

# small steps



*Ideas for  
family days out*

*Discount vouchers  
from local  
companies*

*Which  
car seat?*

*Advice from  
Love Food  
Hate Waste*

*Fantastic  
Gumigem  
competition*

*Great family  
recipes*



Your free, local parenting magazine in  
Warwick & Leamington Spa 2011/12  
[www.smallstepsonline.co.uk](http://www.smallstepsonline.co.uk)

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or call the Warwickshire County Council Waste Projects Team  
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# Welcome to small steps

**W**e are delighted to bring you the 2011/2012 edition for Warwick and Leamington Spa Small Steps, the free local magazine for parents of babies and young children aged 0-5 years. This is the 7th edition of the magazine and its definitely the biggest (and we think the best) yet - we hope you will agree.

As well as our regular features on baby and toddler activities, education, safety tips, health and fitness, family recipes and many other useful topics, we've included a new Handy Reference guide section which lists all the important numbers in one place for you, along with contact details of all our sponsors. This edition contains a fantastic competition not to be missed provided by GUMIGEM to win a Gumigem in a colour of your choice. Along with offers from Neal's Yard,

Premier Gift Box, and My Friendly Lunch Box. So don't miss out!

For this edition we are very pleased to support our chosen charity, Zoe's place Children Hospice who provide local specialist care and support for terminally ill children and their families. Please see page 10 for how you can help them.

The Small Steps brand new website is full of information on local events, parenting tips and regular competitions. You can register and be sent updated information. Please do take a look at [www.smallstepsonline.co.uk](http://www.smallstepsonline.co.uk) as well as our Facebook and Twitter profiles.

*We hope you enjoy reading our magazine*  
**The Small Steps Team**

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# Days Out With Your Family In Warwick & Leamington Spa



It is so important for the kids to get outside as much as possible and from an early age. If they can experience going outside and exploring they will grow up loving, and knowing all about the great outdoors. Although it's great to go and explore local attractions, you must also make the most of the beautiful parks that are in the area, not only will it allow growing toddlers to burn off all their excess energy but also give parents a chance to get out of the house.

There are many country parks in Warwickshire to explore such as Pooley Country Park and Kingsbury Water Park.

They all offer fantastic walks and the majority of them have visitor centers where you can learn about the place and buy souvenirs. Why not go with other mums and dads, and take a picnic or eat in the café. The kids will love the company of other little ones, and it will be good for you to have different and like minded company! Go to [www.warwickshire.gov.uk/countryparks](http://www.warwickshire.gov.uk/countryparks) for more details and to find out where your local country park is. If you're lacking inspiration on what to do with the family at the weekend, don't forget to check back to this magazine as you can get great ideas from swimming to drama activities.

## Which Car Seat?



Understanding which car seat is right for your baby or toddler can be a daunting task! Our guidance below should help you choose the right seat for your baby & older siblings too.

- By law, children have to use an appropriate seat up until they are 12 or they are 1 metre 35cm in height. The seat should be appropriate to the child's height and weight as age is not an accurate guide. Not all child seats fit all cars so always go to a retailer where you can 'Try Before You Buy'. Avoid second hand seats, as they could have already been involved in an accident.
- Never fit a rear-facing baby seat with an active airbag. In a crash at 30mph an unrestrained child would be thrown forward with a force 30 to 60 times its own weight.
- Follow the instructions for your child car seat carefully and keep the instructions safe - you may not be the only person who has to fit the seat. Check the seat is tightly fitted before every journey.

Type	Stage	Group	Weight (approx age)
Rearward - facing Baby seats	1	Group 0 and Group 0+	Up to 10kg (birth to 6-9 mths) Up to 13kg (birth to 12-15 mths)
Forward - facing Child seats	2	Group 1	9 – 18kg (9 mths – 4 yrs)
Booster seats and cushions	3	Group 2	15 – 25kg (4 – 6 yrs)
Booster seats and cushions	4	Group 3	22 – 36kg (6 – 11 yrs)

For information & advice visit [www.childcarseats.org.uk](http://www.childcarseats.org.uk)

# First Aid Saves Lives...



...and helping people to become life-savers is at the heart of what we do. The British Red Cross can train you in first aid skills that can make a difference and enable you to save a life. Gain an awareness of treatment for a range of first aid scenarios including bleeds, burns, choking and resuscitation.

