

Christmas

Week Commencing

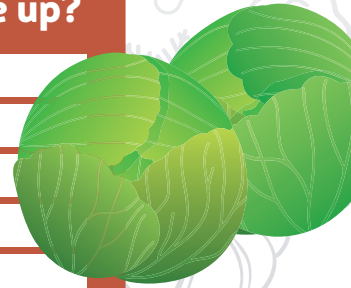


Preston
City Council

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

What can I use up?



Shopping list



For more tips on reducing food waste, visit
www.preston.gov.uk/foodwaste