

Reducing Food Waste

Did you know that a lot of the food we buy ends up in the trash? When we throw away food, we also waste the resources, like money, water, energy, and labor, it took to grow it. The good news is that you can play an active role in reducing food waste at home and at school. Here are some simple steps that can make a big difference.

Food Portions

Sometimes our eyes are bigger than our stomachs! A great rule to follow is, take what you want, eat what you take. Start small. Put a small amount on your plate first. If you finish it and you are still hungry, go back for seconds.

Meal Planning

Being a “Menu Planner” is a fun way to make sure food doesn’t go to waste. Help your family pick recipes for the week. If you choose a meal, you’ll be excited to eat it! Before making your grocery list, look in the fridge and pantry. Use what you have before buying more.

The Power of Leftovers

Leftovers aren’t just old food—they’re “bonus” meals! Become a “Leftover Monitor” at your house. Check the fridge and remind your family to eat leftovers before they go bad. Get creative! You can turn last night’s chicken into tacos or use leftover veggies to make a yummy soup. Use a marker to write the date on containers so you know which food needs to be eaten first.

Don’t Toss It, Compost It!

Some food scraps shouldn’t go in the trash. Apple cores, eggshells, and carrot peels can be turned into compost for a garden. Compost is nature’s way of recycling, where tiny bugs and worms turn old food scraps into rich, healthy fertilizer that helps new plants grow. Keep a small bucket in the kitchen for fruit and veggie scraps. Take those scraps to a compost pile or bin. Over time, your old food scraps won’t look like food anymore. They turn into dark, crumbly soil that some people call “Black Gold.” Instead of throwing unused food in the garbage, you can compost it to help a new plant grow!