The aim of our courses is to enable you to gain the ability, confidence and a willingness to act in an emergency.

Research shows that two out of five parents have had to give emergency first aid to a youngster in their care – but worryingly, over 40 per cent of parents have never done any first aid training.



Don't be one of the 40 per cent -  
call **024 76 304200** to book your  
course



**One in three people** would not know  
what to do if a toddler was choking.\*

Are you one of them?

We provide a range of courses to help you  
to learn the basic first aid skills, that could  
save your child, or baby's life.

Get in touch to find out more today.

**Everyone can save a life**

Source: British Red Cross, St. Andrew's Ambulance Association, St. John Ambulance (2009)



Photo: Stock

Contact our training team on 024 76 304200 or

Email [infotraining@redcross.org.uk](mailto:infotraining@redcross.org.uk) Visit [www.childrenfirstaid.redcross.org.uk](http://www.childrenfirstaid.redcross.org.uk)

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949) and Scotland (SC037738)

# Free Family Activities & Events At Leamington Spa Art Gallery & Museum

**P**op in anytime to explore the mobile **Art Cart** and take part in exciting interactive exhibits. Or join in with the regular Art Cart Family Fun craft sessions on the last Saturday of each month 1-3pm.

**Haddie's Trails** help families with very young children to explore displays in the museum. They finish in Haddie's Gallery, a space designed especially for families. The trails are available during normal opening hours and can be collected from the art gallery reception desk.

**Arty Tots** can join in with lively art sessions. Enjoy free play and simple art

activities for under 5s and their carers. Every first Wednesday of the month, 11am – 12noon.

Why not visit our popular Half Term Art Club? Sessions last 30 minutes and start at 2.00, 2.45 and 3.30pm. You can make your own artwork and take it home to show off!

There is no need to book and admission is free. Children must be accompanied by an adult at all events. For more information including opening times, visit: [www.warwickdc.gov.uk/wdc/royalpumprooms](http://www.warwickdc.gov.uk/wdc/royalpumprooms) or call **01926 742700**

**FREE FAMILY ACTIVITIES & EVENTS AT  
LEAMINGTON SPA ART GALLERY & MUSEUM**

**Art Cart Family Fun** **Arty Tots**  
**Haddie's Trails & Gallery** **Art Club**  
**Half Term Art Club** **Art Cart**

Colour

There is **no need to book** and admission is **free**.  
Children must be accompanied by an adult at all events.  
For more information about these activities, including opening times, visit  
[www.warwickdc.gov.uk/wdc/royalpumprooms](http://www.warwickdc.gov.uk/wdc/royalpumprooms)  
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For details please contact: Nina Tel: 07971 945 242  
E-mail: [solihull@babysensory.co.uk](mailto:solihull@babysensory.co.uk)

Whether you are planning a holiday in the sun or just have the sprinkler on in the garden it is worth remembering that young children catch the sun really quickly. Wearing sun protection swimwear eliminates the need to apply sun cream to parts of the body which are covered up. Children can play in the water all day and you know that they won't get sun burn as the UV protection provided doesn't wash off.

The Beach Factory is the leading online specialist in sun protection swimwear with extensive collections from O'Neill, RipCurl, Lion in the Sun and Platypus. Also in stock are UV tents, beach bags and sun hats along with swimming accessories, pool toys and beach shoes.

Shop in the knowledge that a quick delivery and excellent customer service are the top priorities and if you should need help do call **0800-954-1927** or visit the website [www.beachfactory.com](http://www.beachfactory.com)



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## Warwickshire Pregnancy and Birth Network



**T**he **Pregnancy and Birth Network** are a group of professionals with a special interest in women's health and wellbeing. The organisation was formed a couple of years ago by women for women living in Warwickshire. It's objective was to signpost women to a wide range of health care, support and education for fertility, pregnancy, birth and postnatally.

