



Leftover secrets on show at Taste Sensation

Visitors to this year's Taste Sensation at Altrincham Market will be given the chance to find out how to make use of leftover food to minimise waste.

This year's event sponsor, the Greater Manchester Love Food Hate Waste campaign, will be giving advice and tips on how to reduce food waste as well as doing cookery demonstrations to give visitors ideas of what to do with leftover food.

Every year in the UK we throw away £12 billion worth of good food. Whether it is because we are cooking too much, or letting food go past its best, or are unsure of what the date labels mean, throwing away the odd bit of food is easily done. But little by little all this waste adds up, over a year the average family throws away £680 of food shopping - equivalent to an annual utility bill.

Wasted food has a big impact on climate change too. Most of it ends up in landfill sites where it rots and releases methane, a damaging greenhouse gas. Throwing away food is also a huge waste of the energy, water and packaging used in its production, transportation and storage. If we all stopped wasting the food which could have been eaten, it would have the same CO2 impact as taking 1 in 4 cars off UK roads.

Executive Councillor Jonathan Coupe said: "The work of the Love Food Hate Waste campaign provides a great opportunity for people to rethink the way they use food and help reduce waste. It is often surprising what a great difference some simple changes can make, I would encourage all visitors to the Taste Sensation event to find out more and maybe even get a few new cooking ideas."

Throughout the day Avril Povah of Nutrimens will be demonstrating how to cook and offering samples of a number of Love Food Hate Waste recipes including:

12.30pm-1.15pm Menu planning and Roast Dinner Frittatas demo.

1.30pm-2.15pm Time Savers and Nutty Vegetable Couscous

2.30pm-3.15pm Quick and simple ideas and Spicy Sausage Pasta

3.30pm-4.15pm Store cupboard essentials and Broccoli Stalk Soup.

For more information on this year's Taste Sensation event at Altrincham Market on Sunday 26 September go to www.atasteoftrafford.com and for details of the Greater Manchester Love Food Hate Waste campaign visit: www.lovefoodhatewaste.com