



Color By Letter

WHAT IS FOOD WASTE?




Food waste is defined by throwing away food that is still usable. In the United States we waste about ONE THIRD of all of the food that we make. This is a problem because, wasting food also wastes all of the resources that go into producing that food, like land, water, effort, and energy.

INSTRUCTIONS




Become a food waste hero by using the coloring sheet to track your food waste. Each day, color in a letter each time you practice reducing your waste. Below are 3 common ways to put this into practice...

1. SHARE WITH A FRIEND




If you have a packaged food that comes with two, share with a friend instead of throwing away what you won't eat.
Example: Share a poptart pack with a sibling or friend.

2. CREATE A NEW RECIPE

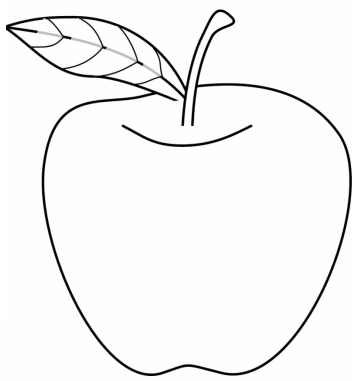


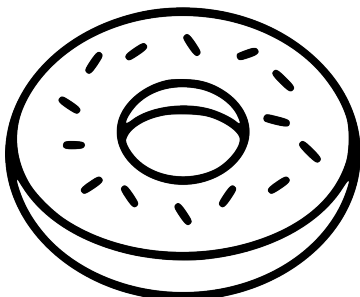
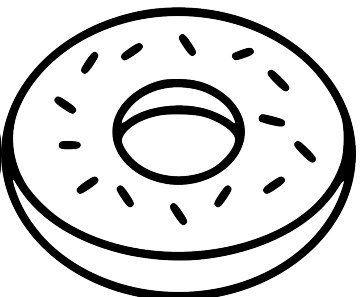
Use your leftovers! Challenge family members to come up with the yummiest meals using leftover ingredients.
Example: Use leftover apple slices from your lunch to make an apple + peanut butter snack.

3. COMPOST/RECYCLE

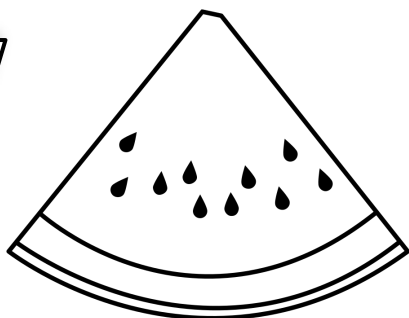


Encourage your family to try composting or recycling your leftovers. You can put your food waste to good use by making soil for new plants. Assign a compost bin and add things like fruit peels, vegetable scraps, egg shells and other kitchen scraps to create a compost for your indoor plants or garden bed.

L  LOVE

F   D

S T O P

W  S T E