



The bread and butter thing.



Your local hub: **MARKET DEEPING**

every Tuesday 2pm

at Market Deeping Scout and Guide Hall,
Peterborough, Lincolnshire PE6 8LF

- ➔ Get around £35 worth of food for £8.50
- ➔ Includes fresh fruit and veg, fridge favourites and cupboard staples.
- ➔ Open every Tuesday at 2pm.
- ➔ You need to become a member to use the hub but it's free to sign-up and book a slot - just follow these steps.
- ➔ There is no commitment and it's free to join.

It's really easy to sign-up:

1



Text 07860 063 304 with your full name, postcode and the name of the hub you will be collecting from:

"MARKET DEEPING"

2



Select the size of order you want to receive: Family £8.50, individual £5 or Large Family £17. There is a Vegetarian option available too.

3



You'll get a text every Sunday to see if you want an order. Just reply "YES" by 10am the next day. Your order will be delivered to the MARKET DEEPING hub on Tuesday at 2pm.

4



Collect and pay for your goods from the MARKET DEEPING hub. (Don't forget - someone can collect on your behalf if you can't make it and Healthy Start Vouchers are also accepted).

Where does our food come from?



Our weekly bags are made up of surplus food from supermarkets, food manufacturers and farmers. We never know what we're going to get from day to day, which means each week your bag of food will be different.

But it is always quality, fresh produce. You will probably need to top up from the shops as well, but our food will go a long way to helping you feed your family affordably.

Surplus food happens for lots of reasons – sometimes there is a fault with the packaging or there may just be too much of it for the supermarkets to handle.

Some of our food is beyond its BEST BEFORE date BUT that doesn't mean that you can't eat it. With proper storage - for instance in its original packaging and sealed with a clip or in an airtight container - lots of foodstuffs can be eaten long after their best before date, including:

- Crisps can still be edible for a good month after their best before deadline.
- Biscuits and cereals can last for another six months.
- Baked beans and other tinned goods can last in your store cupboard for a whole year, as can sweets and bottled pasta sauce.
- And don't throw away that packet of dried pasta that you've found at the back of a cupboard. If stored correctly, it should still be safe to eat around three years after its best before date has expired.

We will never provide food that is after its USE BY date because this is about food safety, not food quality. You can eat food on its USE BY date or, if you have a freezer, pop it in. Just make sure you make a note of how long it will be freezer safe and how long it takes to defrost.

You can find out more about our food and our work on our website:

www.breadandbutterthing.org

or at

[@teamtbbt](https://twitter.com/teamtbbt)