



Kitchen **MINI**
FOOD WASTE
WARRIORS

EASTER ACTIVITIES





EASTER EGG COOKIES

THESE ARE AN EASY AND TASTY WAY TO USE UP THAT EASTER CHOCOLATE!

INGREDIENTS

250G PLAIN FLOUR

½ TSP BAKING SODA

¼ TSP SALT

170G UNSALTED BUTTER (MELTED)

200G LIGHT BROWN SUGAR

100G CASTER SUGAR

1 TBS VANILLA EXTRACT

1 X EGG

1 X EASTER EGG (ANY EASTER CHOCOLATE
CHOPPED SMALL WILL WORK)

MAKES 20 BUT MIXTURE CAN ALSO BE FROZEN FOR LATER

METHOD



1. PREHEAT OVEN TO 170 DEGREES
2. IN A MEDIUM BOWL POUR IN FLOUR, BAKING SODA AND SALT.
3. IN A LARGE BOWL CREAM TOGETHER THE MELTED BUTTER AND SUGAR THEN ADD IN THE VANILLA AND EGG.
4. ROUGHLY CHOP UP THE EASTER EGGS/TREATS TO MAKE LITTLE CHOCOLATE CHIPS.
5. ADD IN THE FLOUR MIX AND CHOPPED CHOCOLATE AND MIX UNTIL JUST BLENDED TOGETHER.
6. ROLL BALLS AROUND THE SIZE OF GOLF BALLS AND PLACE ONTO A GREASED BAKING TRAY LEAVING AROUND 8-10 CM GAP IN BETWEEN EACH COOKIE AND DO NOT FLATTEN MIXTURE.
7. BAKE FOR 10-12 MINS. THE EDGES SHOULD JUST SLIGHTLY BE TOASTED
8. LEAVE TO COOL AND HARDEN THEN ENJOY!





REGROW SPRING ONIONS!

THIS IS A FUN WAY TO PREVENT FOOD WASTE AND TO DISCOVER HOW TO EASILY REGROW VEGGIES – IT'S SUPER QUICK TOO!

AFTER EATING THE SPRING ONIONS SAVE THE ENDS OF THE BULBS LEAVING ROOTS ATTACHED.

STAND THE BULBS ROOT-END DOWN IN A SMALL JAR.

ADD ENOUGH WATER TO COVER THE ROOTS, BUT LEAVE THE TOP EDGES ABOVE WATER.



SET ON A WINDOWSILL AND KEEP THE ROOTS MOIST. AFTER A FEW DAYS, GREEN SHOOTS WILL EMERGE FROM THE TOPS OF THE BULBS. AFTER THAT, THEY'LL GROW VERY QUICKLY!

KEEP THE ROOTS SUBMERGED AND CHANGE WATER AT LEAST ONCE A WEEK.

WHEN THE SHOOTS ARE OR FOUR OR FIVE INCHES LONG, YOU CAN PLANT THEM IN THE GROUND OR A POT FILLED WITH GOOD QUALITY POTTING SOIL.

REPOTTING IS IMPORTANT TO KEEP THE ONIONS STRONG SO THEY CAN KEEP REPRODUCING.

GROWN UPS CAN CUT OFF WHAT THEY NEED, CUTTING THE LEAVES ALL THE WAY TO THE GROUND; THE ONIONS WILL CONTINUE TO GROW AGAIN FROM THE CUT END!





EASTER

SCAVENGER HUNT

☐ EASTER BASKET

☐ EASTER CHICK

☐ NEST

☐ AN INSECT

☐ BIRD

☐ TULIP

☐ BEE

☐ DAFFODIL

☐ CARROT

☐ STICK

☐ CHOCOLATE BUNNY

☐ EGG

☐ DAFFODIL

☐ A GREEN FRUIT OR VEG

☐ SEEDLING

☐ CROSS

☐ DAISY

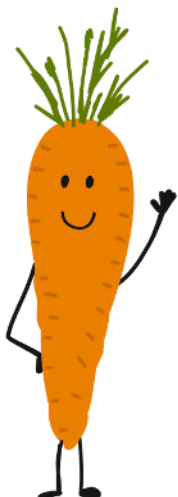
☐ BUNNY EARS

☐ FEATHER

☐ EASTER RECIPE

☐ PETAL

☐ GREEN LEAF





BIRD CAKE FEEDER

THIS IS GREAT FOR THOSE LITTLE LEFTOVERS
AND DON'T WORRY, NO BAKING IS REQUIRED!

