



# FAMILY FOOD FUN

## OXFORDSHIRE FOOD SUPERSTARS



MAKE THE MOST OF YOUR FOOD  
WITH TIPS, INSPIRATION & RECIPES



Get creative in the kitchen



### THE GOOD FOOD COOKING TOOLKIT



www.penmendonca.com 2020

### T.V. SHOWS Easy flexible recipes



Great ideas from across the U.K.

#### DAILY KITCHEN LIVE



Recipes, Tips & Hacks

#### KEEP COOKING & CARRY ON



Make the most of leftovers Avoid waste

#### FOOD SURPLUS COOKBOOK

### Make a little go a long way



Store food in ways that make it last

#### A-Z OF FOOD STORAGE



Inspire children = veggie loving habits

#### EAT THEM TO DEFEAT THEM



Safety in the kitchen, fun recipes & activities

#### COOK ME AT HOME



## OXFORD GREEN WEEK (JUNE 2020)



Cooking demos

Allotments & Community Gardens

Switch Up Your Lunch Campaign



Veg Growing Activities