Since it's formation, the Pregnancy and Birth Network has grown from strength to strength, it now has hundreds of members spanning Warwickshire and West Midland regions. Our members fields of expertise cover health care, breast/bottle feeding, homeopathy, massage, acupuncture, yoga, osteopathy, hypnotherapy, independent midwifery, NLP, CBT, counseling, reflexology, health & weight management, exercise, nutrition, fertility, baby swimming, parental & doula support ... just to mention a few!

The network regularly exhibits at the Leamington Peace Festival, however this year they will be holding their first 'Pregnancy, Birth and Baby Show' at the Town Hall in Leamington from 10am-4pm on Saturday 24th September.

Admission to the show, including it's talks, workshops and taster sessions, is FREE. Visitors will also be given FREE goodie bags containing useful information on the services the network provides, product samples, vouchers and special offers. During the day visitors will have the opportunity to enjoy tea, coffee & cakes, chat with the professionals and learn about what the network provides.

The workshops, taster sessions and talks will include: The Essentials of Birthing, Acupuncture, Yoga, Postnatal Exercise, Health & Weight Management, Fertility, Vaccination, Baby Swimming, Osteopathy, Boost Your Breast Milk, Baby Signing, Baby Massage, Real Nappy Demo, Birth Partner Masterclass and Pregnancy Massage.

If you would like to find out more about **The Pregnancy and Birth Network** please look at:

[www.pregnancyandbirthnetwork.co.uk](http://www.pregnancyandbirthnetwork.co.uk)

# small steps



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**No other magazine offers you more!!**

# Children's Centres

provide services for children under five and their families.

## Parents and Carers Welcome

If you live in Warwickshire and you have a child under 5 you can access a range of services at one of our children's centres.



These services could include:

- *Baby massage* • *Family stay and play sessions* • *Rhyme times*
  - *Dads and children's groups* • *Childminder support groups*
  - *Health Visitor and Midwife services* • *Advice and information*
  - *Special events* ..... and lots more
- LGBT Families Welcome**



For more information about your nearest children's centre:

**Email:** [childrenscentres@warwickshire.gov.uk](mailto:childrenscentres@warwickshire.gov.uk)

**Website:** [www.warwickshire.gov.uk/childrenscentres](http://www.warwickshire.gov.uk/childrenscentres)

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# Zoë's Place Baby Hospice

April 2011 saw the opening of a brand new healthcare facility in Coventry. Zoë's Place provides 24-hour, one-to-one respite and palliative care to infants aged 0-5 years, with life-limiting and life-threatening conditions.

Often, play is the only way many of the infants can explore their surroundings. As such, the hospice has various forms of play stimulation including a multisensory room, indoor and outdoor soft play areas and a sensory garden.

Sadly, infants will pass away whilst in our care.

At this time our fully trained staff will be able to offer support to families dealing with the loss of their child. The hospice is equipped with a bereavement room and a parent's suite, offering a private and comfortable environment where the parents and families can come to terms with their loss.

For more information go to [www.zoes-place.org.uk](http://www.zoes-place.org.uk) or email Helen Fairhurst on [helen@zoes-place.org.uk](mailto:helen@zoes-place.org.uk)



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# Small Steps

## Reader Competition

**Win a Gumigem teething necklace  
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All you have to do is log onto [www.gumigem.co.uk](http://www.gumigem.co.uk)  
and answer the following question.

**How many Gumigem designs are there?**

Answers on email to [competitions@smallstepsmedia.co.uk](mailto:competitions@smallstepsmedia.co.uk)  
Please remember to include your name, address and contact telephone number.

- A draw will take place on 31.1.12 and 31.6.12 to win a Gumigem in the colour/design of your choice.  
Winners will be notified by 29.2.12 and 31.7.12 respectively.
- The prize must be taken as stated; there will be no cash alternative.
- The winning entry will be drawn by the Small Steps team and the team's decision is final.
- We will only accept one entry per household.
- This competition is not open to any employees or contractors of Steps Media or Premier Concepts Ltd. or any person directly involved in the organisation or running of the competition, or their direct family members.
- If the winner cannot be contacted within one calendar month of the published closing date, the Small Steps team reserve the right to re-draw for the winner.



