

FIVE QUESTIONS FOR FIVE MINUTES
WHEN THE FC&RW COMMITTEE MET PAIGE DALEY



1. What is your company and what do you do?

I am the owner of the student food blog 'Daley Eats', I share my recipe ideas and tips and tricks for quick and affordable meals for students of all culinary levels on a budget.

2. How does your company work within a local context/community?

I support my local university, Brighton, by volunteering for the Brighton SU Food Co-op where we sell weekly fruit and veg boxes full of fresh, local and organic produce at a mere £4. I then provide useful recipes on the blog that can come from purchasing these fruit and veg boxes.

3. How can individuals get involved?

Individuals can get involved by sharing their student recipe ideas and tips and tricks using the hash tag #daleyeats on the social media platforms Facebook, Twitter and Instagram.

The more recipes and tips and tricks we can build the more we can help students become culinary experts in the kitchen on a budget.

4. Why did you want to support NSMW17?

As a student myself, I have struggled with money and budgeting and slowly but surely I am changing my ways, starting with food. I'm trying to make the most out of the ingredients I already have, cooking in large batches and having leftovers for lunch the next day or to freeze and thus reducing my food waste. This fits perfectly with this years' NSMW17 theme, and so it was a no brainer for me to support and promote this amazing campaign.

Giving students the tools and resources to create money saving meals and to reduce their food waste not only contributes to saving the environment but can also save students a lot of money. It's a win/win!

5. How can our members get connected to you and support you in the future?

As a student, I only have limited time and resources to provide content and to expand the blog and thus any help from members in regards to further money saving tips in relation to food would be greatly appreciated.

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