



The bread and butter thing.

Introducing The Bread and Butter Thing



- * **Save** over £20 a week on your shopping
- * **New hub opening: 2pm, Wednesday 5 July**
At Tow Law Community Centre
Ironworks Rd, Tow Law, DL13 4AW



The Bread and Butter Thing offers weekly groceries at a fraction of high street prices. We're opening our new Tow Law Hub on Wednesday 5 July.

For £8.50 we offer roughly £35 worth of food each week including fresh fruit and veg, chilled food for the fridge and cupboard staples such as pasta and cereal. We get our supplies from the stuff that you hear about in the news going to waste: it comes from supermarkets, factories and farms.

The food changes daily meaning your bags will change from week to week. Most members tell us that they collect food from TBBT and then 'top up' from the supermarket once they have seen what we provide.

As the bags vary from day to day, some weeks the savings will be greater than others. However, you will always be paying much less than in the shops and have new foods to try. Very occasionally, if food supplies that day are low, we will not have enough for the 3 bags. In this case, we will lower the price. We want you to feel we are making a difference to your weekly food bills.

Why not give us a try? There is no commitment and it's free to join. If you want an order just reply to the weekly text you receive on the day you get it. It's really easy to sign up to TBBT...

Step 1 - Text [07860 063304](tel:07860063304) with your full name, postcode, and the name of the hub you will be collecting from: [TOW LAW](#)

**Step 2 - Select the size of order you want to receive: Family - £8.50 (this is our top seller).
We also offer Individual - £5, or Large Family - £17.
There is a Vegetarian option available too.**

Step 3 - We'll send you a text every Monday to see if you want an order. Just reply "YES" by 10:00AM the next day. We'll deliver your order to the Tow Law Hub on Wednesday at 2pm.

**Step 4 - Collect and pay for your goods from Tow Law Community Centre
(Don't forget - someone can collect on your behalf if you can't make it
and we also accept Healthy Start Vouchers).**

Everyone who signs up before 08 October 2023 will get their first order free.



**No joining
criteria**



**Cash or
card on
collection**

Where our food comes 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 will help 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 to defrost.

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

www.breadandbutterthing.org
or

at @teamtbbt

