

# Food Directory - May 2022



How to make your budget work  
for you and the environment



# Food Waste Resources

## Food Waste Apps & Subscriptions

**Fareshare:** Regular donations from Sainsbury's distributed from St John's Church on Friday mornings. For more info contact: 01926 853203

**Food Waste Apps** - Over the last couple of years the development of food waste apps mean it's never been easier to intercept the supply chain and tackle the problem of food waste, all with just a few taps on your phone – this will save you money!

**Too Good to go:** <https://toogoodtogo.co.uk/en-gb>  
Connects you to restaurants/cafes to rescue food that otherwise would be thrown away.  
Free to download on Android and iOS

**Karma:** Connects you to restaurants/cafes to rescue food that otherwise would be thrown away. Free to download on Android and iOS



# Food Waste Resources

**Olio:** <https://olioex.com>

Connects you to restaurants/cafes and neighbours to rescue food that otherwise would be thrown away.  
Free to download on Android and iOS

**NoWaste:** [www.nowasteapp.com/](http://www.nowasteapp.com/)

Log your weekly shop by scanning your receipt/barcodes and helps you to plan and reduce waste

**Nosh:** <https://nosh.tech/>

App to keep track of fridge/freezer/cupboards and work out what to make with contents

**Kitche:** <https://kitche.co/>

App to help you work out what to do with leftovers

**Oddbox:** <https://www.oddbox.co.uk/>

Food box subscription that contacts growers and producers to sell their overstock. Boxes of fruit and veg delivered to your home.



# Growing your own fruit & veg

Growing your own food is a healthy way to save money and enjoy fresh produce at home. When done correctly, even the smallest backyard plot can produce copious amounts of fruits and vegetables and saving to the food shop budget.

Websites to help you plan how to grow your own on a budget no matter what space you have:

[www.growinghealthykids.co.uk/budget-friendly-vegetable-garden](http://www.growinghealthykids.co.uk/budget-friendly-vegetable-garden)

[www.gardenersworld.com/plants/vegetable-crops-for-beginners/](http://www.gardenersworld.com/plants/vegetable-crops-for-beginners/)

[www.apieceofrainbow.com/easy-vegetables-grow-fast/](http://www.apieceofrainbow.com/easy-vegetables-grow-fast/)

[www.growingfamily.co.uk/grow-your-own/easy-to-grow-vegetables/](http://www.growingfamily.co.uk/grow-your-own/easy-to-grow-vegetables/)

For more information about getting involved in our community allotments contact: (insert email - ?)



# Top tips to save money when food shopping:

Money saving expert – Martin Lewis bringing you top tips to reduce your food shopping bills:

[www.moneysavingexpert.com/shopping/cheap-supermarket-shopping/](http://www.moneysavingexpert.com/shopping/cheap-supermarket-shopping/)

*More shopping tips needed to be included here...*



# Social Supermarkets & Community Pantry

Leamington

Lillington Community Pantry -

<https://thecommunitypantry.org.uk/>

Sydni Centre via Brunswick Hub – Community Veg Bags -

Call 01926 422123 for further information or email

[frontdesk@bhlc.services](mailto:frontdesk@bhlc.services)

Fruit & veg bags are available to order and collect from Brunswick Hub. The bags contain a range of seasonal produce for a reasonable cost

- Large bag £5.00
- Small Bag £3.50
- ½ dozen eggs £1.00.



# Food Bank Provision

## Kenilworth

The Kenilworth Centre – Friday 9.30 – 11.30  
Abbey End Car Park, Abbey End, Kenilworth CV8 1QJ

## Leamington

Brunswick Hub – Emergency Chilled Food Bank - Call on 01926 422123 (open 10am-2pm) for more information.

St Margaret's Church Chapter House - Monday – 11am- 1pm  
Church Close, Whitnash, CV31 2HJ

Southern Court – Tuesday 11am – 1pm  
The Crest, Lillington, Leamington Spa CV32 7PU

St Mary's Church – Wednesday 1pm – 3pm  
St Mary's Road, Leamington Spa CV31 1JW

St Paul's Church – Thursday 2pm- 4m  
Leicester Street, Leamington Spa CV32 4TE

Westbury Centre – Friday – 11am – 1pm  
Westlea Road, Leamington Spa CV31 3JE

## Warwick

Saltisford Church– Friday 1pm – 3pm  
Albert Street, Warwick, CV34 4JX

