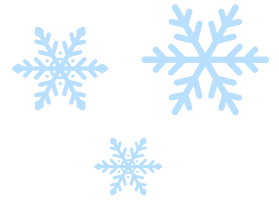


KITCHE **MINI**
FOOD WASTE
WARRIORS

WINTER ACTIVITIES





ALPINE TREE PITTA'S

SAY GOODBYE TO FOOD WASTE AND HELLO TO WINTER CHEER
WITH ALPINE TREE PITTA PIZZAS!

INGREDIENTS:

PITTA BREAD

TOMATO SAUCE OR PIZZA SAUCE:
STORE-BOUGHT OR HOMEMADE.

CHEESE: GRATED MOZZARELLA OR CHEDDAR

ASSORTED TOPPINGS:

- LEFTOVER ROASTED VEGETABLES
- (E.G. BELL PEPPERS, CHERRY TOMATOES...)
- LEFTOVER PROTEIN
- FRESH BASIL LEAVES (OPTIONAL)
- OLIVE OIL

METHOD:

PREHEAT YOUR OVEN TO 400°F (200°C).
CHOP YOUR LEFTOVER VEGETABLES INTO SMALL
PIECES AND SHRED OR CHOP YOUR PROTEIN IF
USING. WITH THE HELP OF AN ADULT CUT THE
PITTA BREAD INTO THE SHAPE OF AN ALPINE
TREE.

PLACE YOUR TREES ON A BAKING TRAY AND
SPREAD A THIN LAYER OF YOUR SAUCE ON EACH
PITTA. SPRINKLE A GENEROUS AMOUNT OF
GRATED CHEESE OVER THE SAUCE. GET CREATIVE
BY ADDING ALL YOUR YUMMY INGREDIENTS
LIGHTLY BRUSH THE EDGES OF THE PITTA WITH
OLIVE OIL FOR A GOLDEN CRUST.

WITH AN ADULT PLACE YOUR CREATIONS INTO
THE PREHEATED OVEN AND BAKE FOR ABOUT
10-12 MINUTES OR UNTIL THE CHEESE IS
MELTED AND BUBBLY. SMALL PIZZA'S WILL
COOK QUICKER SO KEEP AN EYE ON THEM!
SPRINKLE ON BASIL LEAVES AND ALLOW THE
PITTA PIZZAS TO COOL FOR A MINUTE BEFORE
SERVING -ENJOY!



WHAT TO DO WITH LEFTOVER PITTA BITS?

SIMPLY WHIZZ THE OFF-CUTS IN A
FOOD PROCESSOR TO MAKE
BREADCRUMBS! THESE ARE TASTY
FOR COATING CHICKEN OR FISH,
ADDING TEXTURE TO CASSEROLES,
OR TOPPING BAKED DISHES.





BIRD CAKE FEEDER

BIRD FEEDERS ARE LIKE LITTLE RESTAURANTS FOR BIRDS, ESPECIALLY IN WINTER! WHEN IT'S COLD NATURAL FOOD BECOMES HARD TO FIND. YOUR LEFTOVERS CAN MAKE A GREAT FEEDER THAT WILL GIVE YOUR FEATHERED FRIENDS A RELIABLE PLACE TO GRAB A TASTY MEAL.

