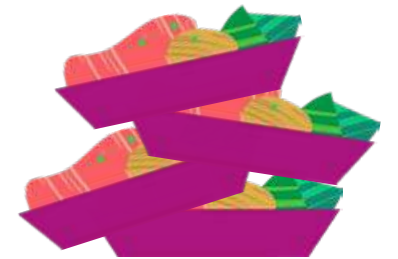
1. How many people in the UK have a compost bin?

- 20%
- 3%
- 10%



2. How many portions of food are wasted in the UK every year?

- 730
- 520
- 260



3. Which is the most wasted meal in the UK?

- Curry
- Spag Bol
- Lasagna



4. Which is the most common food item thrown away?

- Slices of Bread
- Bananas
- Bags of Salad



ABOUT

HelloFresh

HelloFresh is a recipe box delivery service with no minimum term or commitment, each month there are over 100+ delicious recipes to choose from including Family Friendly crowd-pleasers, Global Flavours for travelling taste buds, Calorie Smart meals for a balanced lifestyle and much more.



The service is convenient, removes the need for customers to incorporate a weekly food shop into your routine as the fresh ingredients are delivered straight to your door. The subscription is entirely flexible, saving you both time and energy, the recipes are quick and easy to prepare without compromising on taste or quality.

The wide variety of meals on offer are constantly changing, continuously opening your tastebuds to new taste sensations, without spending time considering what meals to cook for the week. As all recipes are pre-measured, HelloFresh customers save 21% less food waste vs supermarkets.

Learn more about the study at:
<https://www.hellofresh.co.uk/about/hellofreshgardens>

ABOUT

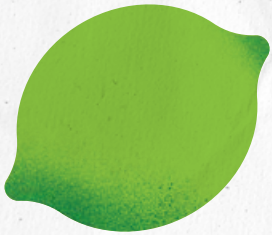
Social Farms & Gardens

Social Farms & Gardens is a UK wide charity supporting people to farm, garden and grow together. We envision communities reaching their full potential and improving their health and wellbeing through nature-based activities.



Our work provides advice, training and opportunities for environmental and community organisations to thrive, as well as advocating on their behalf.

To learn more, visit: farmgarden.org.uk



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