

KITCHE MINI
FOOD WASTE
WARRIORS

AUTUMN ACTIVITIES



JAMMIN' WITH NATURE

CALLING HARVEST TIME HEROES! LET'S TURN LEFTOVER BERRIES INTO TASTY JAMS, IT'S LIKE MAGIC - MAKE FOOD LAST LONGER AND REDUCE WASTE!

INGREDIENTS:

- 2 CUPS OF YUMMY FRUIT
- (STRAWBERRIES OR RASPBERRIES WORK GREAT)
- 1 CUP OF SUGAR
- 1 TABLESPOON OF LEMON JUICE
(HELPS ACTIVATE THE PECTIN AND SET YOUR JAM)

JAM-MAKING TOOLS:

- SAUCEPAN
- SPOON OR SPATULA
- STRONG FORK
- CLEAR JARS WITH LIDS
(ASK AN ADULT TO STERILISE THESE FOR YOU)
- FUN LABELS AND MARKERS FOR DECORATING

METHOD:

GIVE YOUR FRUIT A GOOD WASH AND MASH IT UP WITH A FORK. POP THE MASHED FRUIT INTO A SAUCEPAN AND ADD THE SUGAR AND LEMON JUICE. GIVE IT A GOOD STIR.

WITH AN ADULT, PLACE THE SAUCEPAN ON THE STOVE ON MEDIUM HEAT, STIRRING CONTINUOUSLY. IT SHOULD COOK FOR AROUND 10-15 MINUTES. KEEP AN EYE ON THE MIXTURE, AND WHEN IT STARTS BUBBLING, TURN DOWN THE HEAT A LITTLE.

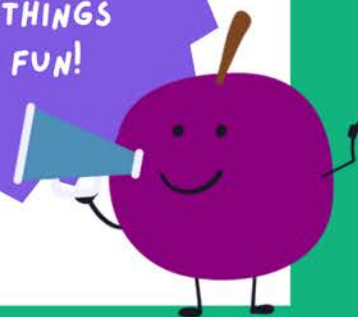
DECORATE YOUR JARS WITH LABELS, STICKERS, OR DRAWINGS - GET CREATIVE!

TO CHECK IF THE JAM IS READY, PUT A SMALL AMOUNT ON A PLATE AND WAIT A BIT. IF IT WRINKLES AND HOLDS ITS SHAPE, IT'S READY! POUR YOUR DELICIOUS JAM INTO THE JARS, LEAVING A BIT OF SPACE AT THE TOP. LET THE JAM COOL WITH THE LIDS OFF.

ONCE IT'S COOLED, CLOSE THE LIDS TIGHTLY. SPREAD YOUR HOMEMADE JAM ON TOAST, SANDWICHES, OR ANYTHING YOUR HEART DESIRES. ENJOY!



JAM-MAKING IS ONE SWEET ADVENTURE, BUT IT CAN GET VERY HOT! SO, GRAB AN ADULT TO HELP KEEP THINGS SAFE AND FUN!





PUMPKIN PICASSO

PAINTED PUMPKINS ARE LIKE SUPERHEROES – THEY CAN STAY FRESH AND COLOURFUL FOR WEEKS WHICH MEANS MORE TIME TO ENJOY YOUR AWESOME PUMPKIN CREATIONS!

PAINTING IDEAS

HAPPY FACES

PAINT A BIG, HAPPY FACE ON YOUR PUMPKIN. MAKE IT SMILE OR GIVE IT FUNNY EXPRESSIONS.

ANIMAL FRIENDS

TURN YOUR PUMPKIN INTO AN ANIMAL BUDDY. THINK CATS, DOGS, OR EVEN ALIENS!

EMOJI PARTY

MAKE YOUR PUMPKIN AN EMOJI SUPERSTAR. TRY HEARTS, STARS, OR THOSE COOL SUNGLASSES.

SUPERHERO STYLE

CREATE A SUPERHERO PUMPKIN. DESIGN A CAPE, MASK, AND A SPECIAL SYMBOL.

UNDERWATER ADVENTURE

DIVE INTO THE OCEAN WITH FISH, BUBBLES, AND SEAWEED ON YOUR PUMPKIN.

MONSTER MASH

INVENT YOUR OWN FRIENDLY MONSTER WITH BIG EYES, FUNNY TEETH, AND BRIGHT COLOURS.

SPACE JOURNEY

BLAST OFF TO SPACE WITH PLANETS, ROCKETS, AND ASTRONAUTS. USE GLOW-IN-THE-DARK

GET ARTSY

TRY CRAZY PATTERNS OR LET PAINT DRIP DOWN YOUR PUMPKIN. WATCH THE COLOURS MIX!

GLOW-IN-THE-DARK FUN

USE SPECIAL PAINT THAT GLOWS AT NIGHT. YOUR PUMPKIN WILL BE A GLOWING MASTERPIECE!