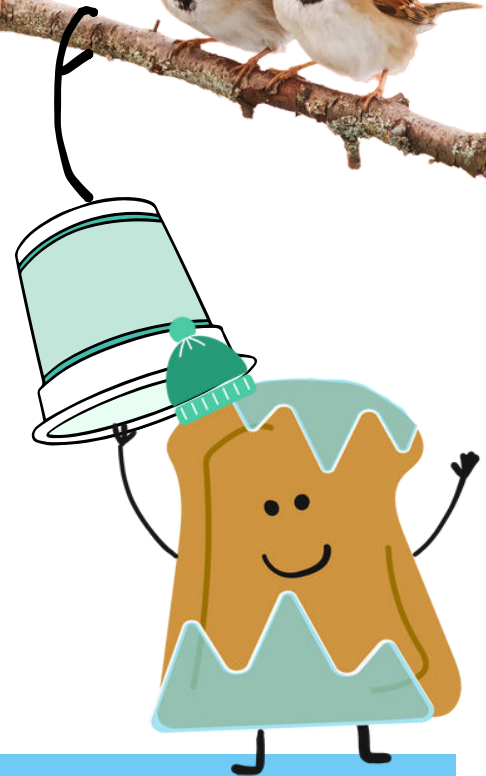


IDEAL INGREDIENTS

SUNFLOWER HEARTS
PEANUT PIECES AND OTHER BIRD SEED MIXES
DRIED FRUITS SOFTENED WITH WATER
LEFTOVERS - COOKED RICE, SMALL PIECES OF OVERRIPE
FRUITS, PLAIN CHEESE, COOKED PLAIN PASTA
BREADCRUMBS.
SOFTENED LARD OR DRIPPING

THINGS TO AVOID

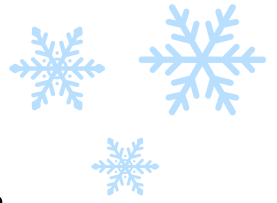
UNCOOKED RICE
SALTED NUTS OR FOODS
WHOLE NUTS OR FRUIT WHICH COULD CHOKE.



HOW TO MAKE YOUR FEEDER

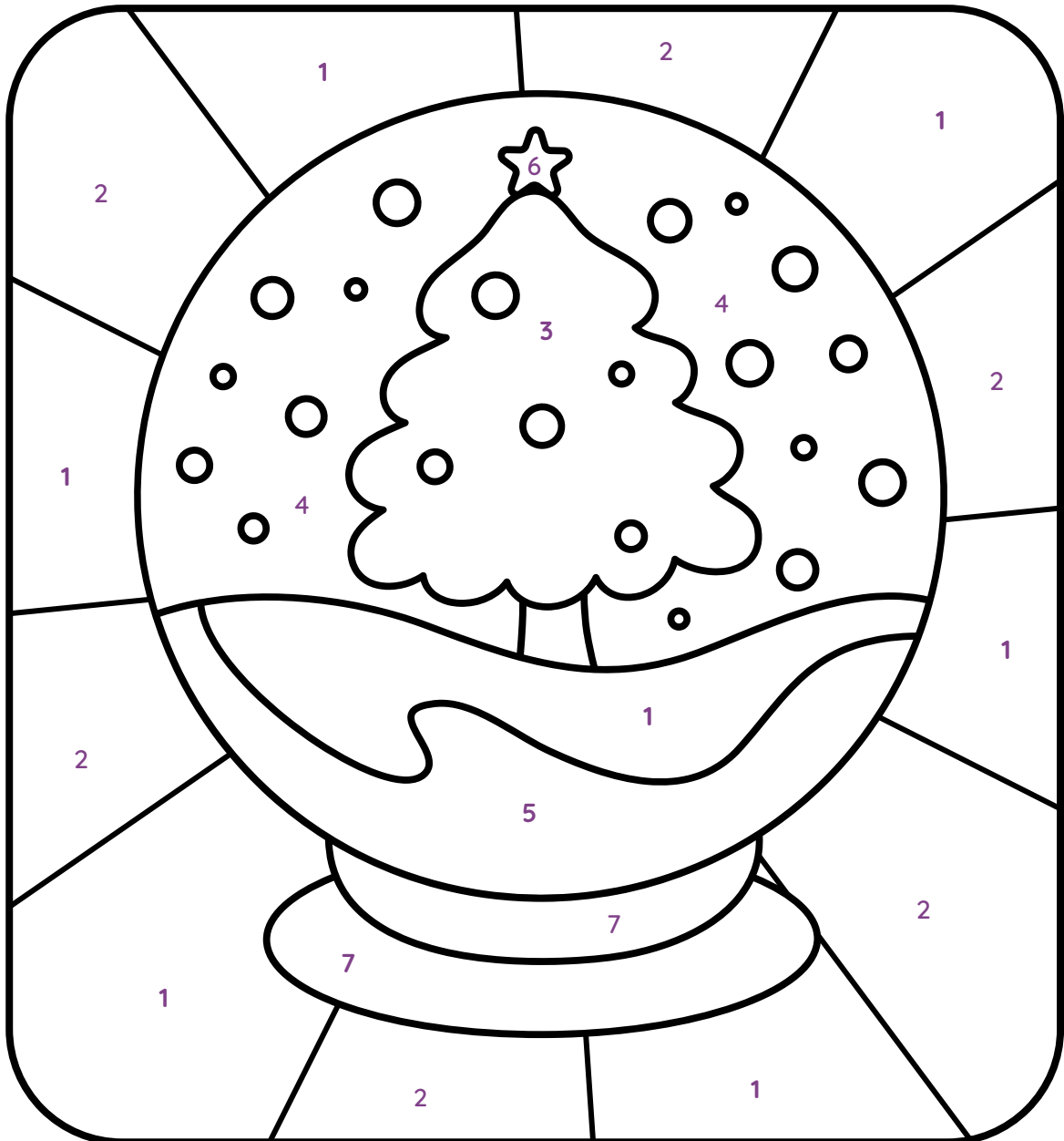
COMBINE YOUR CHOSEN INGREDIENTS IN A BOWL AND ADD SOFTENED LARD OR DRIPPING MIX TOGETHER INTO A FIRM PASTE. FOR BEST RESULTS YOU'LL NEED TO GET YOUR HANDS IN THERE!