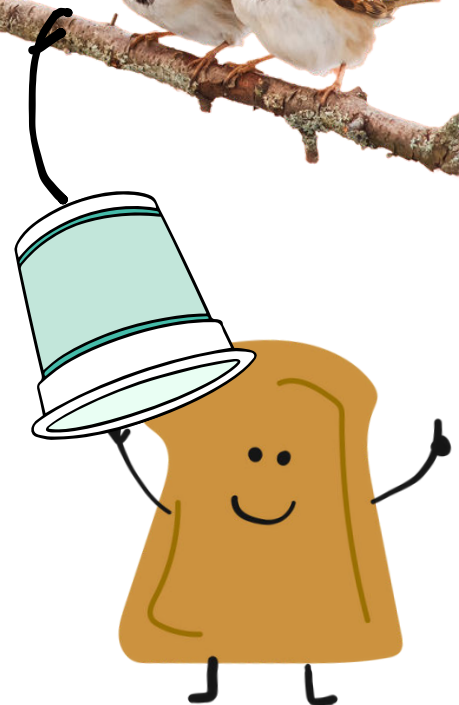


IDEAL INGREDIENTS

SUNFLOWER HEARTS
PEANUT PIECES AND OTHER BIRD SEED MIXES
DRIED FRUITS SOFTENED WITH WATER
CRUMBLED OR GRATED CHEESE
COOKED RICE AND OTHER LEFTOVERS
BREADCRUMBS.
SOFTENED LARD OR DRIPPING

THINGS TO AVOID

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



METHOD

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!

THIS A GREAT ACTIVITY FOR KIDS, IF A BIT MESSY!

PIERCE THE BOTTOM OF A CLEAN YOGHURT POT AND POKE A LENGTH OF STRING THROUGH 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.

THIS FEEDER IS MOST SUITABLE FOR THE COOLER MONTHS OF SPRING AS FAT CAN BECOME RANCID IN HOT TEMPERATURES. IF THE WEATHER DOES BECOME HOTTER THE FEEDER CAN BE WRAPPED AND PLACED IN THE FREEZER TO USE AT A COOLER TIME.



RECYCLED BIRD FEEDER

**IF YOU WANT TO AVOID A STICKY FAT MIXTURE
THEN THIS IS A GREAT IDEA TO RECYCLE USED CARTONS INTO SEED HOLDERS.**



**WASH AND DRY YOUR USED
DRINK CARTON AND DECORATE.**

**CUT LARGE WINDOWS INTO EACH
SIDE, ABOUT HALF-WAY UP.**

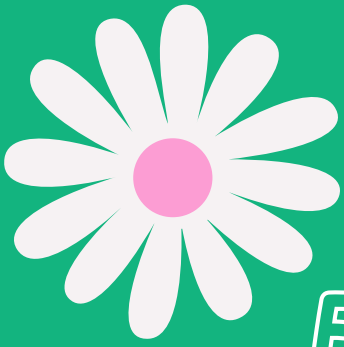
**PIERCE A HOLE AT THE SAME
HEIGHT BENEATH OPPOSITE
WINDOWS,**

**THREAD A LONG, THIN TWIG
THROUGH THE HOLES TO MAKE
PERCHES.**

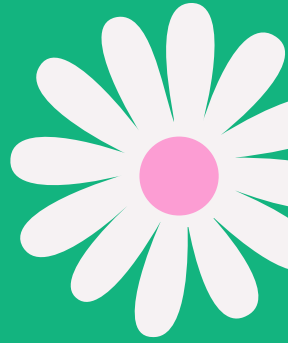
**TO HANG PUNCH TWO HOLES
THROUGH THE LIP AT THE TOP
OF THE CARTON AND THRED
THROUGH STRING.**

**FILL WITH A BIRD SEED MIX
AND HANG!**



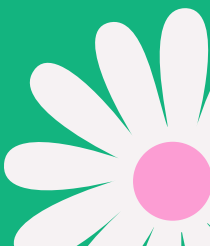
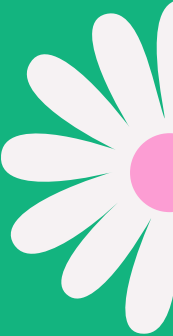
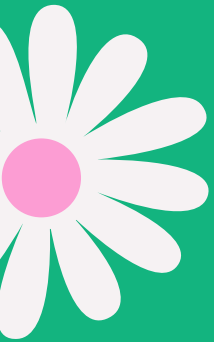


