

FIGHT FOOD WASTE



Lets Fight Food Waste!

WHY IS FOOD WASTE A PROBLEM?

Almost half of the food that we make ends up being thrown away, yet one out of every five people don't have enough food.

Throwing food in the garbage is also bad because it takes up space in the landfill and when it breaks down (decomposes) it releases a gas (methane) that is really bad for the environment.

HOW CAN WE FIGHT FOOD WASTE?

The US EPA created a chart showing how food waste should be handled. You should start at the top and work your way down.

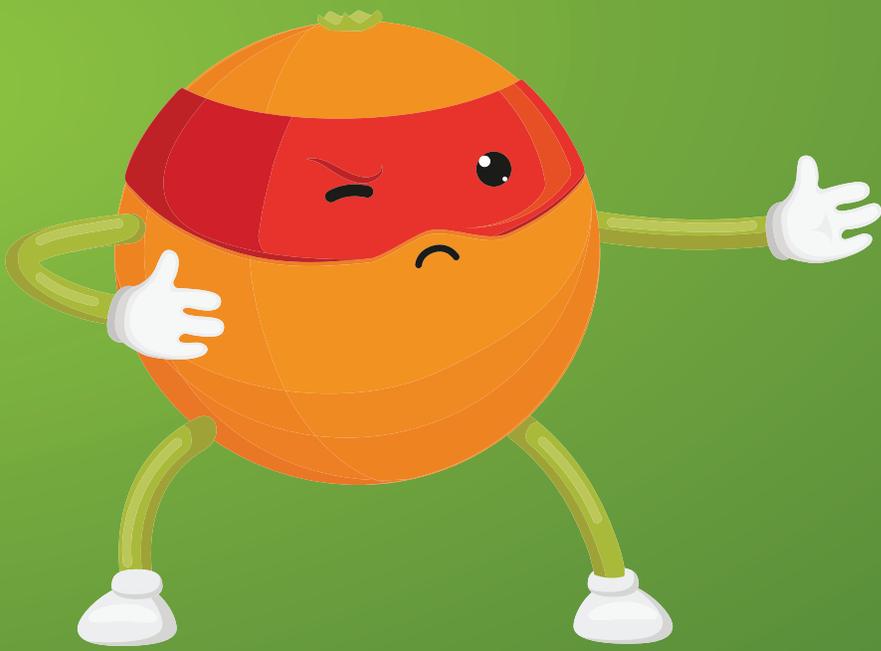


This booklet will take you through some learning activities focusing on parts of this chart.

Prevent

The first step in fighting food waste is to prevent the amount of food that can end up being thrown away.

List three things you can do to prevent wasting food:

