

FOOD WASTE IN THE COMMUNITY: KITCHEN CANNY RESOURCES

Introducing... Kitchen Canny!

Eat better, live smarter, love the heart of your home.

Kitchen Canny is a well-designed kit to help the heart of your home run better than ever before. Think of it as a tune up for your kitchen. Kitchen Canny is all about living better and smarter, eating healthy, nutritious meals, celebrating and loving food!

Kitchen Canny guides you through some quick steps and gives you the tools to get your meal planning, cooking and food shopping running like a well-oiled machine! If you live with family or others, they can join in too and the time it takes is up to you.

“Before Kitchen Canny it was ridiculous, we were wasting £30 worth of food a week!”

Tasty food for thought...

Saving you money...wasted food cost the average Scottish family with children £550 a year, or around £45 per month. These savings could mean a seriously plush weekend break or a lot less stress about other bills.

Saving you time... less wasted food means less time food shopping – hooray!

Discovering skills... get savvy with those long lost skills in the kitchen that can save you money, time and energy!

Involving your family... meal times are family times and much more fun if everyone is involved. Not only that, money and time you could save can be spent together doing more of the stuff you really enjoy.

Saving the environment... we throw away 570,000 tonnes of food from our homes every year in Scotland. What is also wasted is all the water, energy and packaging used to produce, transport and store the food. An even **bigger** waste of resources. An bigger impact on the environment.

Your Kitchen Canny kit includes:

- 6 canny step-by-step cards
- 1 shopping and meal planner to go on the fridge
- 3 canny bags
- 1 canny sticker
- Your kit registration number

You'll also receive canny email updates and the choice to join the canny community to share stories, scrumptious recipes and other munchable money-saving tips.

Price: £10.00 per kit plus P&P

How will it add to the work of our group?

- Carbon – Fifty participants in your community could generate a saving of **22 tonnes** CO_{2e}
- New audiences - New way to engage members of your community with a well

structured project that you can make your own.

- Resources – we will provide Action Kits and publicity materials for you to distribute to households in your community
- Network - Kitchen Canny website and Facebook page provide further networking and linkages. Your community websites and information can be linked.
- Context - Links well to other food activities such as 'local', growing, composting etc.
- Support – Changeworks will provide technical support over the telephone and to answer any queries
- Reports and analysis – Changeworks will provide a clear, simple report on participation and resulting carbon reductions.

Additional support

Changeworks can provide a visit by a Canny team member who can present a fun, interactive workshop (approx 2.5 hours) to your core team and supporters. This will give them an understanding of the issues of food waste and the practical changes people can make.

Changeworks also works closely with You Can Cook to provide 'Canny' cookery demonstrations. These cost around £350 depending on location and timings.

Please contact us for a no-obligation quote for any of the above services.

Find out more

Catherine Fong

T: 0131 538 7950

E: community@changeworks.org.uk

W: www.changeworks.org.uk

Online at www.kitchencanny.co.uk from end November 2012