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?

What is wasted food?

24% of our trash is food!

Color the trash can

Wasted food is food we throw away like:
- extra food
- spoiled food
- food scraps
- uneaten food
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

Use uneaten strawberries to make a smoothie!

Color the strawberry!
Can you reduce your food waste by 50%?

Help your family remember to save food!
see list on page 3 for ideas

1) ________________________
2) ________________________
3) ________________________

saving food... saves money!

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