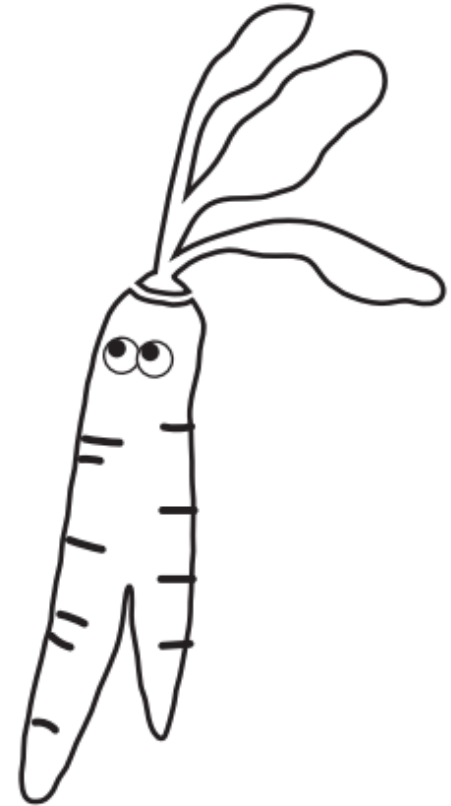
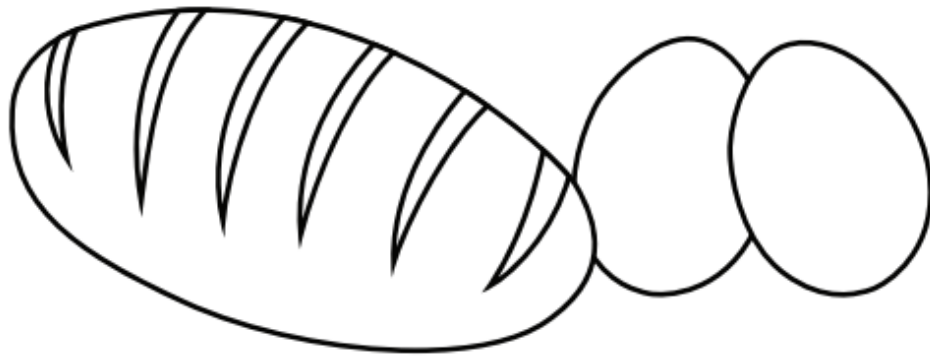
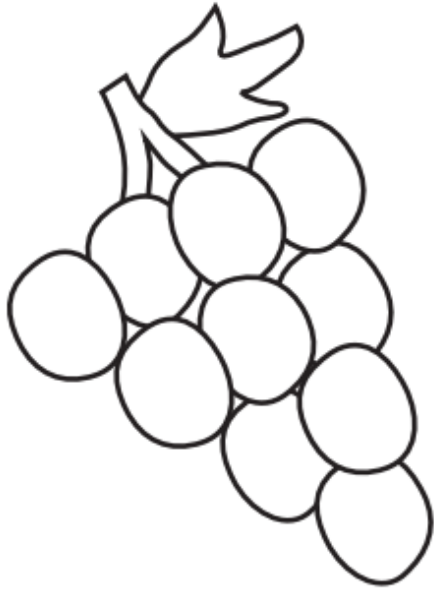
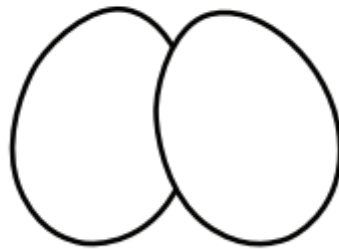
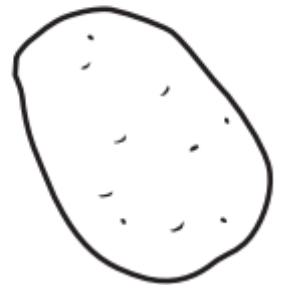
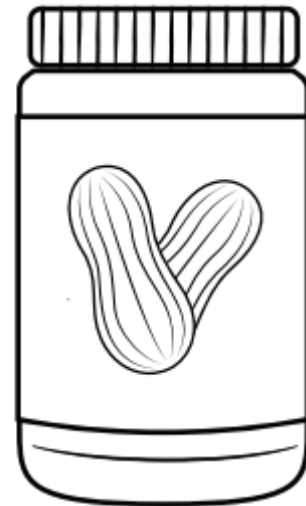
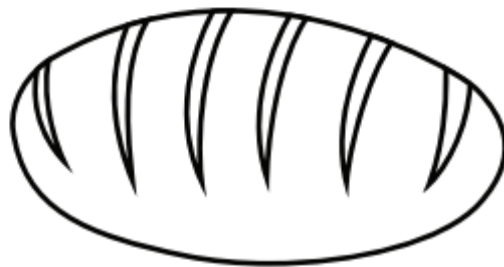
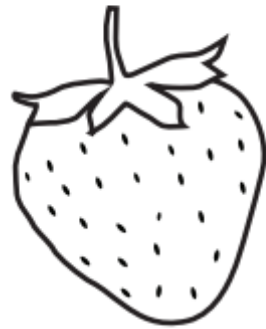
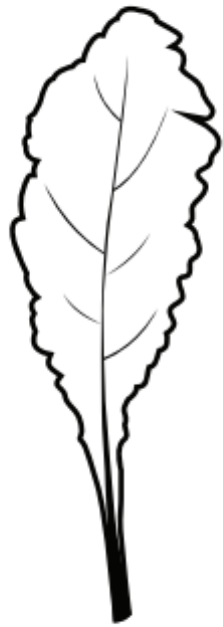




