

FOOD & DRINK

EAST AND MIDLANDS

STRATFORD HAVEN, NOTTINGHAM

Jaega Wise: "The beer is always excellent here. Some of the best cask beer you will drink in the UK. Try the CastleRock Screech Owl, a 5.5% IPA fruity, American-style pale ale." 2 Stratford Road, Nottingham, Nottinghamshire NG2 6BA; castlerockbrewery.co.uk

THE BARTONS ARMS

Paul Fallen: "A Thai restaurant serving perfectly conditioned Oakham cask beers. I love the Oakham Citra, an American pale ale – a single-hop variety beer, which is light and refreshing with grapefruit, lychee and gooseberry notes with a bitter finish." 144 High Street, Birmingham B6 4UP; thebartonsarms.com

CALVERLEY'S BREWERY, CAMBRIDGE

Patrick Ejlerskov: "A real neighbourhood bar, with a mix of locals and beer lovers in the know. You can see the kettles and fermentation tanks making it a rustic and authentic environment with good food trucks coming by at the weekend. Try the Szechuan pepper beer – it tingles on your tongue without being overly spicy. They are still working on perfecting this, so it's on tap often as each new batch is tested." 23A Hooper Street, Cambridge, Cambridgeshire CB1 2NZ; calverleys.com



THE ANCHOR, SUFFOLK

Geoff Griggs: "The pub is known for excellent food, as well as pristine real ales from local brewer Adnams. Assuming that I'm not driving, my beer preference when visiting the pub is a couple of pints of Adnams Bitter with dinner, concluding the evening with a pint of Adnams Broadside. Yum!" Main Street, Walberswick, Suffolk IP18 6UA; anchoratwalberswick.com

SOUTH EAST

THE CROWN AT BRAY, BERKSHIRE

Jeppe Jarnit-Bjergso: "It's exactly as you would imagine a classic English pub owned by chef Heston Blumenthal. The food is obviously amazing, but it also has some great beers and a fantastic garden. They have their own lager and ale: Crown Ale, a 4.1% full-flavoured brew with five malts and hops, and Three Hop lager, a 4.5% lager made by Edinburgh's Caledonian Brewery, with a crisp, sharp taste. You can even stay at the inn if you've had a few too many." High Street, Bray, Berkshire SL6 2AH; thecrownatbray.com



MOOGBREW, BUCKINGHAMSHIRE

David Williams: "A community-focused nanobrewery taproom in a tiny cottage garden. They stock beers they've brewed themselves alongside their own personal favourites. Selina Lemon Saison is their most popular beer for summer, it's pale and refreshing with a slight lemon tartness. Their most famous beer, regularly on tap and available bottled, is called Bastard Bunny Strikes Back – it's an American-style IPA using truckloads of American hops for a fruity finish." 1 Copeland Cottages, Marsh Lane, Taplow, Buckinghamshire SL6 0DF; moogbrew.co.uk

BRIGHTON BIERHAUS, BRIGHTON

Stephen Whitehurst: "The biggest and freshest range of Brighton beer is at this brewery taproom, alongside imported German lagers and wheat beers, guest ales and



ciders. Make sure you pop by on a Wednesday for Kindred Spirits, the beer cocktail night." 161 Edward Street, Brighton, East Sussex BN2 0JB; brightonbierhaus.com

THE SNOWDROP INN, EAST SUSSEX

Kelly Ryan: "One of the UK's best-kept secrets. They serve some of the finest scotch eggs you'll ever try. It showcases local beers, including Burning Sky, one of my favourites. I also like Burning Sky's Saison à la Provision, which is a lovely, hazy orange with a solid white head." 119 South Street, Lewes, East Sussex BN7 2BU; thesnowdropinn.pub

THE FALKLAND ARMS, OXFORDSHIRE

Geoff Griggs: "A beautiful 16th-century pub with great beer in a Cotwolds village, complete with flagstone floors, oak beams, and an inglenook fireplace. Back when I was a regular, they used to offer a range of about eight cask-conditioned real ales. Of those, first pick was usually Donnington SBA, from nearby Stow-on-the-Wold, or another local beer, Hook Norton Best Bitter. These days the pub is a tied house belonging to Wadworth of Devises. 19-21 The Green, Great Tew, Oxford, Oxfordshire OX7 4DB; falklandarms.co.uk