WHEN ITS TIME TO SAY GOODBYE TO YOUR MASTERPIECE, YOU CAN USE THE INSIDE TO MAKE TASTY PUREE AND YUMMY ROASTED SEEDS. IF YOU USE NON TOXIC PAINT, YOU CAN EVEN PUT THE PUMPKIN LEFTOVERS IN THE GARDEN TO HELP THE SOIL.

NATURE CROWNS

LEAVES AREN'T JUST FOR JUMPING IN THIS AUTUMN!
LET'S TURN THEM INTO AMAZING LEAF CROWNS!



HERE'S WHAT YOU'LL NEED

A CEREAL BOX OR CARD, GLUE OR TAPE, SCISSORS,
AND YOUR FAVOURITE LEAVES AND FLOWERS.

HOW TO CREATE YOUR CROWN

VENTURE OUTSIDE AND DISCOVER THE PERFECT
NATURAL GEMS FOR YOUR CROWN.

CUT A LONG STRIP OF CARD TO FIT AROUND YOUR
HEAD. DON'T FORGET TO LEAVE EXTRA FOR
OVERLAP.

TIME TO DECORATE! USE GLUE OR TAPE TO SECURE
YOUR LEAVES AND FLOWERS TO YOUR CROWN STRIP.
LET YOUR IMAGINATION RUN WILD AND CREATE THE
MOST FANTASTIC CROWN IMAGINABLE.

ONCE YOU'RE DONE DECORATING, OVERLAP THE
ENDS OF YOUR CROWN STRIP AND SEAL WITH GLUE
OR TAPE.

DRUM ROLL, PLEASE! IT'S TIME TO PLACE YOUR
NATURE CROWN ON YOUR HEAD AND RULE YOUR
KINGDOM WITH PRIDE!





APPLE NACHOS

KIDS, GET YOUR CHEF HATS ON BECAUSE IT'S TIME TO PILE ON THE FUN AND SHOW FOOD WASTE THE DOOR.

**IT'S APPLE SEASON SO LET'S NOT LET ANY GO TO WASTE
-LET'S WHIP YOU UP A FIESTA OF A SNACK!**

YOU'LL NEED

SLICED APPLES, AND SOME YUMMY TOPPING

WE LIKE

NUT BUTTER MINI CHOCOLATE CHIPS, GRANOLA, AND A DRIZZLE OF HONEY OR MAPLE SYRUP.

**SIMPLY PLACE APPLE SLICES ONTO A PLATE, DRIZZLE THEM WITH NUT BUTTER, THEN SPRINKLE ON SOME CHOCOLATE CHIPS AND GRANOLA, AND FINISH WITH A SWEET DRIZZLE OF HONEY OR MAPLE SYRUP.
CRUNCH AND MUNCH AWAY!**

**TO NAIL THE
PERFECT AMOUNT
USE ONE JUICY
APPLE PER PERSON**





COMPOST CHAMPIONS

COMPOSTING IS LIKE MAGIC, IT TURNS KITCHEN SCRAPS INTO SUPER-DUPER SOIL FOR PLANTS!

HOW TO MAKE A COMPOSTER

IMAGINE A COZY HOME FOR YOUR KITCHEN SCRAPS. THAT'S YOUR COMPOST BIN OR PILE! YOU CAN USE A SPECIAL CONTAINER OR MAKE ONE FROM WOOD OR WIRE MESH.

ONLY CERTAIN THINGS CAN GO IN YOUR COMPOST. HERE'S THE LIST:

- FRUIT AND VEGGIE SCRAPS
- COFFEE GROUNDS
- EGGSHELLS (CRUSHED, PLEASE!)
- LEAVES AND GRASS CLIPPINGS
- SMALL TWIGS (CHOPPED INTO TINY PIECES)
- TEA BAGS
- PAPER TOWELS AND NAPKINS (NO PLASTIC, PLEASE)
- DRY LEAVES (YOUR SECRET COMPOST SUPERHERO)

KEEP THESE VILLAINS OUT OF YOUR COMPOST:

- MEAT OR DAIRY
- (UNLESS YOU HAVE BOUGHT A HOT COMPOSTER)
- DISEASED PLANTS (THEY CAN SPREAD SICKNESS)
- DOG OR CAT POOP (IT'S NOT SAFE FOR COMPOST)
- PLASTIC OR METAL (COMPOST ONLY LOVES NATURAL STUFF)

GIVE YOUR COMPOST A STIR EVERY ONCE IN A WHILE THIS HELPS IT TO WORK IT'S MAGIC.

WAIT FOR THE MAGIC! IT TAKES TIME FOR YOUR SCRAPS TO TURN INTO DARK, RICH SOIL. IT'S LIKE NATURE'S RECIPE FOR SUPER SOIL!

