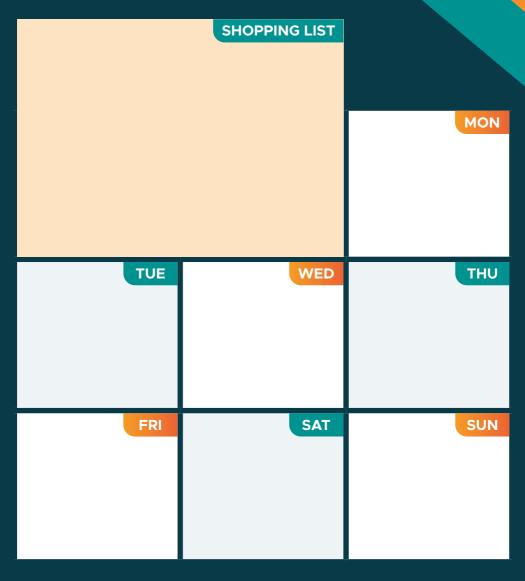


Scan to plan future weeks using our PDF version of this flyer.



THIS WEEK'S MEAL PLAN







FOOD TIPS & RESOURCES

If you find yourself experiencing food insecurity, there are a few options available to supplement your weekly shopping:

FOOD PANTRIES

- > St Salvador's Episcopal Church no voucher required
- **Shrub Coop** no voucher required, small donation expected
- **ENSA Community Pant-ry** check napierstudents.com/pantry

WASTE REDUCTION APPS

Olio App - Get free stuff & borrow things from your neighbours.
Too Good to Go - rescue unsold food from shops and restaurants.

MAKE YOUR MONEY GO FURTHER

Shop the red line or discounted food sections and freeze items that have a limited "use by" date. Learn to meal prep in advance so that you have convenient meals at hand.



TALK TO AN ADVISER Book an appointment with ENSA Advice. Scan the QR Code or visit **napierstudents.com/advice**.