TURF TAVERN, OXFORD

Amy Newell-Large: "A drinking establishment since 1381! They have their own Turf Tavern ale made specially for them. It's a well-balanced session beer on the maltier side, 3.9%. Good for drinking all year round. Also popular is Thames Dock Pale Ale, a light, crisp and hoppy ale, perfect for drinking in summer." 4-5 Bath Place, Oxford, Oxfordshire OX1 3SU; turf-tavern-oxford.co.uk

THE LOCKHART TAVERN, WEST SUSSEX

James Cuthbertson: "A great selection of beers, cask and keg both permanent and seasonal, alongside fresh food. The Lockhart Tavern, opened in November 2016, stocks Dark Star Brewing Co's Hophead, American Pale Ale, and often their Revelation, too." 41 The Broadway, Haywards Heath, West Sussex RH16 3AS; darkstarbrewing.co.uk



LONDON

THE BEER SHOP, SE15

Paul Anspach: "I love how honest the bar is. It was set up by a local couple who created a space that's both a great neighbourhood boozier and an up-to-date, relevant bar. A very comfortable place to sit and drink for

hours in a quieter part of town." 40 Nunhead Green, Nunhead, London SE15 3QF; thebeershoplondon.co.uk

THE HOP LOCKER SE1

Daniel Goh: "A pop-up craft-beer bar in an outdoor food market." Southbank Centre Market, Belvedere Road, Lambeth, London SE1 8XX

MOTHER KELLY'S, E2

Christopher Williams: "It's in a great little spot in an old railway arch with outdoor seating and a fantastic atmosphere. It also has a street-food pop-up at the weekend." **Jonathan Boyce:** "The bar's tap list is varied and constantly changing. The line-up is always one of the best in London." 251 Paradise Row, Bethnal Green, London E2 9LE; motherkellys.co.uk



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Food waste by numbers

What we throw away adds up when it comes to its impact on our society and the environment

Wasting food is a bad habit of which we're all guilty sometimes, but it has an impact that goes way beyond that momentary pang of guilt as we scrape the leftovers into the bin.

According to the Waste and Resources Action Programme (WRAP), in 2015 food with a retail value of around £15 billion was thrown away in the UK, rather than eaten. This avoidable waste was associated with 19 million tonnes of CO₂e (a measure of carbon footprint), equivalent to emissions generated by one in four cars on Britain's roads.

The UK's total annual food waste amounts to a shocking 15 million tonnes, of which nearly half is binned by households – partly because we've lost the connection between what we eat and where it comes from. Helen White, from WRAP's Love Food Hate Waste campaign, says: "Of that household waste, 4.4 million tonnes – or 70 per cent – is edible. We have to get over the idea that food waste is inevitable and acceptable. It's not."

Food waste sits uncomfortably beside figures suggesting that more than two million people in the UK are malnourished. But work is being done to tackle the problem. The Felix Project is diverting surplus to food charities, while chefs such as Massimo Bottura, Grundig's home appliances brand ambassador, are creating community kitchens that repurpose food for those in need. Grundig also has its own initiative at respectfood.com/uk, as well as its anti-food waste fridge technology.

Ms White suggests a shift in attitude is required. "It's about valuing our food," she says. "Water, energy, transport, care and love go into bringing it to us. Every mouthful matters."

1/3

Roughly one-third of the food produced globally for human consumption every year – approximately 1.3bn tonnes – gets lost or wasted

£

The average family with children throws away seven meals a week, or £70 worth of edible food per month

15m

Amount in tonnes of food thrown away in the UK each year, of which 4.4m tonnes is edible. Equating to £15bn of food, this would fill nine Wembley Stadiums or 4,000 Olympic-size swimming pools



Per capita waste by consumers is between 95-115kg a year in Europe and North America, while in sub-Saharan Africa, south and south-eastern Asia, the figure is only 6-11kg

