

WIN A GOURMET WEEKEND FOR FOUR

in our Pledge Prize Draw



We all love our food, but how can we show that we not only love it, but care about not wasting it? By taking just a few minutes to go online and 'Make a Pledge' to cut back your food waste, you could win some superb prizes to celebrate the wonders of our local food.

The 'South West Love Food, Hate Waste' campaign is all about how we shop, keeping an eye on use by dates and getting creative with leftovers. It's about changing habits – only buying what you need, using food before it goes off, correct portion sizes and using leftovers to create another, tasty meal. It's not about huge adjustments; just sticking to these simple rules.

SO MAKE A PLEDGE NOW – AND YOU COULD WIN ONE OF THREE FANTASTIC PRIZES

A Gourmet weekend for 4* at either:



The Pedn-Olva Hotel

- **The Pedn-Olva Hotel, St Ives:** stylish, contemporary and romantic. The Lookout Restaurant offers a relaxed, high quality dining experience. Chef Mark Devonshire provides contemporary cuisine with an emphasis on local and seasonal produce - especially local fish. www.pednolva.co.uk



The Elmfield

- or **The Elmfield, Ilfracombe:** a trendy family-friendly, independent hotel and restaurant, housed in a lovely restored Victorian villa. Head Chef Tom Frost sources the finest local produce, often organic, to create a modern British menu that's executed with care and experience. www.theelmfield.com

- **Dinner for two at the Summer Lodge Hotel, Evershot, Dorset:** A highly acclaimed country house hotel, restaurant and spa - Dorset's Restaurant of the Year 2009. The prize is an A La Carte dinner for two people, to be taken by the end of May 2010, subject to availability.

www.summerlodgehotel.com

- **Cookery lesson at La Cuzine Cookery School in Clifton, Bristol:** A two hour bespoke cookery lesson for two people. Plan and prepare a tantalising three course express menu using seasonal, local ingredients. Prize value up to £135; to be taken by end March 2010, subject to scheduling and availability.

www.lacuzine.co.uk

TEMPTED YOUR TASTEBUDS?

For a chance to win, visit: lovefoodhatewaste.com/southwest. Closing date for prize draw 20/11/09. Check out the special 'Love Food Hate Waste' events all over the South West, throughout October and November 2009 and take a look at our money-saving suggestions, recipe ideas and lots more!

EVERY DAY

it is estimated that we throw away:

- 7 million slices of bread
- 1 million slices of ham
- 4.4 million whole apples
- 1.3 million yoghurts & yoghurt drinks
- 440,000 ready-made meals

To find out more about local events and ways to reduce your food bill please visit lovefoodhatewaste.com/southwest or call your local council.

LOVE FOOD
hate waste

PLEDGE NOW FOR A CHANCE TO WIN



*Win two nights' B&B accommodation with an evening meal on one night (excluding drinks) up to a total value of £100 for food. Prize to be taken by end March 2010, subject to availability and excluding Christmas, New Year.

PLEDGE NOW TO WIN! Visit lovefoodhatewaste.com/southwest

DID YOU KNOW:
Families in the South West throw out on average up to £50 worth of good food every month. That's around £600 a year!

£10 billion is spent on food that gets wasted, every year in the UK

If we all stopped wasting food, the CO₂ impact would be equal to taking 1 in 5 cars off the road