

Food is too good to waste!

Activity Book



Help **Apple** and her friends learn how to waste less food every day....

How much money does the average family of four **throw away** in food every year?

Answer:
\$1500

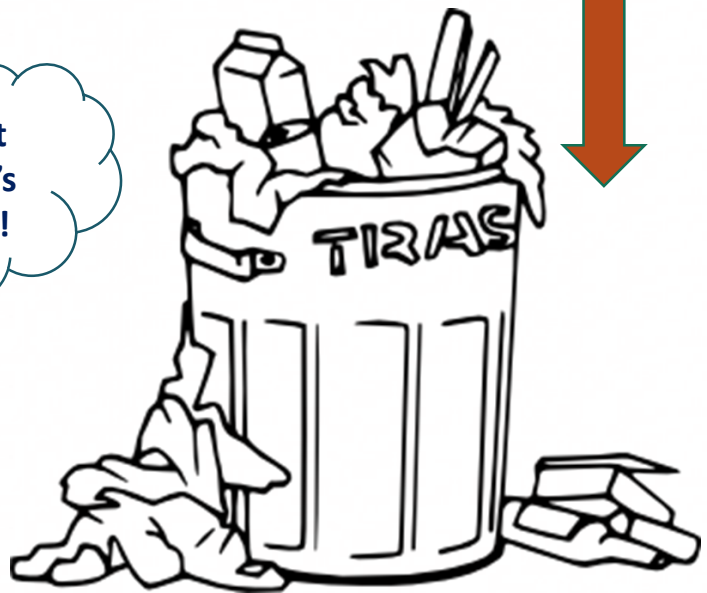
What is wasted food?



I am not sure, let's find out!



22% of our trash is food!



Color the trash can



Wasted food is food that is:

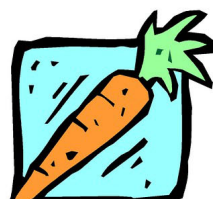
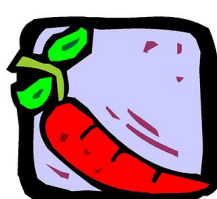
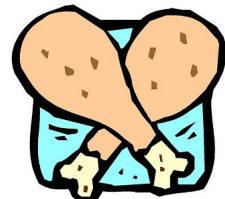
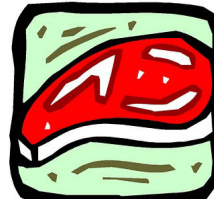
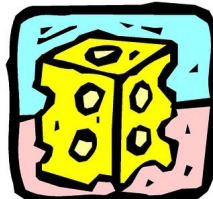
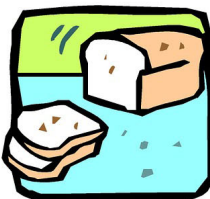
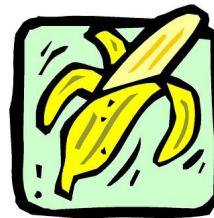
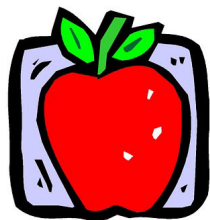
- ✓ not eaten
- ✓ spoiled
- ✓ thrown away



How can you waste less food?

Check the boxes!

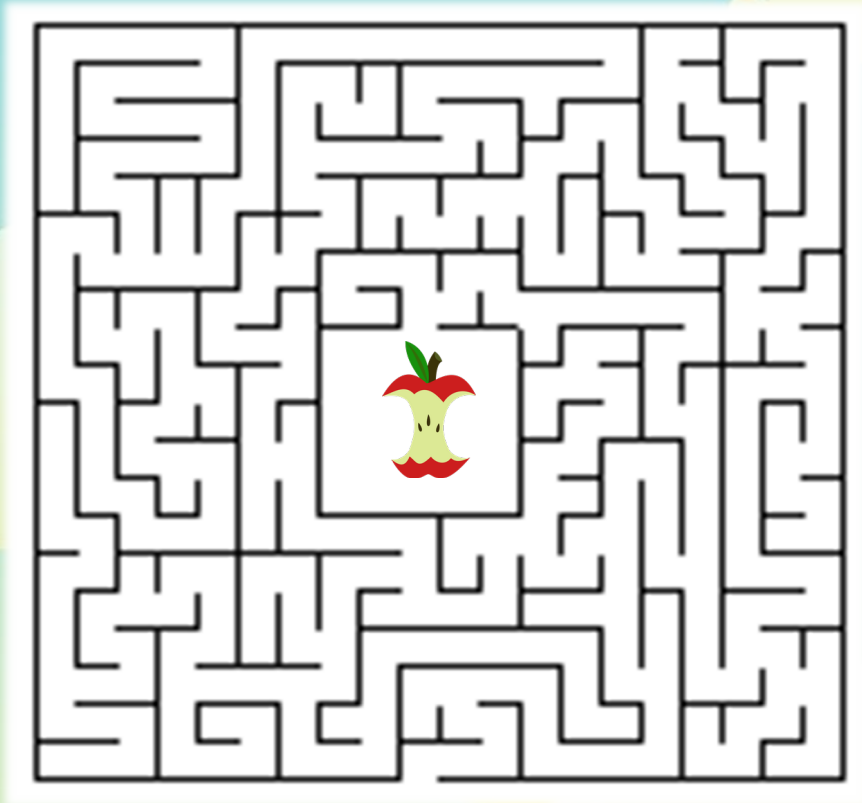
- Take only what you can eat
- Eat what you take
- Store leftovers for later
- Learn how to store food so it lasts longer
- Plan meals ahead of time
- Use what is in the refrigerator first
- Freeze uneaten food
- Use your extra food in a new recipe
- Share food with others
- Compost food scraps



Circle the foods that you keep in the refrigerator

Investigate how to store your favorite food!