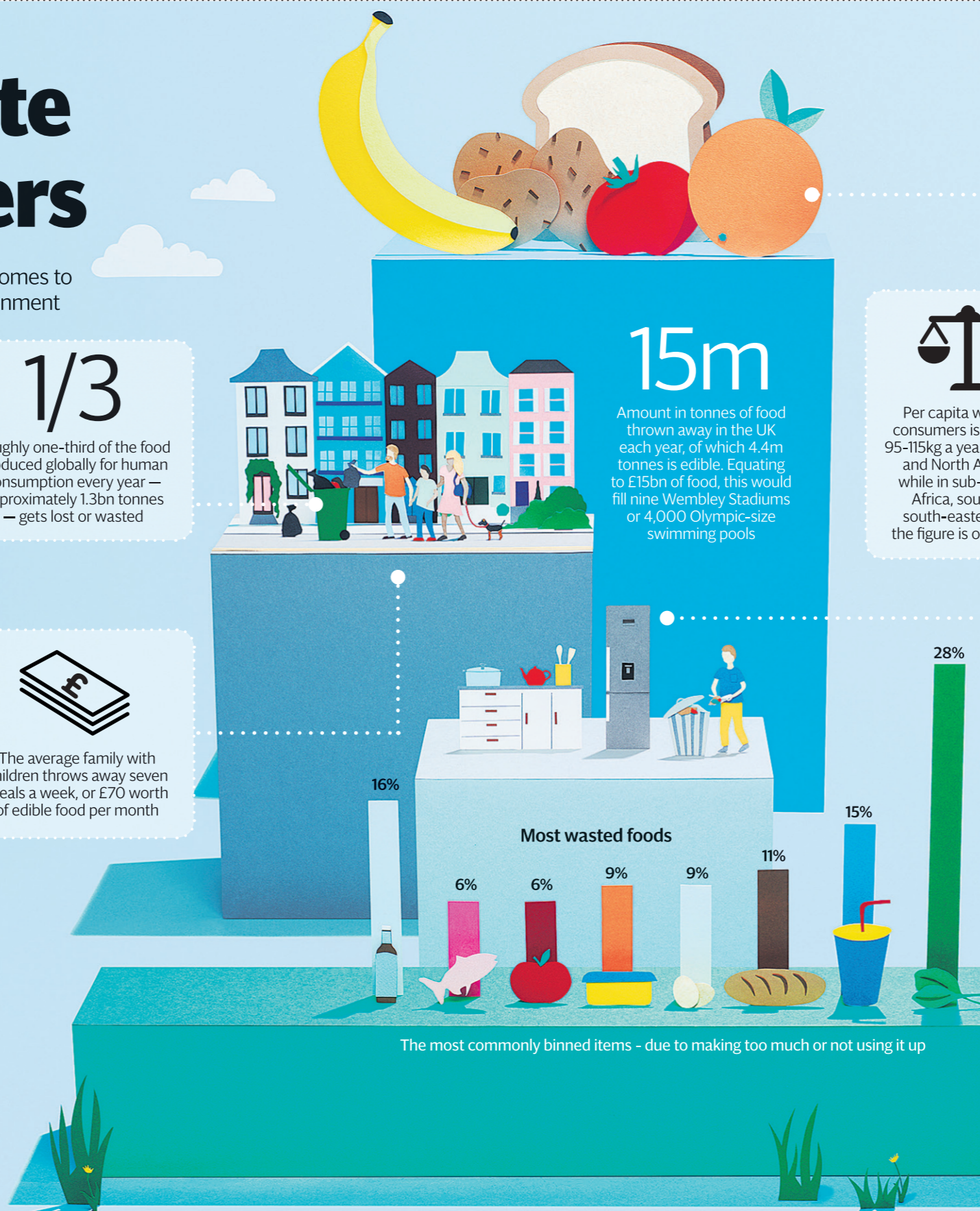


Every day in UK homes we throw away:

4.4m potatoes, 0.9m bananas, 1.2m tomatoes, 0.7m oranges, 20m slices of bread, 5.2m glasses of milk, 2.2m slices of ham

200m

The number of people who could be fed with the food currently wasted in Europe



Grundig's range of fridges and freezers, as well as ovens, hobs and other home appliances, are exclusive to Currys. To find out more about Grundig's Respect Food campaign and partnership with Massimo Bottura's Food for Soul initiative, go to tgr.ph/grundig

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