

## Use your loaf – and make toast!

A million slices of bread are consigned to the rubbish bin every hour in the UK, making it the nation's most squandered food.

That's according to a Love Food Hate Waste campaign to encourage people to freeze their bread instead of throwing it out.

Called Make Toast Not Waste, it is reminding people how simple it is to pop undefrosted bread in the toaster or under the grill, and use it as the basis of easy meals.

With each person in the country discarding

an average of more than half a loaf every month, Make Toast Not Waste is highlighting that the 'best before' dates on the packaging refer to quality rather than food safety.

Sarah Clayton, head of product services at WRAP, the anti-waste charity behind the campaign, says: 'A whopping 24 million slices of bread are thrown away every day in the UK, and half of this is as a result of people not getting around to using it in time.'

'We can all do our bit to bin less bread by putting it in the freezer to keep it for much longer.'



**POP-UP MEAL** Bread can be toasted from frozen

## News in brief

**Bread winner** A Frenchman has spent 10 months growing or making every ingredient he needed for a sandwich. Benjamin Carle sowed wheat, baked a loaf, went fishing, grew vegetables and raised chickens – all to make a Niçoise, filled with tuna, eggs and salad onions.

**Starman** A statue of David Bowie will be unveiled later this month in Aylesbury. The Buckinghamshire town is home to Friars music club, where the pop icon launched two albums and his Ziggy Stardust persona during gigs in the early 1970s.



**Flaky filling** A US bakery's pastry filled with barbecue chicken, sweetcorn and pineapple won a top prize in the World Pasty Championships. Pure Pasty, based in the state of Virginia, won the Open Savoury Company category.

Illustration: Dale Edwin Murray, Photography: Getty

# My week

## Alvin Hall



The TV financial expert is inspired by a late friend to say 'yes' to life more often



## Positive charge makes the sparks fly

**Y**ou know, sometimes I challenge myself to get through the entire day without saying "no". I heard this statement at the memorial for a dear friend and influential gallerist (recounted by her daughter) only a few days before boarding a flight for Barbados to attend another long-time friend's wedding. The juxtaposition of the two celebrations in the same week imbued my departed friend's self-challenge with a haunting, inspiring resonance.

She believed wholeheartedly that if she said 'yes' to life, it would, more often than not, say 'yes' in return. After the memorial, I found it

impossible not to reflect on my own actions. Was I a person who said 'no' more often than 'yes', and therefore missed out some of life's more memorable moments?

I decided to make the wedding the occasion to try my friend's challenge. It would be my own secret, a personal tribute to her and one that would have made her smile with delight.

There were several parties around the wedding. One was a four-hour trip on a pirate boat known for its booze cruises. I was dreading it. And I was not alone.

### 'My challenge would be a personal tribute to my friend'

Several other friends and guests quietly expressed the same fear of being captive for four l-o-n-g hours on a boat with inebriated, loud revellers and even louder music.

On the day, I woke thinking of my challenge and how I did not want to fail myself or my late friend's spirit so quickly, so wimpishly. So I confirmed I would be at the dock on time. I shared my decision with other guests, and they too decided to come along. How bad could it be?

Well, the cruise turned out to be sensational – in every way! From the first moment a fun, positive atmosphere was palpable, infectious. Everyone was greeting each other and talking animatedly. The costumes people wore ranged from casually elegant to daring and witty. The DJ spun tunes that made you want to dance, dance, dance. The food was really good, and the mood remained high-energy.

Before I realised it, we had only about an hour left. Time had flown. While I had said 'yes' to the cruise, I had said 'no' to all alcohol. However, with only an hour left I decided to celebrate with a glass or two of rosé to toast the unexpectedly wonderful day. 'I wouldn't have missed it for the world. It was a great, memorable party,' said several other doubters as we disembarked. Before I left the boat, I raised my third and final glass

to my late friend who was so open and wise. The rest of the wedding week was moving, beautiful and full of joyful promise.

As I was about to board my flight home, a friend texted me: 'It was an amazing week, which won't be forgotten.' As I finished reading this, I imagined my late friend smiling wryly at me, saying only one word: 'See!'

## Call for cash causes crisis of conscience

How much money should I give to a recently married couple who want funds for 'an experience'? They don't want gifts, and feel they have all of the 'stuff' they need. But the type of experience is not specified, so there is no reference point about

what would be considered reasonable and generous. This kind of request is really not new, but a variation on an old theme. But no one that I talked to had any idea about how much money to give, and the embarrassing possibility of being

thought of as mean weighed on me. In the end I gave what dinner for two with a good bottle of wine would cost at one of their favourite restaurants. It was an amount I was happy to give and wouldn't think (or fret) about again.