WITH AN ADULT PIERCE THE BOTTOM OF A CLEAN YOGHURT POT, THEN POKE A LENGTH OF STRING THROUGH AND KNOT SECURELY ON THE INSIDE OF THE POT SO THAT IT HANGS UPSIDE DOWN LIKE A BELL. FILL WITH THE FAT MIXTURE AND HANG OUTSIDE!



COLOUR BY NUMBERS

USE THE COLOUR KEY BELOW!



CANDY CANE CHOCOLATE BARK

TURN LEFTOVER CANDY CANES AND CHOCOLATE INTO A SWEET TREAT!

INGREDIENTS

6 OZ DARK CHOCOLATE, CHOPPED
6 OZ WHITE CHOCOLATE, CHOPPED
1 CUP CRUSHED CANDY CANES
(ABOUT 12 CANDY CANES)
1/2 TEASPOON PEPPERMINT EXTRACT
(OPTIONAL)

METHOD

LINE A BAKING TRAY WITH PARCHMENT PAPER WITH THE HELP OF AN ADULT MELT THE DARK CHOCOLATE IN A HEATPROOF BOWL OVER A SAUCEPAN OF A INCH OR TWO OF SIMMERING WATER, STIR UNTIL SMOOTH.

IF DESIRED, ADD A PINCH OF SALT AND PEPPERMINT EXTRACT TO THE MELTED DARK CHOCOLATE, STIRRING UNTIL WELL COMBINED.

POUR THE MELTED DARK CHOCOLATE ONTO THE PREPARED BAKING SHEET, SPREADING IT INTO AN EVEN LAYER WITH A SPATULA. PLACE IN THE FRIDGE TO CHILL AND SET (AROUND 1-2 HOURS)

MELT THE WHITE CHOCOLATE USING THE SAME METHOD AS THE DARK CHOCOLATE. SPREAD THE WHITE CHOCOLATE OVER THE DARK SET CHOCOLATE. WHILE THE CHOCOLATE IS STILL MELTED, SPRINKLE THE CRUSHED CANDY CANES EVENLY OVER THE TOP.

PLACE THE BAKING SHEET IN THE FRIDGE UNTIL THE CHOCOLATE IS COMPLETELY SET. ONCE THE CHOCOLATE IS FIRM, REMOVE AND LIFT THE PARCHMENT PAPER PLACE THE CHOCOLATE ON A CUTTING BOARD. GET AN ADULT TO USE A KNIFE TO CUT THE BARK OR YOU CAN TO BREAK IT INTO RUSTIC PIECES.

ENJOY!





WINTER WORD SCRAMBLE

LOOK AT THE PICTURE AND UNSCRAMBLE THE WORD



oacoc



yohll



amh



anoerg



iecook



troups



cany caden





MAGIC ICE ART

GET READY FOR SOME FROSTY MAGIC ART AND BE WOWED BY YOUR MAGICAL CREATIONS!



