

RICHARD FOX TO BE PUBLISHED BY GREEN BOOKS IN 2012

Green Books are delighted to announce that we will be publishing a book by Richard Fox in Spring 2012.

Out on the road with his trusty demonstration theatre and armed with nothing more than a set of knives, a box of everyday cupboard ingredients and the contents of your average fridge, Richard has been cooking from Lands' End to John O'Groats. Looking and behaving like the culinary incarnation of David Blaine, Richard has been educating people on how to convert left-overs and the food that is destined to end up in the bin, into gastronomic masterpieces to make Jamie weep.

This new book will be filled with inspirational ideas and recipes to help us, as a nation, waste less food. It will be a culmination of Richard's 25 years of cooking experience, plus his experiences from passionately championing WRAP's *Love Food Hate Waste* mantra to the masses.

Richard says that the book will be *"so much more than a simple recipe book utilising everyday ingredients and left-overs. It's about changing your whole approach to food and cooking. It's a manual of techniques and a way of thinking to transform your ability to create delicious dishes from seemingly nothing, as well as saving money, time and the environment."*

Some Food Waste Facts

- **We throw away 5.3 million tonnes of good food and drink each year in the UK - all of which could have been eaten**
- **Avoidable food and drink waste is responsible for the equivalent of 20 million tonnes of carbon dioxide - the equivalent of taking 25% of cars off the road**
- **£12 billion worth of avoidable food and drink waste equates to £480 per year for the average household, rising to around £680 per year for families with children**

The Author: Richard Fox is a TV Chef and food and drink expert personality. He has had his own cooking slot on BBC 1 Regional *Look North* and was a regular chef on BBC 2's *Food Poker*. He is a regular on The Food Channel's *Market Kitchen* and launched the *Love Food Hate Waste* concept on this channel. Richard has talked and demonstrated at The National Chef's Conference as well as numerous corporate and private events around the world. Richard has appeared on *UKTV Food*, *Saturday Cooks* on ITV and *The Good Food Show* on BBC Radio 4. Richard has also written for various publications including, *BBC Good Food Magazine*, *The Daily Mail*, *The Daily Telegraph* and *The Ecologist*



Photo Credit: John Ross

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About Green Books

Green Books are a leading environmental and ethical publisher.

We are an independent UK publishing company, producing books on a wide range of environmental and cultural issues for over 21 years. Our books are printed on recycled paper and printed within 150 miles as the crow flies from our offices in Devon.

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