FOOD WASTE 101





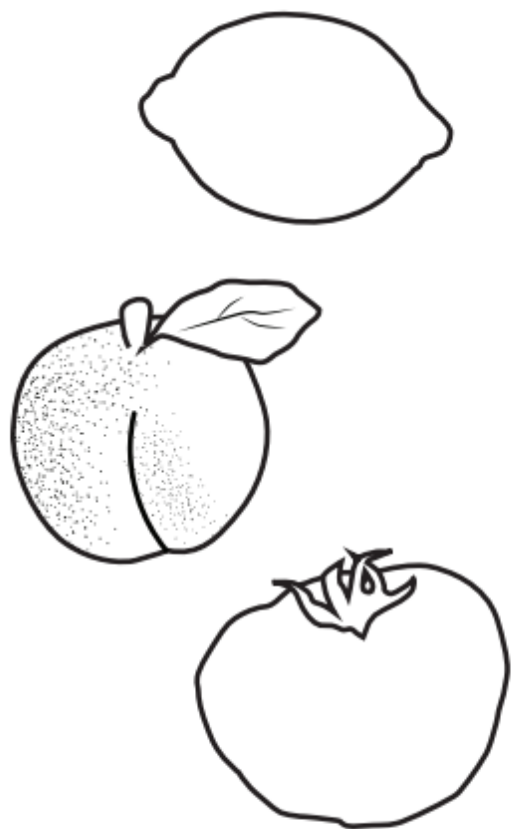
Meal plan for the week!
Color in the foods you want to
add to your grocery list.



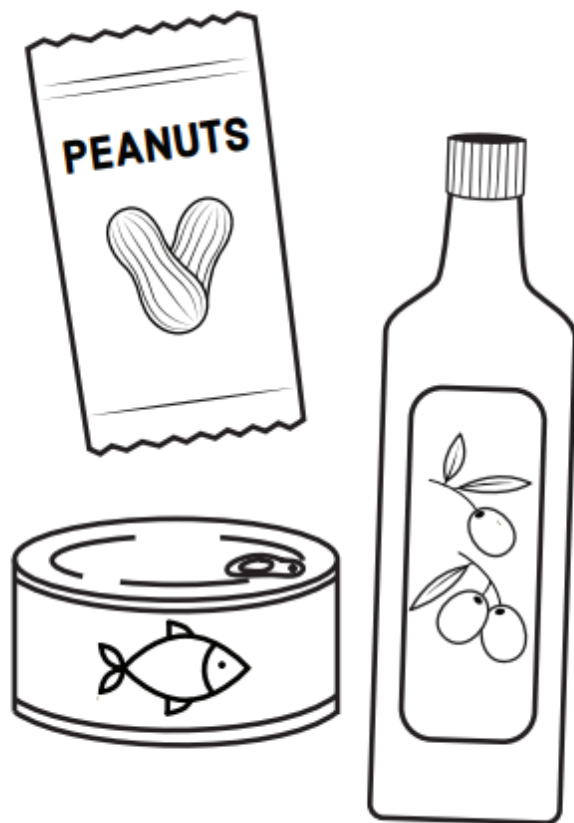
BUY JUST WHAT YOU NEED

The best way to prevent waste is to not buy more than we can eat.

