



ADVENT CALENDAR



GET READY FOR CHRISTMAS WITH LFHW



Check out the next page for our get ready guide.
For more tips and recipes visit www.lovefoodhatewaste.co.nz





ADVENT CALENDAR GET READY GUIDE

AN ADVENT CALENDAR WITH A LFHW FLAVOUR

How it works:

Starting from No 1 make your way up the tree in numerical order to find the assigned task. This isn't your conventional advent calendar though, rather than a task each day the tasks run over a few days to help with prepping for the food on Christmas. See the tasks below.

You can also switch the tasks around to suit you and your household.

Day 1-8: The clear out challenge

Challenge yourself to see whether you can live off the contents of your fridge, freezer and pantry for a week - without buying any more food.

This will help you clear out all those odds and ends that are taking up space or have been hanging around for way too long.

Day 9-15: Planning and list making

It's very tempting to make everyone's favourite food, but try hard not to go overboard. Keeping the menu as simple as possible will not only reduce food waste, but will also make it easier for you.

Getting a list together can be as simple as going through your recipes and checking each ingredient to see if you already have it, or add it to your shopping list.

Making a shopping list also stops you having to do any last minute dashes to the crowded shops on Christmas eve, or worse realising you are missing an ingredient on Christmas Day.

Day 16-22: Edible gifts

Make someone's day by making them a LFHW edible gift featuring a commonly wasted food item, such as bread, bananas, or apples.

Try making cake using stale buns or breadcrumbs, or make breadcrumb bliss balls, banana oat cookies, or get creative with what you have. Check out our website or online for recipes.

Day 23, 24: The days before

At this time of the month it can get full on with events and organising for Christmas Day ahead. Doing small things like checking if your shopping is stored correctly and the fridge and freezer are at the right temperatures will help make sure the food items you bought will stay fresh for longer.

Tip: the fridge temperature should be between 0°C to 4°C and the freezer at -18°C.

Day 25: Christmas day

Celebrate! Have a special day with those you are with.

If you have any foods leftover, get them in the fridge or freezer as soon as you can and pack them into smaller portions for your guests to take home.

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