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The first Bookstart pack is for babies aged 0-12 months



Bookstart+ is for toddlers aged 18-30 months



My Bookstart Treasure Chest is for children aged 3-4 years

# Bookstart

It's never too early or too late to start sharing books with your baby. Sharing books from an early age helps your child to develop and its fun.

Children up to the age of 5 can join the book start book crawl in Warwickshire and Leamington Spa. This scheme means every time your child returns a book they will receive a sticker and after 3 stickers they receive a specially designed certificate by a famous author.

## I want to work from home where do I start?

A message to all parents who want to stay at home and still make money...

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# packs are perfect for sharing.

The library offers some great things for under 5's and also parents:

- lots of lovely board and picture books to share with your child;
- rhyme time sessions and storytimes
- events and activities throughout the year
- borrow up to five music tapes, CDs, DVDs, videos and story tapes for a charge
- visits to pre-school groups to talk about books and offer reading advice
- books on all aspects of parenting

The library is a great place for meeting people and learning. It's suitable for all ages and offers something for everyone, with fantastic author events, performances and lots of activity's to partake in.



**bookstart**  
est. by booktrust 1992

**For more information visit:**  
[www.warwickshire.gov.uk/libraries](http://www.warwickshire.gov.uk/libraries)




If you are a family with children aged 0-5 years **Boughton Leigh Children's Centre** in Rugby will be able to offer services to support you in a variety of ways. From our weekly bumps to babes group, toddle and talk sessions, health visitor support, twins plus group, stay and play sessions, childminder group, family support and a variety of courses with crèches provided and much more.

For information contact  
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on **01788 570347** or  
email: [helenmiller@we-learn.com](mailto:helenmiller@we-learn.com)

An advertisement for Bilton Grange. The top half features the text 'Open Mornings throughout the year' in a serif font. Below this is a photograph of two children, a girl and a boy, sitting on a grassy slope and reading a book together. The bottom right of the photo has the 'Bilton Grange' logo, which includes a small crest of a griffin.

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# Get your body back

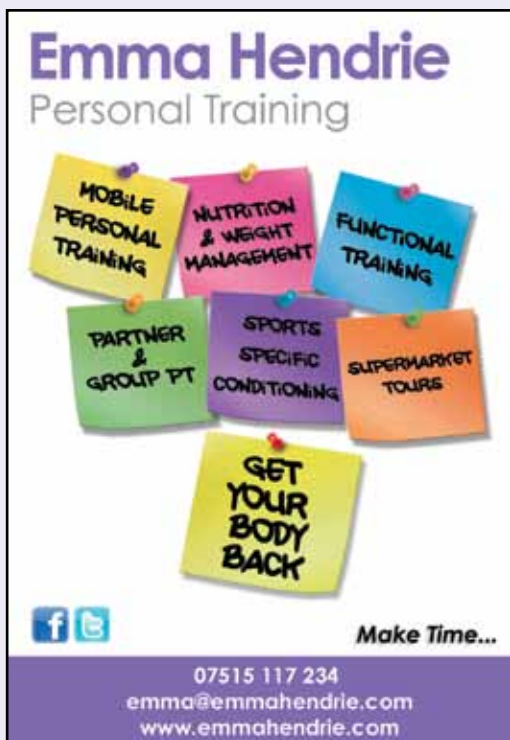
Pressure to 'get your body back' after pregnancy can feel overwhelming. Tired of seeing celebrities do it in 2 weeks and reading about crazy diet after crazier diet? Ignore all that and get back to basics...

IF YOU CAN'T DO IT FOREVER -  
DON'T DO IT AT ALL!!

"The best form of cardio is...  
the one you do!" EHPT

Finding something you like means you're more likely to do it: If you love dancing - take a dance class.

If you prefer being outdoors - go for a bike ride; run with a friend; find a big hill and walk up it 10 times. It's OK not to like the gym... just find something you enjoy and get moving!!!