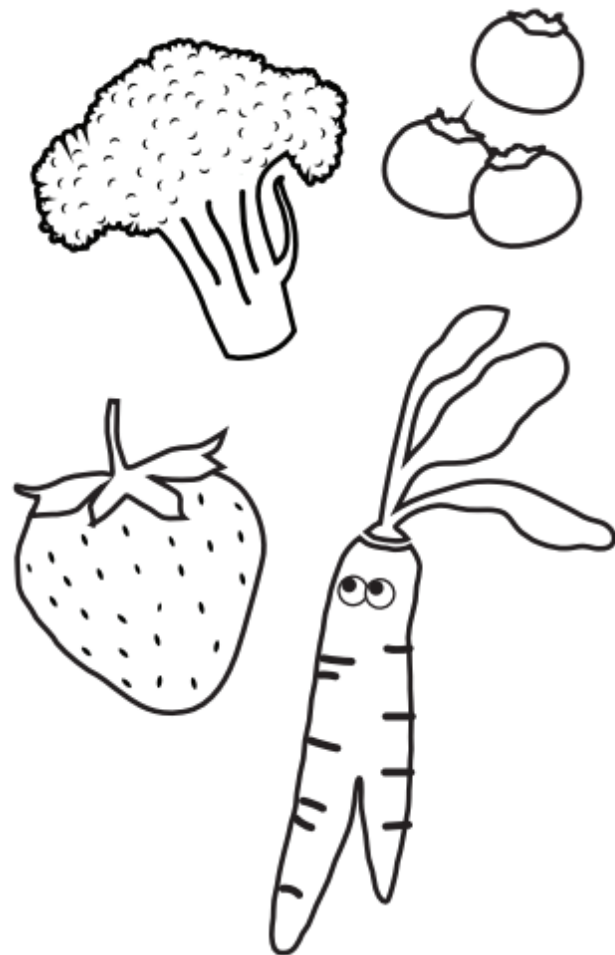
ON THE COUNTER



IN THE PANTRY

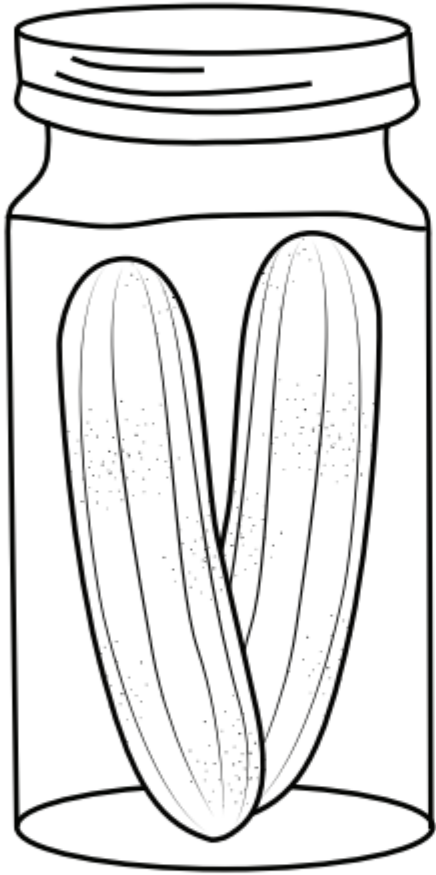


IN THE FRIDGE

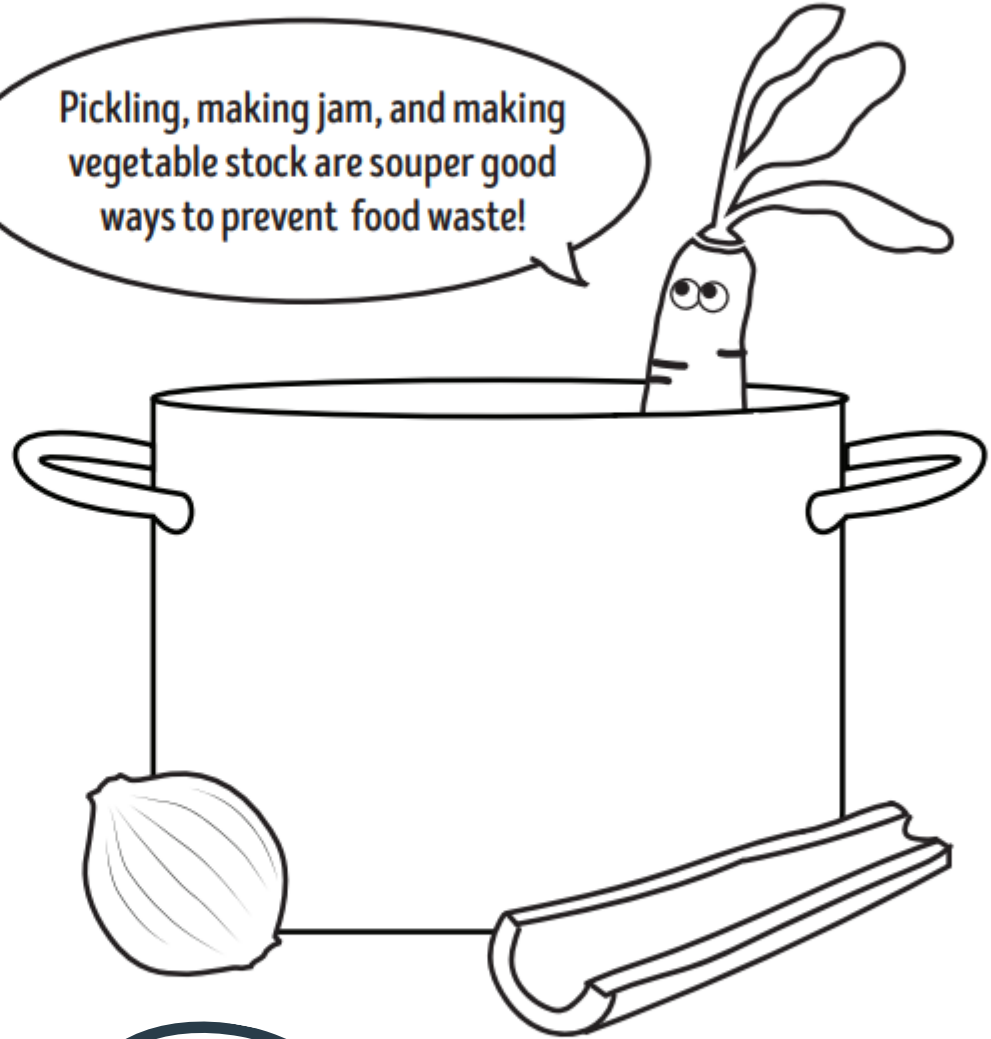


STORE FOOD PROPERLY

Give your favorite foods a good home.



Pickling, making jam, and making vegetable stock are souper good ways to prevent food waste!



MAKE FOOD LAST

Transform and preserve through cooking!