Help the **apple core** find its way to the compost bin

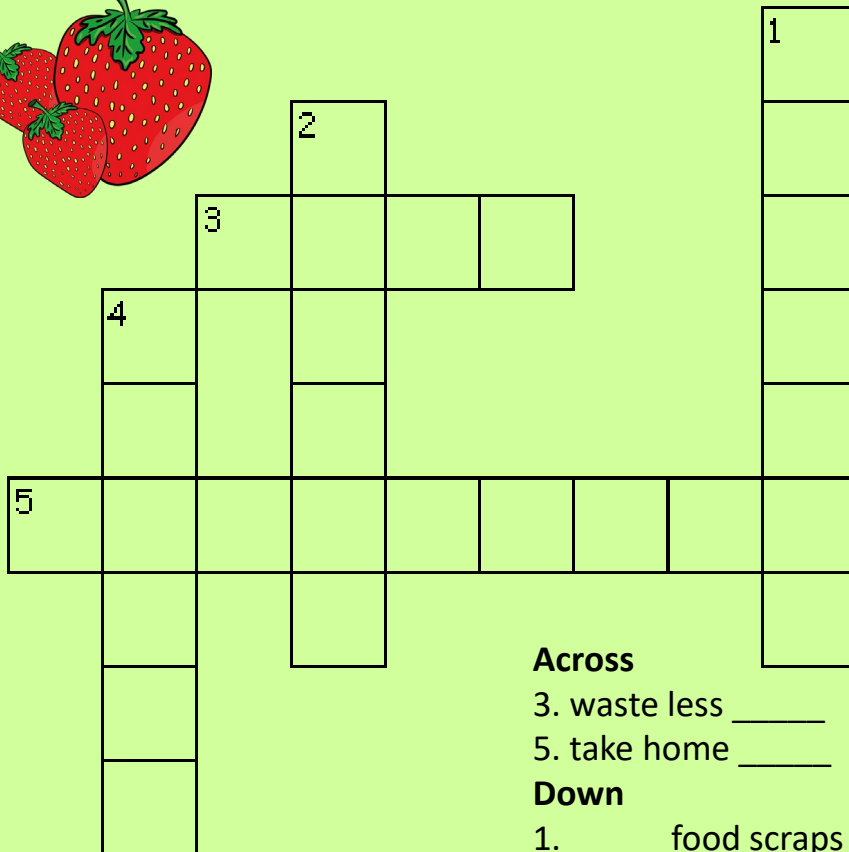
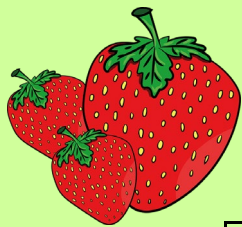


Wasting food also wastes :

- ❖ Money
- ❖ Energy
- ❖ Water
- ❖ Hard Work



Adding compost to the soil helps plants grow!



Across

- 3. waste less _____
- 5. take home _____

Down

- 1. _____ food scraps
- 2. _____ food to the hungry
- 4. _____ uneaten food

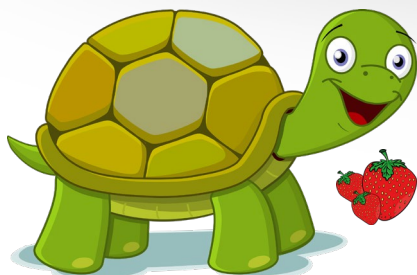
Washing strawberries before you put them in the refrigerator increases the chance of mold

True or False?

Answer:
True



Color the strawberry!



Use uneaten strawberries to make a smoothie!



- 1. Compost
- 2. Donate
- 3. Food
- 4. Freeze
- 5. Leftovers



Can you reduce your food waste by 50%?

List 3 things you are going to do...

...to waste less food every day!



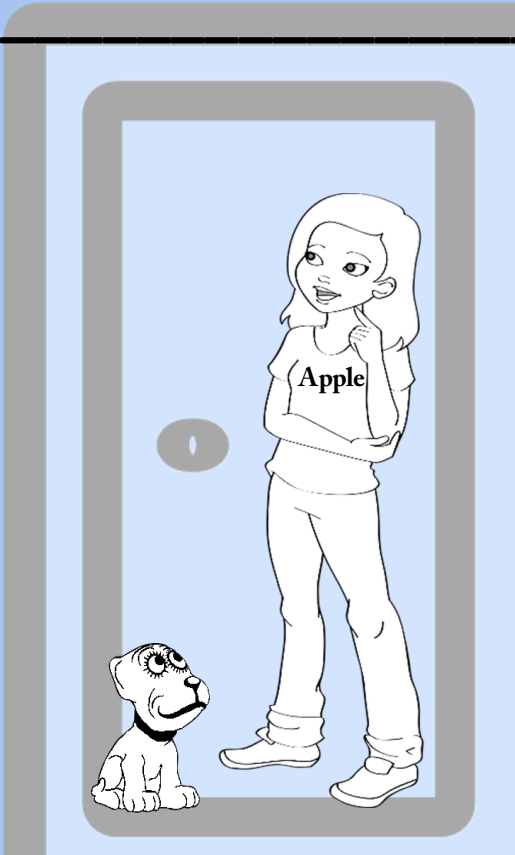
Help your family remember to save food!

see list on page 3 for ideas

- 1) _____
- 2) _____
- 3) _____



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saving food... saves money!	



epa.gov/sustainable-management-food

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Put this page on the refrigerator!