



**Educatering**  
The School Food Revolution

Our theme for March is

# FOOD WASTE ACTION WEEK

Food Waste Action Week will take place on 6th till the 12th of March. This year, the theme is "Win. Don't Bin." The aim of this campaign is to spotlight how valuable food is in our lives and how avoiding waste can save money, time and helps us protect the planet.

**DID YOU KNOW THAT 1.1 MILLION TONNES OF FOOD ARE WASTED FROM UK HOMES, ANNUALLY?**



Steps to avoid

## FOOD WASTE

- › Plan your meals for the week.
- › Use up ingredients you already have at home.
- › Learn how to store your ingredients.
- › Share or save leftovers.



# RECIPE of the Month

## Tomato and Vegetable Pasta Bake

### INGREDIENTS

**120g** Carrots  
**90g** Red Pepper  
**60g** Courgette  
(or any vegetables that you have at home)  
**6ml** Vegetable Rapeseed Oil  
**3g** Garlic Puree  
**600g** Passata  
**300g** Penne Pasta  
**75g** Grated Cheddar

**SERVES 4**

This dish costs less than £5 to make!

### METHOD

1. Dice the courgette and red pepper, grate the carrot and add this to the pan along with the oil and garlic puree. Mix well together and allow to cook on a medium heat for 5-10 mins to soften. Add the passata, mix well. Leave on a low heat for 20 mins to cook (add a little water if the sauce thickens too much).
2. Cook the pasta in a pan of boiling water until just tender but still has a little bite (it will cook further in the bake so you don't want to overcook it in the water).
3. When the pasta has cooked, drain and add it to the sauce; pour into trays and sprinkle over the cheese.
4. Place in the oven on 200°C for about 10 minutes until the cheese is golden and bubbling.



### COMPETITION TIME

Send a photo of your Pasta Bake to [jodie.peek@goosemoor.uk](mailto:jodie.peek@goosemoor.uk) to enter.  
The winner will receive a prize. Competition ends on 24th April.