ORANGE

APPLE

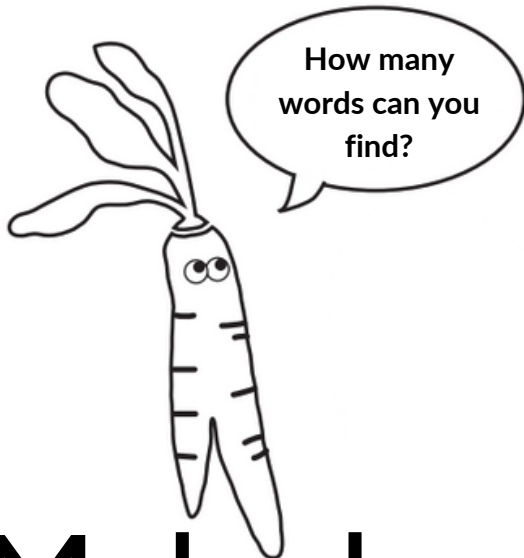
TOMATO

LETTUCE

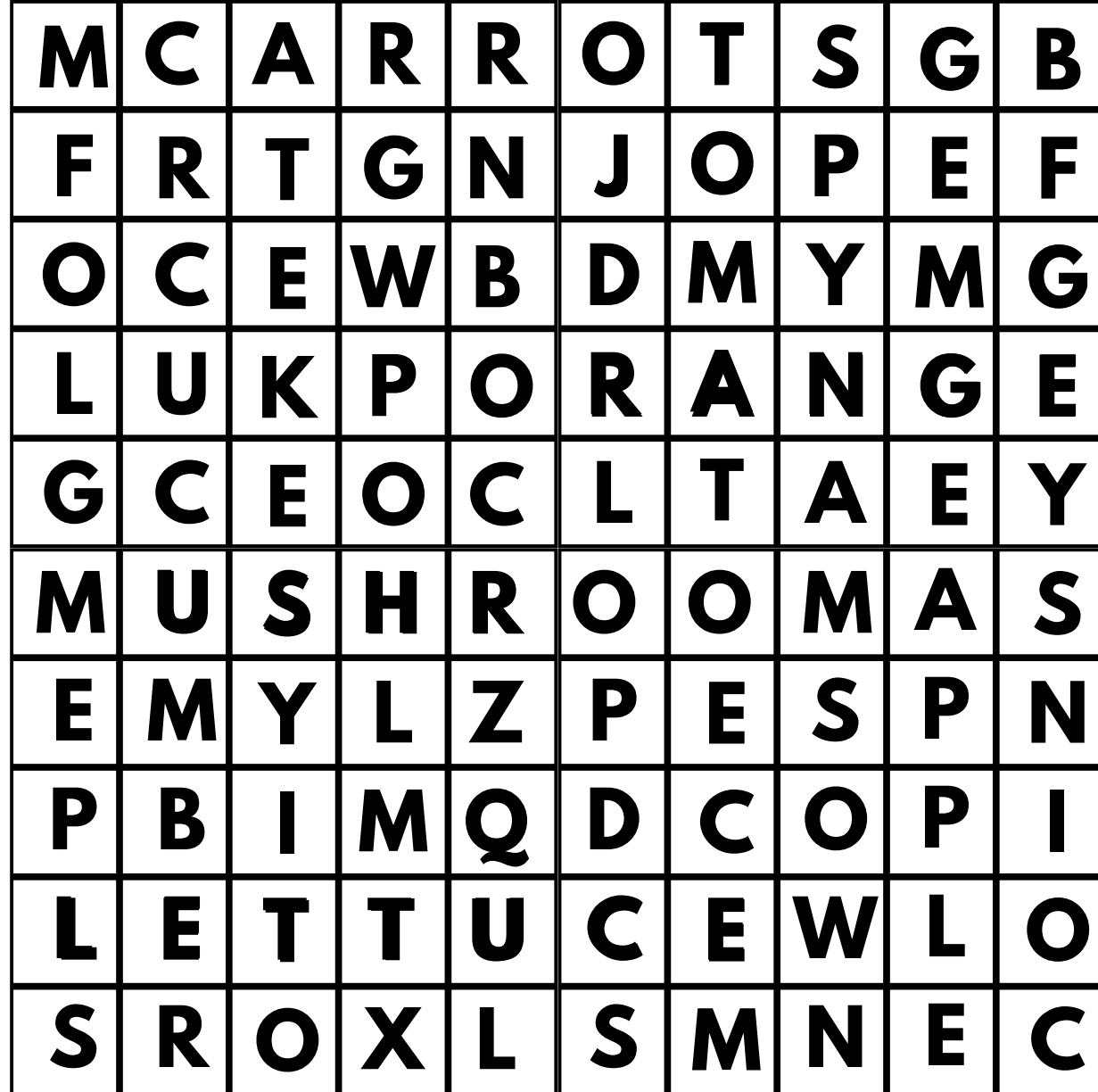
CUCUMBER

CARROT

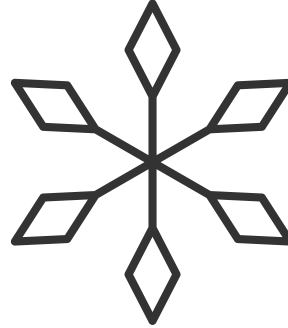
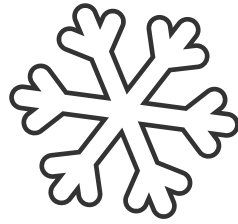