MATERIALS NEEDED

HARD PLASTIC OR METAL BOWLS/DISHES
STRONG STRING
JUG FOR POURING WATER
SELECTION OF SMALL NATURAL
OBJECTS SUCH AS RED BERRIES,
LEAVES, TWIGS, BITS OF MOSS, ETC.

HOW TO MAKE YOUR ART

TAKE A BOWL OR DISH AND ARRANGE YOUR NATURAL OBJECTS INSIDE IT. GENTLY POUR WATER IN TO THE BOWL OR DISH, COVERING THE NATURAL OBJECTS. LOOP A PIECE OF STRONG STRING THROUGH THE WATER, ENSURING IT IS IMMERSSED AND LEAVING A LENGTH OF STRING HANGING OUT OF THE BOWL, IF YOU ARE MAKING A RING SHAPE YOU CAN ADD RIBBON OR THREAD AFTER.

IF THE WEATHER IS REALLY COLD ENOUGH, YOU CAN LEAVE THE BOWLS OUTSIDE TO FREEZE OR PLACE THEM IN THE FREEZER.

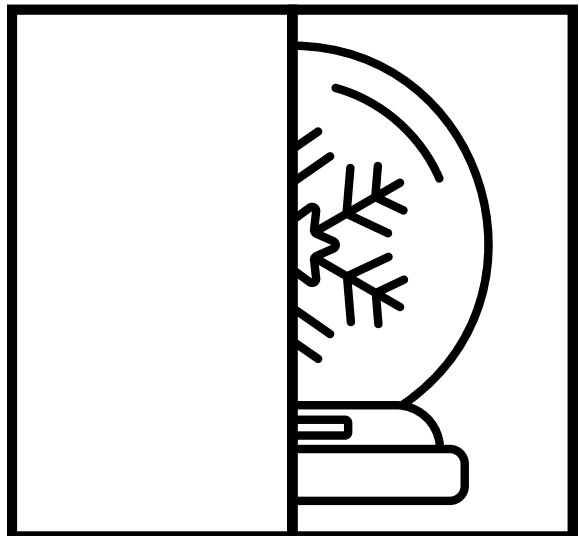
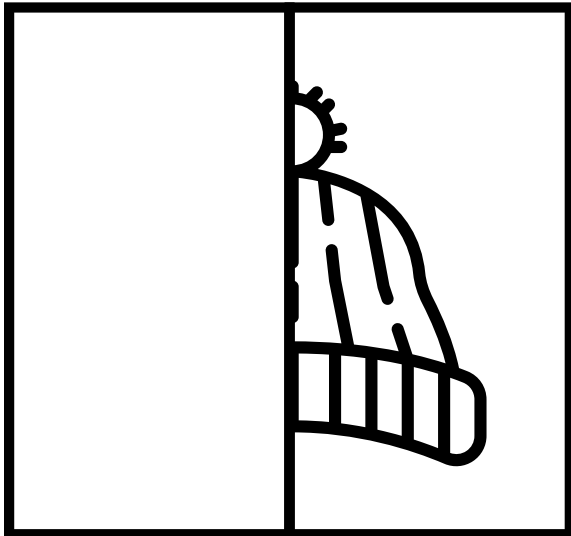
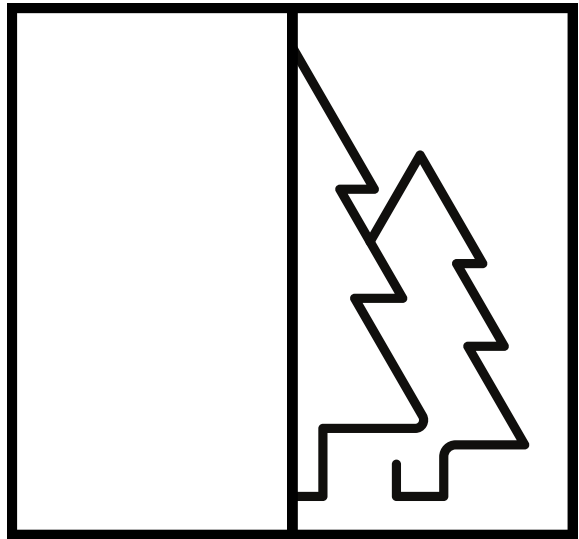
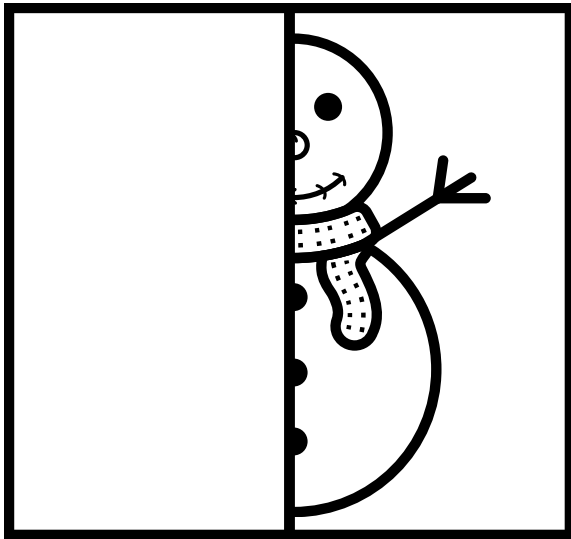
ONCE THEY ARE FROZEN SOLID, REMOVE THE ICE DISCS FROM THE BOWLS. RUN WATER OVER THE OUTSIDE OF THE BOWLS FOR A FEW MINUTES TO LOOSEN THE EDGES.