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# 15% off Organic Pampering for Baby's Sensitive Skin



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The local shops in **Leamington Spa** and **Solihull** are offering readers a **15% discount** off a purchase of any products - you just need to take this page into store with you.

**Neal's Yard Remedies,**  
106 Regent Street,  
Leamington Spa, CV32 4NR and  
Poplar Arcade, Touchwood Centre,  
Solihull B91 3GH



# Cranial Osteopathy

## for Infants & Children

During birth, a baby's head experiences enormous forces as it is pushed against the natural resistance of the birth canal. Ideally, the baby's head moulds to allow it to pass through and will return to normal shape. If the birth was long or difficult, some of the moulding can be retained, leaving tensions within the skull and spine. These unresolved tensions can create discomfort, causing the baby to be unsettled. Cranial Osteopathy is gentle and safe, using light pressure to assist the natural release of the tensions of the retained moulding. If you would like to know more, telephone the practice on 01926 335932.

## Small Steps *loves* Zumba!

Here at Small Steps we have all being sucked into the bubble that is Zumba. It makes you feel like your partying the night away while also keeping you fit and toned. We all go at least once a week and recommend it to all mums - and even dads! Search Zumba on:

[www.warwickshire.gov.uk/Events](http://www.warwickshire.gov.uk/Events)



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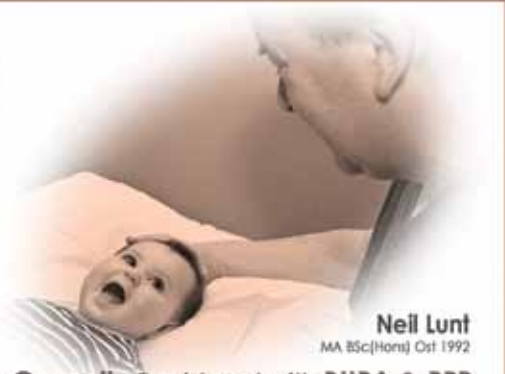
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&  
Birth Network

JANE O'CONNOR & ASSOCIATES  
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[www.leamington-osteopath.co.uk](http://www.leamington-osteopath.co.uk)  
47 Campion Terrace Leamington Spa 01926 335932

## Cranial Osteopathy for Infants & Children

"I am pleased with the treatment I received for my daughter and I saw a huge improvement. The book I received was very useful as it explained well the symptoms a baby needing treatment would show. I would strongly recommend the treatment to anyone and would definitely consider it for my next child"

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**Neil Lunt**  
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Warwick Preparatory School,  
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01926 491545

[www.warwickprep.com](http://www.warwickprep.com)

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# Angela's Story

I was in a car accident that left me unable to exercise so I really started to struggle with my weight. I was a lot less active and rather than adjust what I was eating, I used food and alcohol to cope with the pain and the weight just piled on. "I tried and failed so many diets. "Then I found out about LighterLife and went on to lose over three stone. I have gone from a size 18 to a size 10 and am now the same size I was when I was 21!

Since losing weight my blood pressure is back to normal, I no longer get out of breath going up stairs and have a new zest for life. My weight loss inspired me to retrain as a LighterLife Weight-Management Counsellor and I am excited about sharing this life-changing programme with others in the area. LighterLife worked for me and it can work for you too."

Change the way you think about food to lose weight



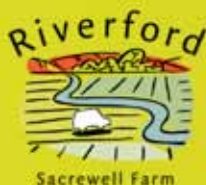
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# Chocolate Courgette Cakes

## Ingredients:

Serves 6

- 120g softened unsalted butter
- 125ml sunflower oil
- 100g caster sugar
- 200g soft brown sugar
- 3 eggs, lightly beaten
- 130ml milk
- 350g plain flour
- 2 tsp baking powder
- 4 tbsp cocoa powder
- 450g courgettes, peeled and finely grated
- 1 tsp vanilla extract

## Method:

Put the butter, sunflower oil and both sugars in a bowl and beat together until light and fluffy. Gradually beat in the eggs and then the milk. Sift the dry ingredients together and fold them into the mixture. Stir in the courgettes and vanilla, then spoon the mixture into a 20x35cm baking tin lined with baking parchment. Place in an oven preheated to 190°C and bake for 35-45 minutes, until a skewer inserted in the centre comes out clean. Cut into squares whilst still warm.