MUSHROOM



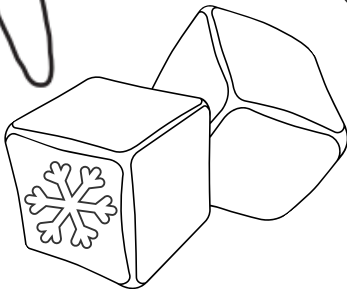
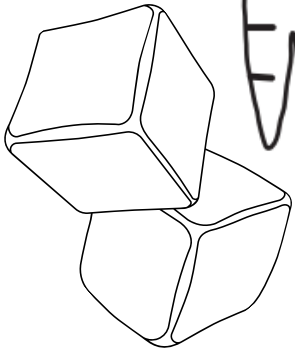
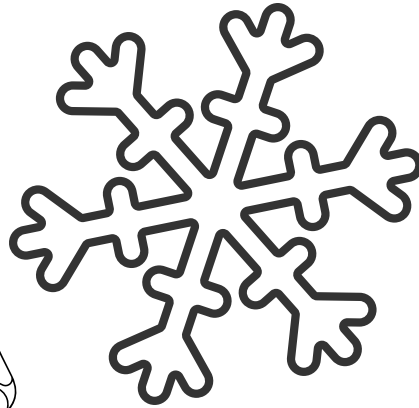
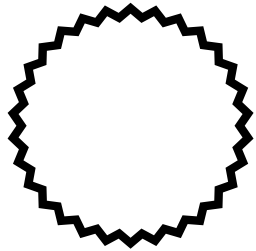
How many
words can you
find?