ONCE YOUR COMPOST LOOKS LIKE DARK, CRUMBLY SOIL, IT'S READY! USE IT TO FEED YOUR GARDEN OR POTTED PLANTS. THEY'LL GROW BIG AND STRONG WITH YOUR SUPER SOIL.

YOU DID IT! YOU'RE AN EARTH HERO WHO TURNS KITCHEN SCRAPS INTO TREASURE FOR THE PLANET



PLANTING PROS

HEY LITTLE GARDENERS! AUTUMN IS A COOL TIME TO GROW YOUR OWN VEGGIES. YOU CAN PLANT TINY SEEDS NOW AND WATCH THEM BECOME DELICIOUS VEGETABLES LATER



MATERIALS YOU'LL NEED:

- VEGETABLE SEEDS
- SOIL OR COMPOST
- SMALL GARDENING TOOLS
- WATERING CAN OR HOSE
- SUNNY SPOT IN YOUR GARDEN OR POTS



CHOOSE YOUR SEEDS

PICK VEGGIES YOU ENJOY EATING. HOW ABOUT CARROTS FOR CRUNCHY SNACKS?

FIND A SUNNY SPOT

LOOK FOR A SUNNY PART OF YOUR GARDEN OR USE BIG POTS, VEGGIES LOVE THE SUN!

GET THE SOIL READY

DIG THE SOIL A LITTLE IN YOUR GARDEN. FOR POTS, FILL THEM WITH SOIL OR COMPOST.

PLANT THE SEEDS

FOLLOW THE SEED PACKET'S INSTRUCTIONS. SOME SEEDS GO DEEPER, OTHERS NOT SO MUCH.

GIVE THEM A DRINK

WATER YOUR SEEDS GENTLY, LIKE YOU'RE SAYING HELLO. THEY NEED A SIP TO WAKE UP.

CHECK ON THEM

ARE THEY COMFY WITH ENOUGH SUN AND WATER? THEY'LL START SPROUTING SOON!

KEEP GROWING

KEEP TAKING CARE OF YOUR VEGGIE SEEDS. WATER THEM, WATCH THEM GROW, AND LOOK FORWARD TO YUMMY VEGGIES!



PUMPKIN PANCAKES

THESE YUMMY AND GOLDEN PANCAKES ARE NOT JUST INCREDIBLY DELICIOUS BUT ALSO A FANTASTIC WAY TO USE UP LEFTOVER PUMPKIN PUREE

INGREDIENTS

1 CUP SELF-RAISING FLOUR
2 TABLESPOONS CASTER SUGAR
1/2 TEASPOON BAKING POWDER
1/2 TEASPOON GROUND CINNAMON
1/4 TEASPOON GROUND NUTMEG
1/4 TEASPOON GROUND GINGER
A PINCH OF SALT
1/2 CUP PUMPKIN PUREE
1/2 CUP MILK
1 EGG
2 TABLESPOONS MELTED BUTTER OR OIL
1/2 TEASPOON VANILLA EXTRACT

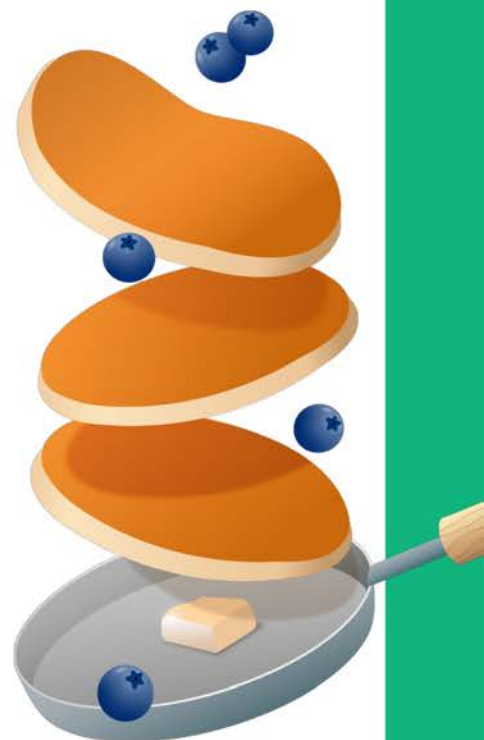
METHOD

IN A BIG BOWL, MIX THE FLOUR, SUGAR, BAKING POWDER, CINNAMON, NUTMEG, GINGER, AND A PINCH OF SALT. IN ANOTHER BOWL, MIX THE PUMPKIN PUREE, MILK, EGG, MELTED BUTTER OR OIL, AND VANILLA EXTRACT UNTIL EVERYTHING IS MIXED UP.

