



Weekly

Week Commencing



Preston
City Council

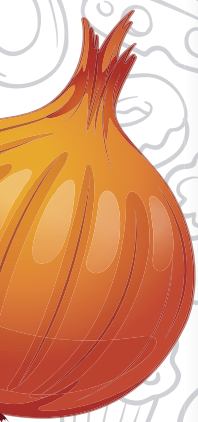
MEAL PLANNER

What can I use up?



	BREAKFAST	LUNCH	DINNER
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

Shopping list



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