

The bread and butter thing.



FIND YOUR LOCAL HUB AT

breadandbutterthing.org

- ➔ Get around £35 worth of food for £8.50
- ➔ Includes fresh fruit and veg, fridge favourites and cupboard staples.
- ➔ Open same place and time every week.
- ➔ You need to become a member to use the hub but it's free to sign-up and book a slot - just follow these steps.
- ➔ There is no commitment and it's free to join.

It's really easy to sign-up:

1



Text 0750 723 7311 with your full name, postcode and the name of the hub you will be collecting from.

2



Select the size of order you want to receive: Family £8.50, individual £5 or Large Family £17. There is a Vegetarian option available too.

3



You'll get a text on the same day every week to see if you want an order. Just reply "YES" by 10am the next day. Your order will be delivered to your designated hub at the designated time two days later.

4



Collect and pay for your goods from the designated hub. (Don't forget - someone can collect on your behalf if you can't make it and Healthy Start Vouchers are also accepted).

Where does our food come from?



Our weekly bags are made up of surplus food from supermarkets, food manufacturers and farmers. We never know what we're going to get from day to day, which means each week your bag of food will be different.

But it is always quality, fresh produce. You will probably need to top up from the shops as well, but our food will go a long way to helping you feed your family affordably.

Surplus food happens for lots of reasons – sometimes there is a fault with the packaging or there may just be too much of it for the supermarkets to handle.

Some of our food is beyond its BEST BEFORE date BUT that doesn't mean that you can't eat it. With proper storage - for instance in its original packaging and sealed with a clip or in an airtight container - lots of foodstuffs can be eaten long after their best before date, including: Crisps can still be edible for a good month after their best before deadline date, including:

- Crisps can still be edible for a good month after their best before deadline.
- Biscuits and cereals can last for another six months.
- Baked beans and other tinned goods can last in your store cupboard for a whole year, as can sweets and bottled pasta sauce.
- And don't throw away that packet of dried pasta that you've found at the back of a cupboard. If stored correctly, it should still be safe to eat around three years after its best before date has expired.

We will never provide food that is after its USE BY date because this is about food safety, not food quality. You can eat food on its USE BY date or, if you have a freezer, pop it in. Just make sure you make a note of how long it will be freezer safe and how long it takes to defrost.

You can find out more about our food and our work on our website:

www.breadandbutterthing.org

or at

@teamtbbt