POUR THE WET STUFF INTO THE DRY STUFF AND GIVE IT A GOOD STIR. DON'T STIR TOO MUCH, IT'S OKAY IF THERE ARE A FEW LUMPS. PUT A FRYING PAN OR GRIDDLE ON THE STOVE AND TURN IT TO MEDIUM HEAT. YOU CAN ADD A TINY BIT OF BUTTER OR OIL IF YOU WANT.

USE A SMALL SCOOP TO PUT SOME BATTER ONTO THE HOT PAN FOR EACH PANCAKE. LET THEM COOK UNTIL BUBBLES SHOW UP ON TOP, THEN FLIP THEM OVER AND COOK UNTIL THEY LOOK GOLDEN. PUT THE COOKED PANCAKES ON A PLATE IN A WARM OVEN WHILE YOU COOK THE REST.

EAT YOUR PUMPKIN PANCAKES WARM WITH YUMMY STUFF LIKE SYRUP, YOGURT, BERRIES, OR A LITTLE DUSTING OF SUGAR. ENJOY!



AUTUMN

SCAVENGER HUNT

- | | |
|---|---|
| <input type="checkbox"/> PINECONES | <input type="checkbox"/> A BIRD |
| <input type="checkbox"/> RED LEAF | <input type="checkbox"/> BARK |
| <input type="checkbox"/> SPIDERS WEB | <input type="checkbox"/> AN ORANGE LEAF |
| <input type="checkbox"/> ACORN | <input type="checkbox"/> A BALL |
| <input type="checkbox"/> BIRD FEATHER | <input type="checkbox"/> AN INSECT |
| <input type="checkbox"/> WILD BERRIES | <input type="checkbox"/> A DOG |
| <input type="checkbox"/> YELLOW LEAF | <input type="checkbox"/> SNAIL |
| <input type="checkbox"/> CONKERS | <input type="checkbox"/> CRISPY LEAF |
| <input type="checkbox"/> PUDDLE | <input type="checkbox"/> PEBBLE |
| <input type="checkbox"/> STICK | <input type="checkbox"/> HAT |
| <input type="checkbox"/> SYCAMORE "HELICOPTERS" | <input type="checkbox"/> GREEN LEAF |



FOOD SCRAP SUPERHEROES

DID YOU KNOW THAT YOUR KITCHEN SCRAPS CAN BE USED TO CREATE AMAZING NEW PLANTS? THESE SCRAPS CAN BE TRANSFORMED INTO YOUR VERY OWN FOOD-GROWING SIDEKICKS.

CARROT TOPS

CUT OFF THE CARROT TOPS AND PUT THEM IN A DISH WITH WATER. WATCH THEM GROW NEW GREENS!

CABBAGE

KEEP THE BASE WHERE THE LEAVES MEET, AND PLACE IT IN A DISH WITH WATER. YOU'LL HAVE NEW LEAVES GROWING.

CELERY

CUT OFF THE BOTTOM AND PLACE IT IN A DISH WITH WATER. NEW CELERY STALKS WILL GROW.

LEEKS

SAVE THE ROOT END, LET IT SIT IN WATER, AND SEE NEW GREEN SHOOTS EMERGE

POTATOES

CUT A POTATO INTO CHUNKS WITH AN "EYE" AND PLANT IT IN SOIL. IT'LL GROW INTO A NEW POTATO PLANT!

HERBS

(SUCH AS BASIL, MINT, CORIANDER)
SNIP A FEW INCHES OFF STEMS, PLACE THEM IN WATER UNTIL THEY GROW ROOTS, THEN PLANT THEM IN SOIL.

WITH YOUR FOOD SCRAP HEROES, YOU'RE NOT JUST GARDENING; YOU'RE BEING A FOOD-SAVING SUPERHERO!



KITCHE MINI FOOD WASTE WARRIORS

CONGRATULATIONS!

THIS IS TO CERTIFY THAT

IS NOW OFFICIALLY A
CERTIFIED MINI FOOD WASTE WARRIOR!
IN THE BATTLE AGAINST FOOD WASTE,
YOU'VE SHOWN AMAZING SKILLS.



KEEP ROCKING, MINI FOOD WASTE WARRIOR,
YOU'RE MAKING THE WORLD A BETTER PLACE!

THANK YOU FOR TAKING THE TIME TO EXPLORE OUR
ACTIVITIES. WE HOPE YOU HAD A FANTASTIC TIME!
WE'D LOVE TO SEE YOUR CREATIONS, SO DON'T FORGET
TO TAG US ON INSTAGRAM AT @KITCHE.

Kitche **MINI**
FOOD WASTE
WARRIORS

INSPIRING THE NEXT GENERATION TO PREVENT FOOD WASTE AT HOME.

SCAN ME TO FIND
OUT MORE

Save food and money with our free *Kitche* app
www.kitche.co