Make healthy choices
Make sure to have a balanced diet

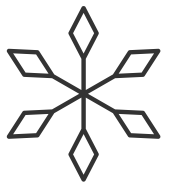


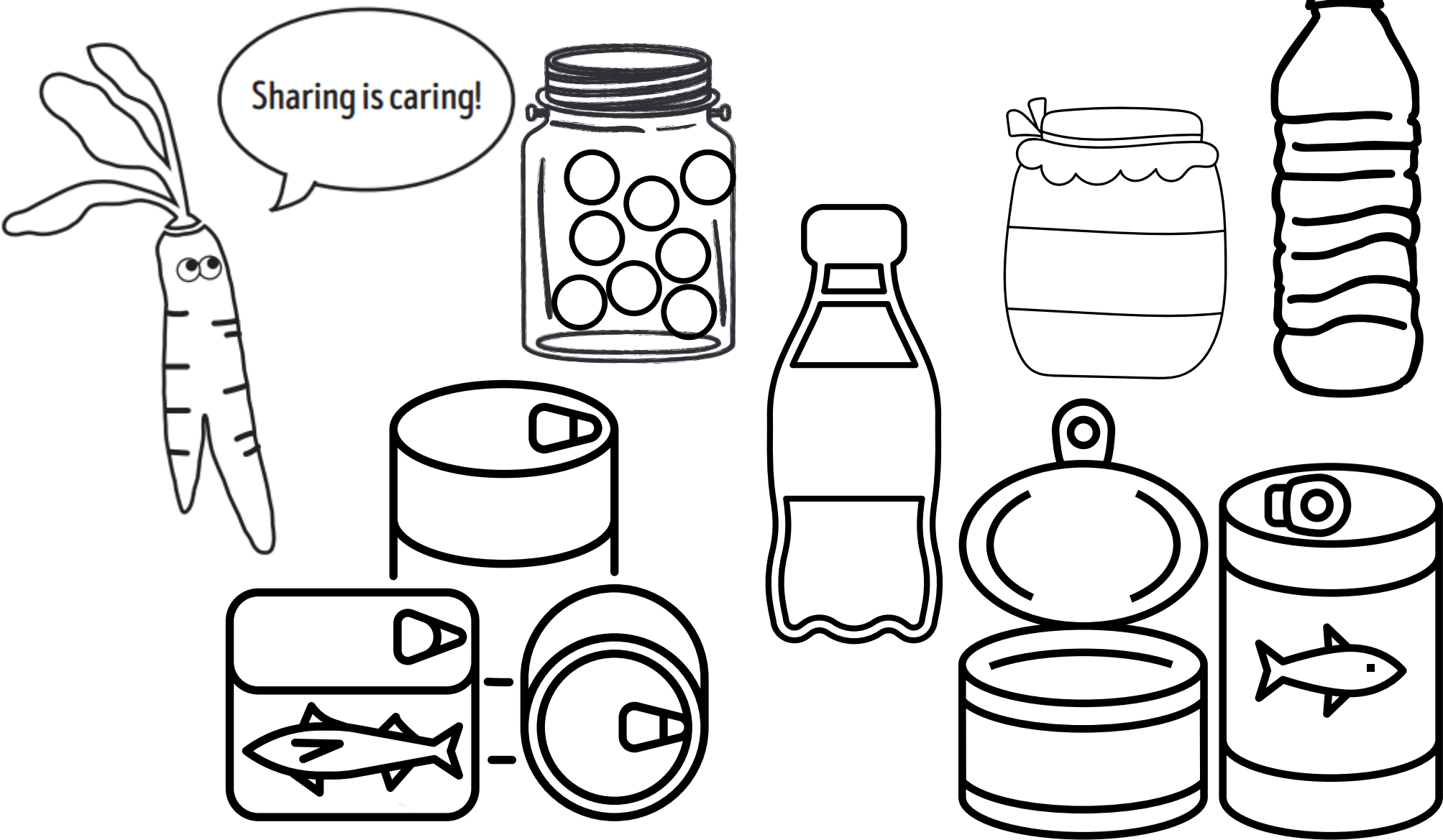
How many
snowflakes can
you see



USE A FREEZER

Freeze meals and leftovers for another day





Sharing is caring!

