



**We welcome the Month of October with:**

The School of Families, our monthly newsletter that will help you learn more about food waste. You will receive infographics, games, or challenges to do at home.

If you are hungry for more, we invite you to continue exploring the resources available on our website.

**The cold weather arrives and with it... the season of stews!**

And the reason we like them so much is precisely because they are a fantastic way to avoid food waste - you can make them in a thousand ways! And above all, it is very easy to use previous meals or small amounts of leftover ingredients to prepare them. Use your imagination and try combining new flavours... Maybe you'll find your new star recipe!

In addition, it is easy to take advantage of buying seasonal food (and if possible, local food) to reduce food waste in this way as well, as it reduces the number of steps in the supply chain.

**But for many, what's really coming up this time of year is... Halloween!**

Like many other holidays, Halloween is a time when it's easy for our food waste to increase, both because we prepare more food than we need and because one of the traditions of Halloween is trick-or-treating. If your neighbourhood is one of the places where children trick-or-treat door to door, chances are you have prepared things to give them, but... Have you ever stopped to think about the waste it can generate? And what to do with the sweets and candies you don't hand out?

It's a simple tip, but... don't give out sweets that you're not going to eat yourself. That way, any leftovers you have won't go to waste in the pantry waiting for the next Halloween.

And apply the same idea with decorations: Try to make everything reusable next year... or edible! If you are one of those people who like to put their pumpkin with a candle inside, there are several things you can do:

- When you scoop out the pumpkin, separate the pumpkin flesh you have scooped out and the seeds. The roasted seeds can be a delicious snack (or salad topping!). The flesh can be used in a stew, to flavour a Halloween cake or even to make sticks to dip in hummus.
- Make sure you don't put the pumpkin in too far in advance so you can eat it after Halloween has passed without it going bad.

**But there are many more Zero Waste ideas for this time of year... If you run out of ideas, there are plenty on the internet!**

**And next month...**

That's all for the month of October. If you want to know more, we invite you to keep reading our teaching guides and to follow us on Facebook, Twitter and LinkedIn. Next month, more and better?

**Towards zero waste!**