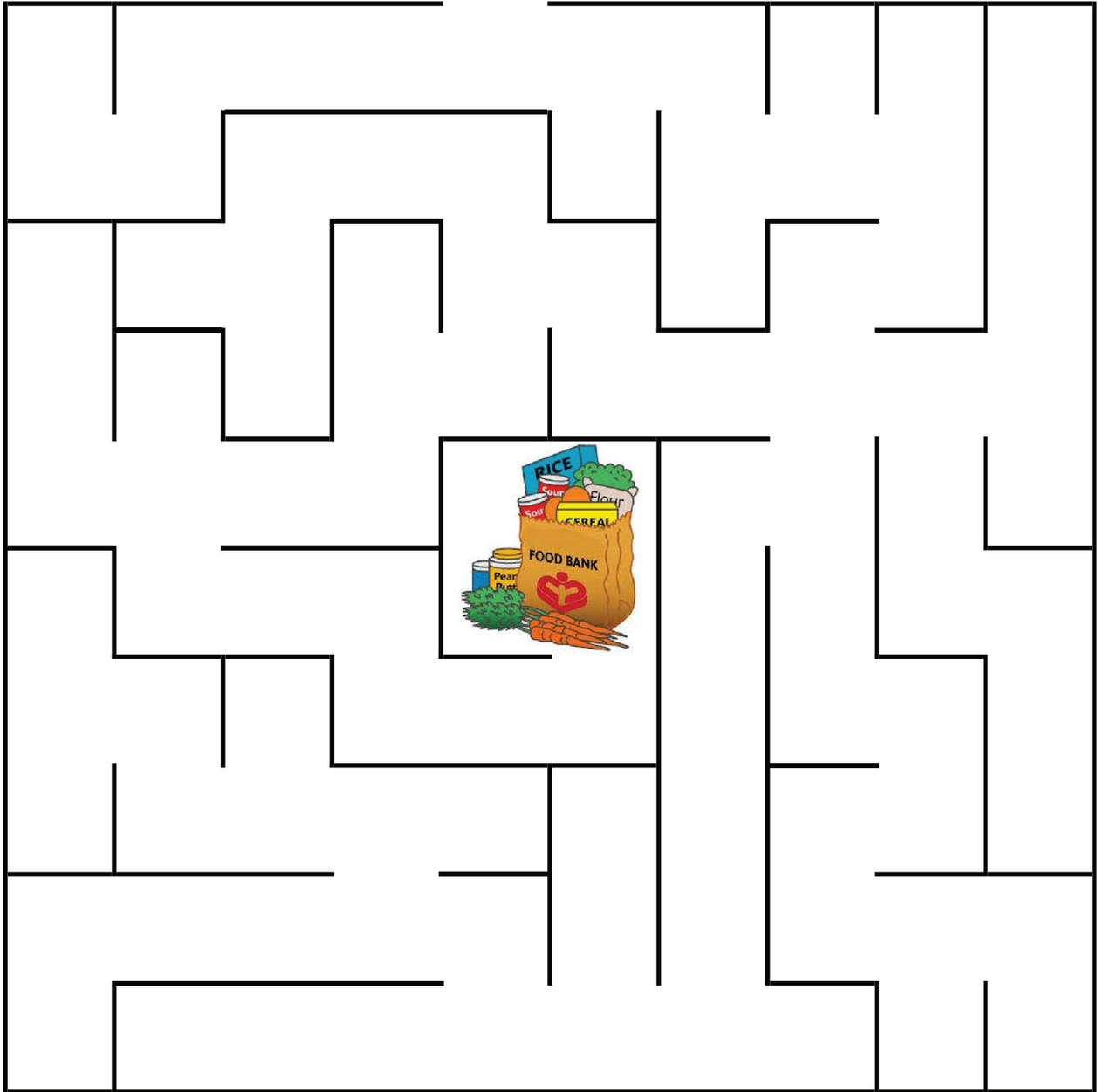


Donate



Another great way to reduce food waste is to donate uneaten food to your local food pantry.

Help get these uneaten apples to the food bank

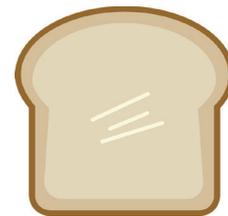
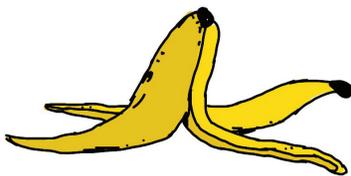


Compost

Food Scraps (except for meat and dairy) can also be composted instead of being thrown in the trash.

Composting is when any material from the earth (fruits, veggies, plants, etc.) breaks down into nutrients that fertilize soil. Using compost in soil helps plants grow better without using chemicals.

Draw a line to the compost bin from all of the lunch items that can be composted.



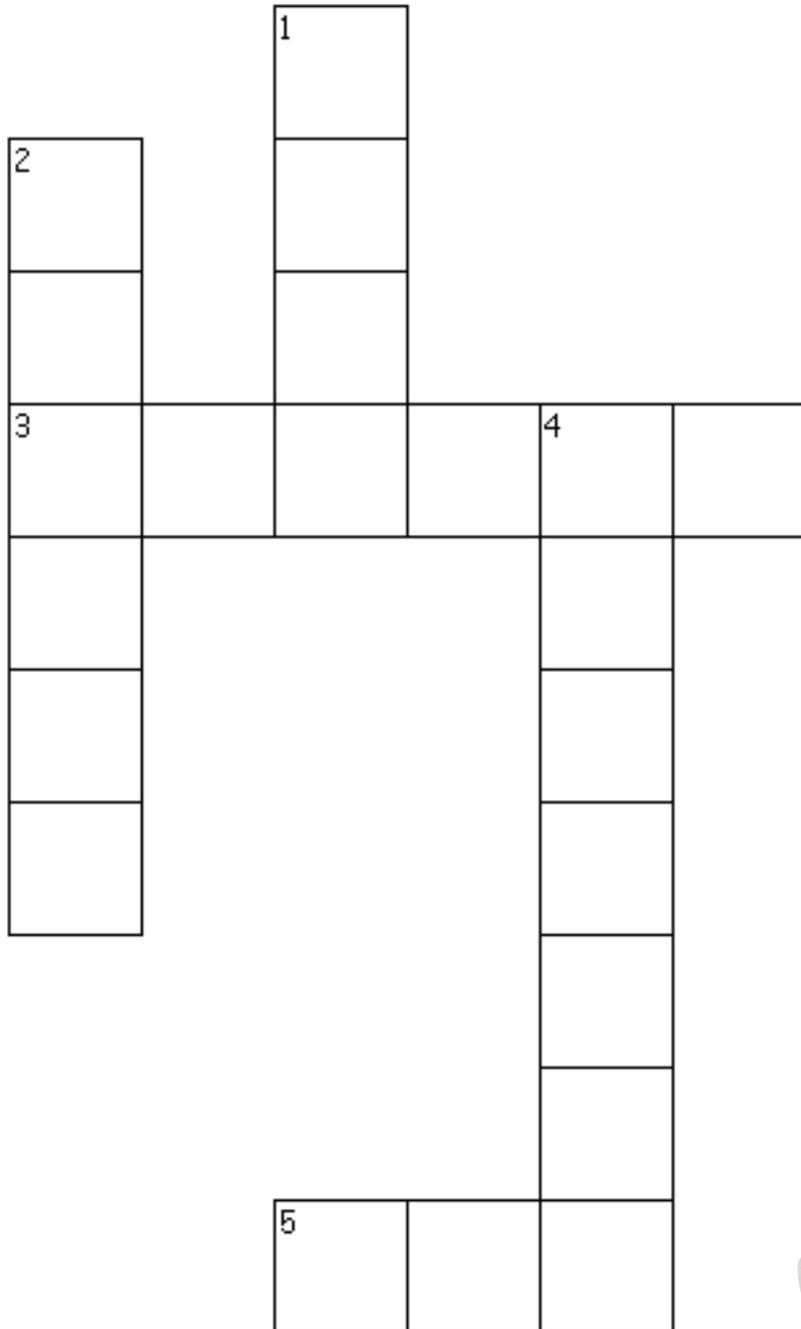
Word Search

Q S W K K G R J V E
E T A N O D F K U R
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Find the following words related to food waste in the word search above:

Donate Prevent Save
Share Waste

Crossword Puzzle



ACROSS

3. We need to _____ the amount of food we waste.

5. Only take what you plan to _____.

DOWN

1. Almost half of all _____ made is wasted.

2. Food _____ can be composted.

4. Decomposed material from the earth is called _____.