HANG THE FINISHED ICE ORNAMENTS FROM A TREE IN YOUR OUTDOOR AREA. IF YOU'RE LUCKY AND IT'S A SUNNY DAY, THE ICE ORNAMENTS WILL GLISTEN AND SPARKLE, SHOWING UP YOUR BEAUTIFUL NATURAL ART.



DRAW THE MISSING HALF

READY, SET, DRAW! BUT WAIT, THERE'S A TWIST: ONLY HALF THE PICTURE IS THERE. CAN YOU CHANNEL YOUR INNER ARTIST AND COMPLETE THE OTHER HALF?

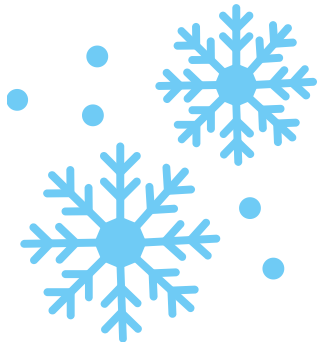


WINTER

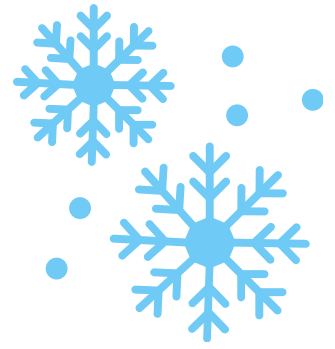
SCAVENGER HUNT

- | | |
|---|---|
| <input type="checkbox"/> PINECONES | <input type="checkbox"/> A BIRD |
| <input type="checkbox"/> EVERGREEN TREE | <input type="checkbox"/> BARE TREE BRANCH |
| <input type="checkbox"/> WINTER BERRIES | <input type="checkbox"/> A DOG |
| <input type="checkbox"/> BARE TREE BRANCH | <input type="checkbox"/> WOOLLY HAT |
| <input type="checkbox"/> BIRD FEATHER | <input type="checkbox"/> AN INSECT |
| <input type="checkbox"/> FROST-COVERED GRASS | <input type="checkbox"/> ICICLE |
| <input type="checkbox"/> GLOVES | <input type="checkbox"/> WELLY BOOTS |
| <input type="checkbox"/> WINTER SUNSET | <input type="checkbox"/> CRISPY LEAF |
| <input type="checkbox"/> PUDDLE | <input type="checkbox"/> PEBBLE |
| <input type="checkbox"/> FROZEN STICK | <input type="checkbox"/> HOLLY |
| <input type="checkbox"/> FOGGY BREATH IN THE COLD AIR | <input type="checkbox"/> SCARF |





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

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