Recipe by Jane Baxter, Riverford Field Kitchen  
Taken from the Riverford Farm Cook Book



# Eco Friendly Lunch

**M**y Friendly Lunchbox is a website selling durable and eco friendly lunchbox products that also make it an easy to pack and waste free lunch. The products are suitable for all ages and are free from BPA, PVC and phthalates. BPA, for example is now banned from most baby bottles as the chemical can be harmful to sperm health and fertility and cause behavioural changes. See our website for tips on how to pack a waste free lunch, recipes and healthy lunch box ideas.

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# Food for growing babies & toddlers

If your baby is approaching 6 months, you're probably thinking about starting to wean.

**Approx 6 months** - weaning starts, beginning mainly with purees.

**6 - 8 months** – most babies begin to master the pincer grasp, to use their thumb and forefinger to pick up safe finger foods, although they may not get it into their mouths yet!

**7 - 9 months** – your baby's co-ordination begins to improve so that most food will make it into his or her mouth.

**1 year approx** – the risk of food allergy is greatly reduced and so it's safe to gradually introduce full-fat cow's milk or soy beverage if you wish, rather than breast milk / formula milk.

By this age too, your toddler will be ready to try a wide variety of tastes & textures – so experiment with different foods from a well balanced diet - meats, fish (but be careful of bones!), other proteins, dairy produce, bread, pasta and other carbohydrates, vegetables and fruits.

## Cooking tips



Making your own purees is easy to do and it means you know exactly what your baby is eating, & it can help you save money too.

### Cooking fruit & vegetable purees

The easiest way to make your own purees is to wash, peel, chop and then steam whichever fruit or vegetable you're using until it's soft. Take care not to overcook as the food will lose its taste and texture. Once cooked you can blend it any way you like. You can change the texture by adding a bit of the reserved cooking water or breastmilk / formula milk.

# Rhubarb and Strawberry Crumble

## Ingredients:

### Serves 4

- 2-4 rhubarb stalks, cut into slices 2cm thick
- 1 punnet of large strawberries, hulls removed, and cut in half
- 165g plain flour
- 50g soft light brown sugar
- 150g rolled oats
- 125g unsalted butter

## Method:

Place the rhubarb in a deep pie dish. Toss the strawberries with a tablespoon of the flour and add to the rhubarb. Sprinkle half the sugar on top. Put the oats, butter and remaining sugar and flour in a food processor and pulse until the mixture starts to come together.

Spread the crumble over the fruit and bake in an oven preheated to 180C for 35-40 minutes, until the rhubarb is tender and the crumble is browned. Serve with clotted cream.

*Recipe by Jane Baxter, Riverford Field Kitchen*

*Taken from the Riverford Farm Cook Book*



# Handy Reference Guide

New mums have told us how helpful it is to have listed in one place all those useful numbers that you can't live without! So we've included the most popular below (but do please let us know if you think anything else should be included in the next edition).

We've also included a full listing of all the advertisers in this magazine (with page reference no.) – and please don't forget to mention Small Steps when you contact them!!

## Advice & Useful Information

**Boughton Leigh Children's Centre** (p13)  
01788 570347

**British Red Cross** (p5)  
www.childrenfirstaid.redcross.org.uk 024 76 304200

**NHS Direct Helpline**  
www.nhsdirect.nhs.uk 0845 46 47

**Warwickshire County Council** (p2)  
*Real nappies*  
www.warwickshire.gov.uk/cottonnappies  
01926 412458

**Warwickshire County Council** (p22-23)  
*Love Food Hate Waste* www.lovefoodhatewaste.com

**Warwickshire County Council** (p9)  
*Children's centres*  
www.warwickshire.gov.uk/childrenscentres

**Warwickshire Pregnancy and Birth Network**  
www.pregnancyandbirthnetwork.co.uk (p8)

**Zoe's Place - Baby hospice** (p10)  
www.zoes-place.org.uk 02476 361675

## Child Activities & Places to Visit

**ABC Musical** (p11)  
*Music activities from birth to 5 years*  
www.musicalabc.net 07876 518770

**Baby Sensory** (p7)  
www.babysensory.com 07971 945242

**Coughton Court, Packwood House and Baddesley Clinton** (p7)  
*3 family friendly properties in the heart of Warwickshire*  
www.nationaltrust.org.uk