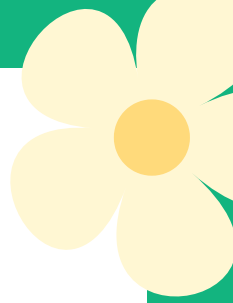
EASTER ACTIVITIES



BINGO

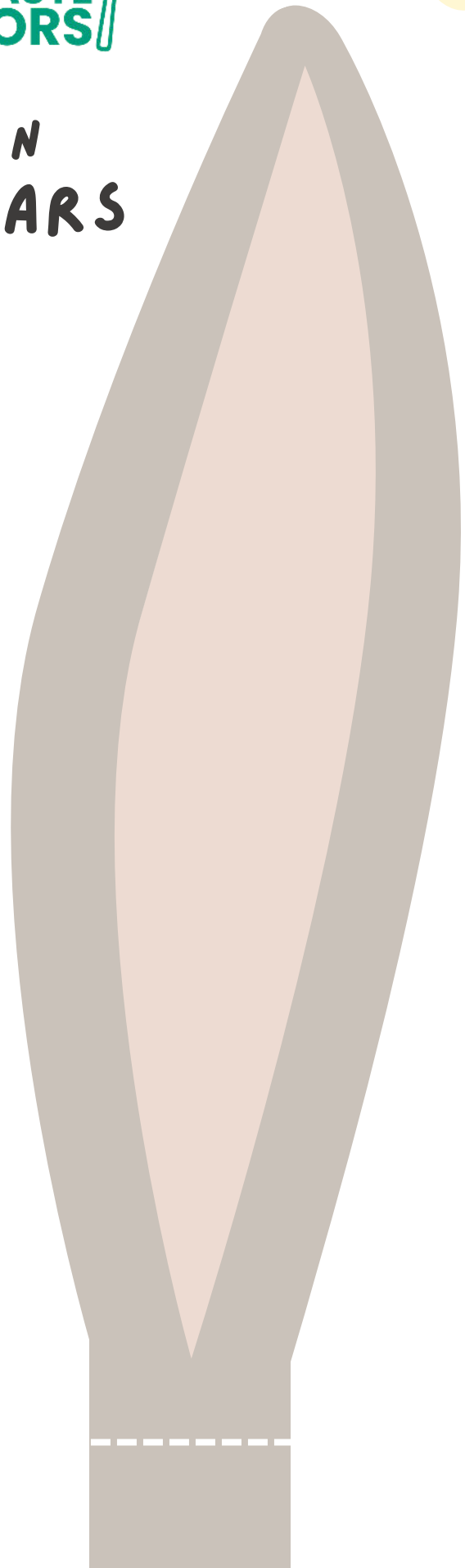
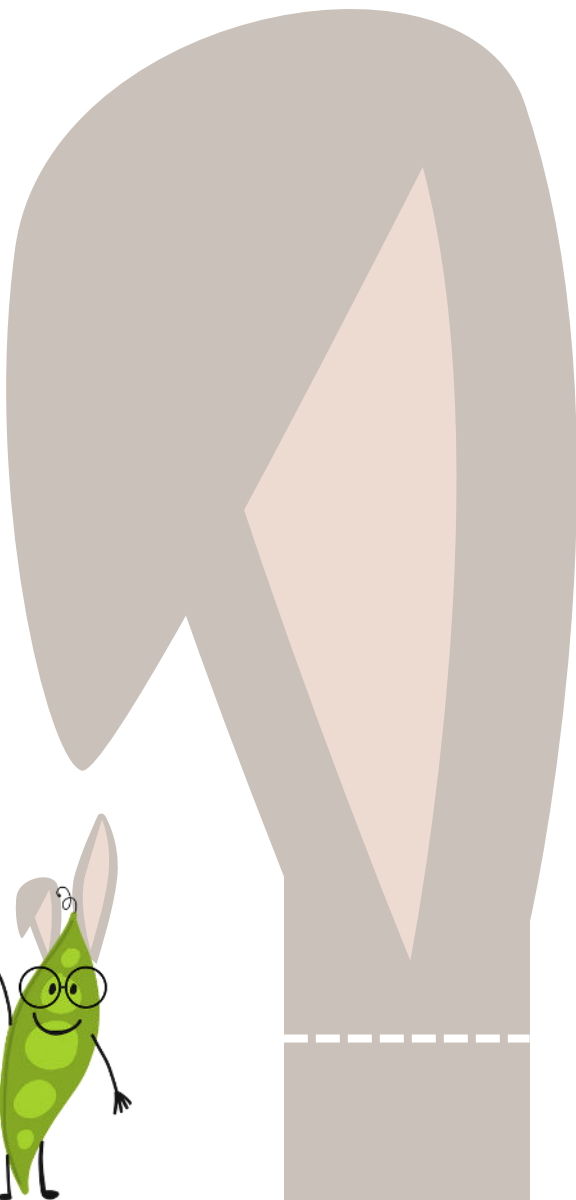
DO AN EASTER SCAVENGER HUNT	MAKE A NATURE MOBILE	MAKE YOUR OWN EASTER WREATH
GROW SOME SEEDS OR BEANS	DO AN EASTER EGG HUNT	REGROW SPRING ONIONS
DESIGN AN EASTER HAT	BAKE SOME EASTER GOODIES	MAKE A FLORAL ARRANGEMENT
WEAR BUNNY EARS ALL DAY	PAINT EASTER DESIGNS ON STONES	MAKE AN EASTER BUNNY HANDPRINT CARD





MAKE YOUR OWN EASTER BUNNY EARS

1. PRINT THIS PAGE ON A CARDSTOCK
2. CUT OUT THE EARS
3. CUT OUT A LONG STRIP OF PAPER AS A HEADBAND
4. FOLD ON THE DOTTED LINE AND TUCK UNDER AND STICK THE BOTTOM OF THE EARS ON TO THE HEADBAND



Kitche **MINI** **FOOD WASTE** **WARRIORS**

Inspiring the next generation on preventing food waste at home.



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