FEED HUNGRY PEOPLE

Donate unneeded food to local charities to help people

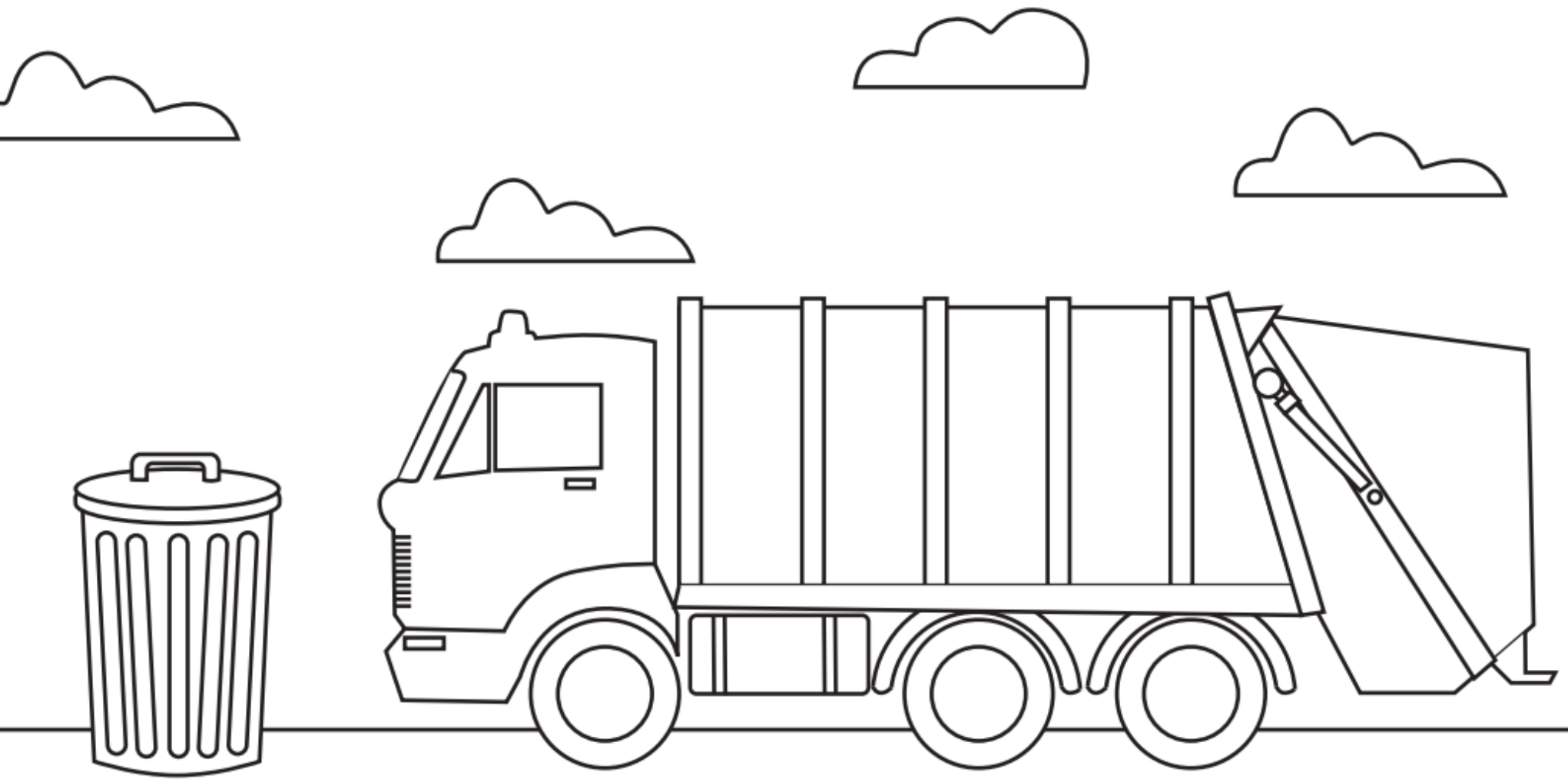


COMPOST

Composting turns food scraps into soil to help grow more food.