**Leamington Spa Art Gallery & Museum** (p6)  
*Royal pump rooms. Free family activities & events*  
www.warwickdc.gov.uk/wdc/royalpumprooms  
01926 742700

**Music Together** (p11)  
*Childrens music classes*  
www.musictogetherkenilworth.co.uk  
07503 906468

**Stagecoach Leamington Spa, Warwick and Kenilworth** (p9)  
*Performing arts for children*  
www.stagecoach.co.uk/leamingtonspa 01789 263464

**Waterbabies** (p10)  
*Baby swimming lessons*  
www.waterbabies.co.uk 01295 709221

## Nurseries & Pre-School Education

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*Co-educational boarding & day school*  
www.biltongrange.co.uk 01788 818249

**Busy Bees Children's Day Nursery** (back cover)  
www.busybees.com  
Warwick - 01926 493394  
Leamington Spa - 01926 889110  
Rugby - 01788 813876

**Warwick Preparatory School** (p16)  
*Independent day school & nursery*  
www.warwickprep.com 01926 491545

## Local Businesses

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Skin care parties  
07772 535742

### Avon Cosmetics (p16)

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### The Beach Factory (p7)

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### The Diet Plate (p18)

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### Emma Hendrie (p14)

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### Gem Marketing Team (p16)

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### Gumigem (p11)

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(p15)  
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### Kerry O'Grady Acupuncture (p15)

www.kerrylearningtonacupuncture.co.uk  
01926 316450

### Lighterlife (p17)

Weight Loss Counsellor  
www.lighterlife.com/angelasaunders 07810 481122

### My Friendly Lunchbox (p18)

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www.myfriendlylunchbox.co.uk

### Neal's Yard Remedies (p14)

Natural Body products & Therapy Rooms  
www.nealsyardremedies.com/learnington-spa-store  
01926 832685

### Premier Gift Boxes (p16)

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### Riverford Home Delivery – Sacrewell Farm

(p17)  
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### Venture Photography – Leamington Spa (p3)

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# The best thing since sliced bread?

## *Not wasting any!*

**D**o you love bread? Most of us love a slice of toast in the morning or as a snack, but did you know we throw away £640 million worth of bread every year? That's the equivalent of 37 million slices every day! New research carried out by Love Food Hate Waste and Hovis shows how we can all take simple steps to get more from our daily bread, and save money.

Nobody wants to run out of bread, but most of us end up buying more than we use, and throw away on average a third of every loaf we buy. More than half of us believe that bread is stale three or four days after we buy it, but it can last longer than we might expect. Your bread is freshest up to and including the best before date but safe to eat even after this date. The last few slices, even if they're starting to go stale, are perfect for toast.

There are a few easy things we can do to get more from our bread.

Storing bread in a bread bin and re-sealing the pack will keep it at its freshest.

A popular myth is to keep it in the fridge, but believe it or not, this means it will actually go stale six times faster than in your breadbin/cupboard.

Only a third of us regularly freeze bread, but those that do say they waste less. Did you know you can toast bread, bagels, crumpets and pitta breads straight from the freezer, or even make sandwiches from frozen bread that will defrost by lunchtime?

A bread & butter pudding is a traditional way of using up leftover or slightly stale bread.

There are lots more great ideas on [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) about how to make more of your bread, including exciting recipes for sandwiches, saving you time and money.

Bakers are doing their bit as well, introducing a wider range of loaf sizes to suit all, simplifying labels to make it easier to see how to store your bread, and when to eat it by, and changing packaging to make it easier to reseal.

# FOOD LOVERS

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[lovefoodhatewaste.com](http://lovefoodhatewaste.com)





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