

For Shropshire Star;

Quarter Page 20x4 (20cms x 15.3cms)

This is 200mm x 153mm.

LAMB LOVERS hate waste

I love my lamb leftovers. Kept in the fridge, they're good for two days and great in a thick sandwich with lots of mint sauce. Job done.

lovefoodhatewaste.com has more tips and recipes to help you waste less food and save up to £50 a month.



For Shropshire Star;

Quarter Page 20x4 (20cms x 15.3cms)

This is 200mm x 153mm.

POTATO LOVERS hate waste

I love spuds. I store mine in a cool dark place to make them last longer. Any sprouty ones get a good peel and are perfect for mash. Lovely jubbly.

lovefoodhatewaste.com has more tips and recipes to help you waste less food and save up to £50 a month.



For Oswestry advertiser;
16.5cms x 4 columns (11.4cms)
This is 165mm x 114mm.

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