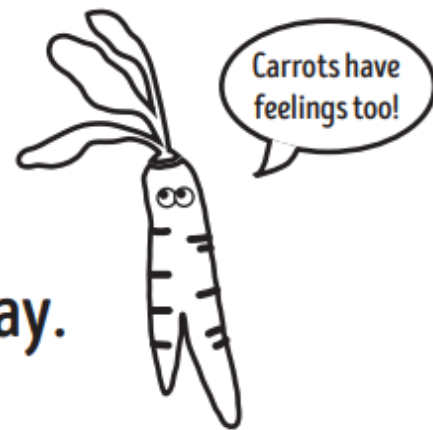
Circle the five differences between the two pictures!

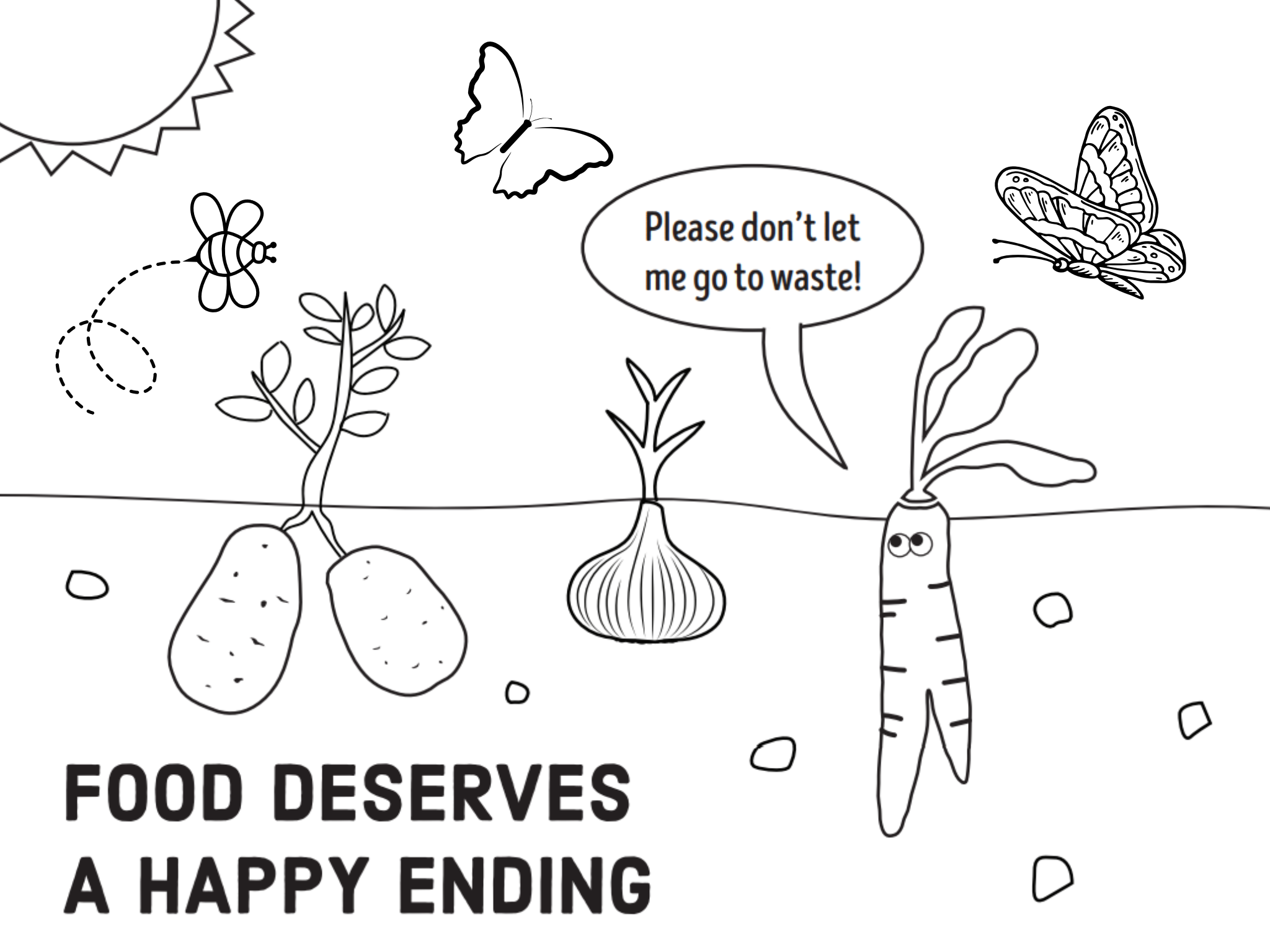




The bin is last

The worst thing to do with food is throw it away.





Please don't let
me go to waste!

**FOOD DESERVES
A HAPPY ENDING**