



Wolston WI News – June 2017

Love food / Hate Waste

As the village hall was being used as a polling station we relocated to the Baptist Chapel so when our speaker, Ruth Payne, came to talk to us about avoiding food waste, it was appropriate that she started off by saying she might be "preaching to the converted". However, she hoped she could give us a few tips of avoiding food waste that we had not thought of. She wondered if people visualised the food they throw away as cash whether they would perhaps be more prepared to reconsider why they are throwing away so much food. She advised us that when shopping it is good to plan your meals ahead including not only the main meal but also breakfast and lunch. With better planning, you would be less likely to buy more than you need. She also asked how many times when cooking rice or pasta that you had cooked too much and suggested that if you measured the amount you would avoid this. The talk ended by Ruth asking each member what was the last item they had thrown away and then suggested an alternative, such as freezing mushrooms, onions and other vegetables and then using only the amount you need for that meal. She asked if we knew that you could freeze eggs by separating the yolk and the white first and that a banana could be frozen if it had been peeled. She also talked about the difference between "use by" and "sell by" dates.

Village Voices are rehearsing for the performances they are giving at the Garden Walkabout on Sunday, 9 July, 2017, when we will be singing at 1.15 p.m. and again at 3.10 p.m. in the garden of the Manor House which Madeleine has kindly agreed to let us use again. We will, of course, also be having our usual stall when we will be selling cakes, biscuits and puddings.

Our meeting next month will be at 8.00 p.m. on Thursday, 13 July and we will back to our usual location at the Village Hall, Wolston. The speaker will be Ruth Lowe who is going to be talking about Mary Quant so why not come along as a visitor. You will be made very welcome.

Jean Morgan