

## What is surplus food?

Surplus food is food that is good for humans to eat, but would go to waste as there is too much, or it is not suitable for what it was supplied for. This may be due to being rejected due to cosmetic standards for supermarkets, cancellations of bookings and meals in restaurants, items undelivered, incorrect labelling, or simply too much food being grown or prepared for the amount needed.

## Where can you get surplus food from?

### **Too good to go**

Rescue food from shops and restaurants – paid

### **Olio**

Share with neighbours and others in your local area – free

### **Incredible Surplus**

Visit one of their local sites to pick up a range of surplus – pay as you feel

### **Lidl waste not boxes**

Pick up a 5kg box of fruit and veg for £1.50 – paid

### **Company Shop**

Membership based shops with highly discounted prices – paid

### **Big Feed Project Community Cafés**

Surplus food items and cooked meals available to pick up or sit in and enjoy – pay as you feel



Find out about other community projects in Birmingham using surplus food, Community Café opening times, and other services available at: [www.theaws.co.uk](http://www.theaws.co.uk) or call us on 0121 728 7030.

