



POINTS FOR PREVENTION

GRADE

Grades 3-5th Grade

PLACE

Classroom / Home

DURATION

30 minutes In-class,
5 Days at home

INTRODUCTION

Did you know that nearly 1 million pounds of food waste goes to the landfill every day in Central Ohio alone? That is a lot of food, but if we each do our part to cut food waste out of our habits, we can use all the resources that went into our food and keep food out of the trash can.

DIRECTIONS

This week, try out new ways to reduce the amount of food waste that we produce at home and in your community. Throughout the week, try some of the food waste prevention activities in the table on the reverse side of this sheet and earn points to compete with your classmates and find out whether you are a food waste reduction beginner or a Food Waste Fighter. Helpful hint: Some actions will earn you more points than others- plan ahead to earn as many points as possible!

KEEPING SCORE

Use the chart on the back to track your food waste reduction this week. At the end of the week, add up your points and see how you did with the chart below!

FOOD WASTE REDUCTION NOVICE	FOOD WASTE CHAMPION-IN-TRAINING	FOOD WASTE FIGHTER
(0-5 POINTS)	(6-15 POINTS)	(16 POINTS OR MORE)
<p>Welcome, Food Waste Reduction Novice!</p> <p>We want you on our food waste reduction team! It's up to you to continue to keep working on reducing your food waste. You can do it!</p> <p>What challenges was most difficult this week? How might you be able to change your habits in the future?</p>	<p>Great work, Food Waste Champion-In-Training!</p> <p>Thanks for making a difference by reducing your food waste this week! Keep up the good work and by thinking about more ways to prevent food waste at home and school.</p>	<p>Awesome job, Food Waste Fighter!</p> <p>You are leading the food waste prevention movement! Now you are ready for the next challenge! Think about how else you might be able to prevent food waste at home and at school and take your friends with you on your journey!</p>

POINTS FOR PREVENTION



Activity	Points	Monday	Tuesday	Wednesday	Thursday	Friday
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PREVENTION:

Try a new recipe that uses up leftover ingredients	2					
Eat an imperfect fruit or vegetable (bruised, scratched, misshapen, etc.)	1					
Pack a lunch or snack in a reusable container	1					
Create a meal plan for the week before going to the store	2					

REUSE:

Eat leftovers for a meal or snack	1					
Share leftovers with a friend	1					

COMPOST:

Compost food scraps	1					
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TOTAL:

