

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?

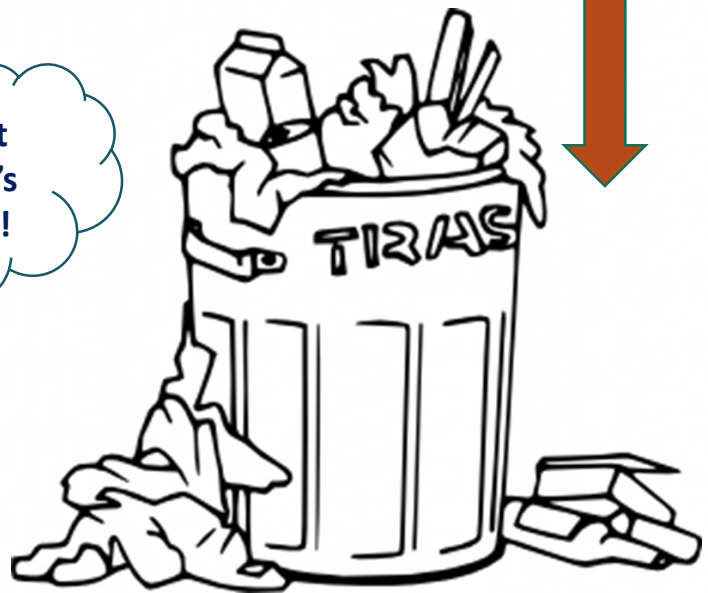
Answer:
\$1500

What is
wasted
food?

22% of our
trash is
food!



I am not
sure, let's
find out!



Color the trash can



**Wasted food is
food that is:**

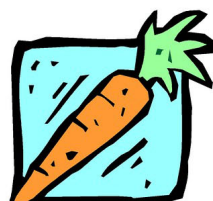
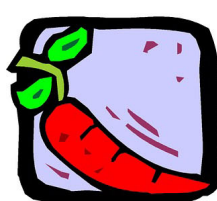
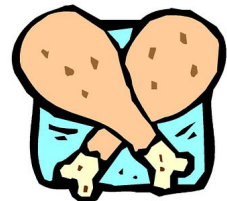
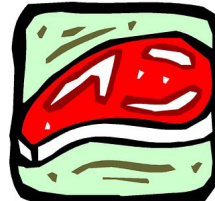
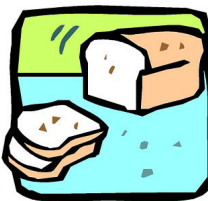
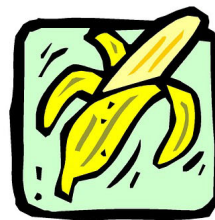
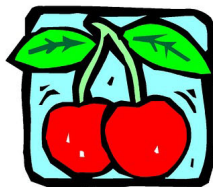
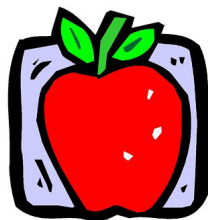
- ✓ not eaten
- ✓ spoiled
- ✓ thrown away



How can you waste less food?

Check the boxes!

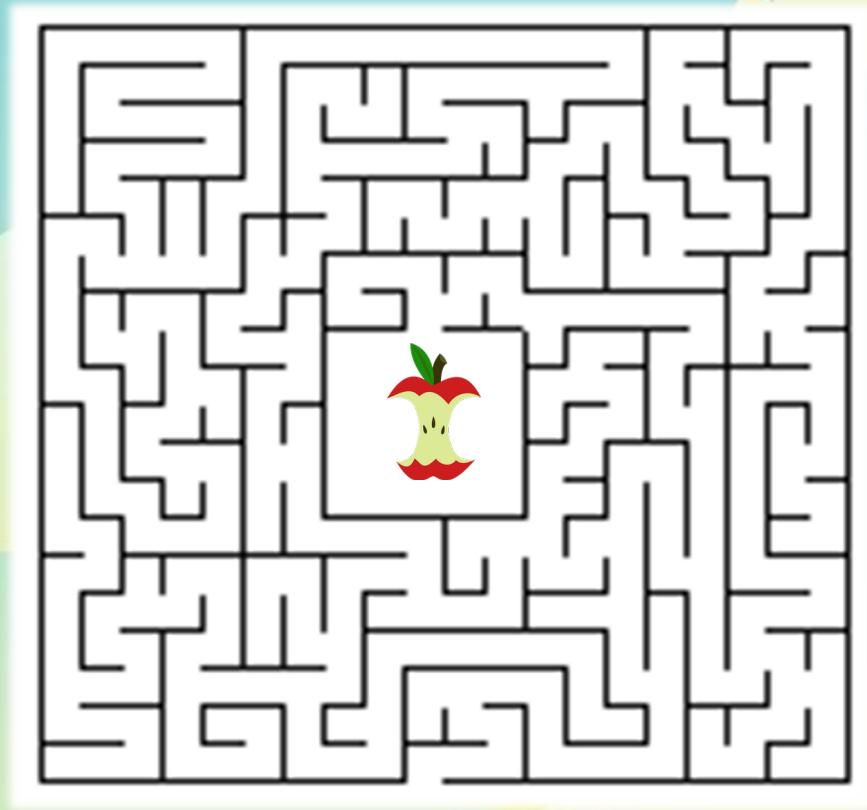
- ☐ Take only what you can eat
- ☐ Eat what you take
- ☐ Store leftovers for later
- ☐ Learn how to store food so it lasts longer
- ☐ Plan meals ahead of time
- ☐ Use what is in the refrigerator first
- ☐ Freeze uneaten food
- ☐ Use your extra food in a new recipe
- ☐ Share food with others
- ☐ Compost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

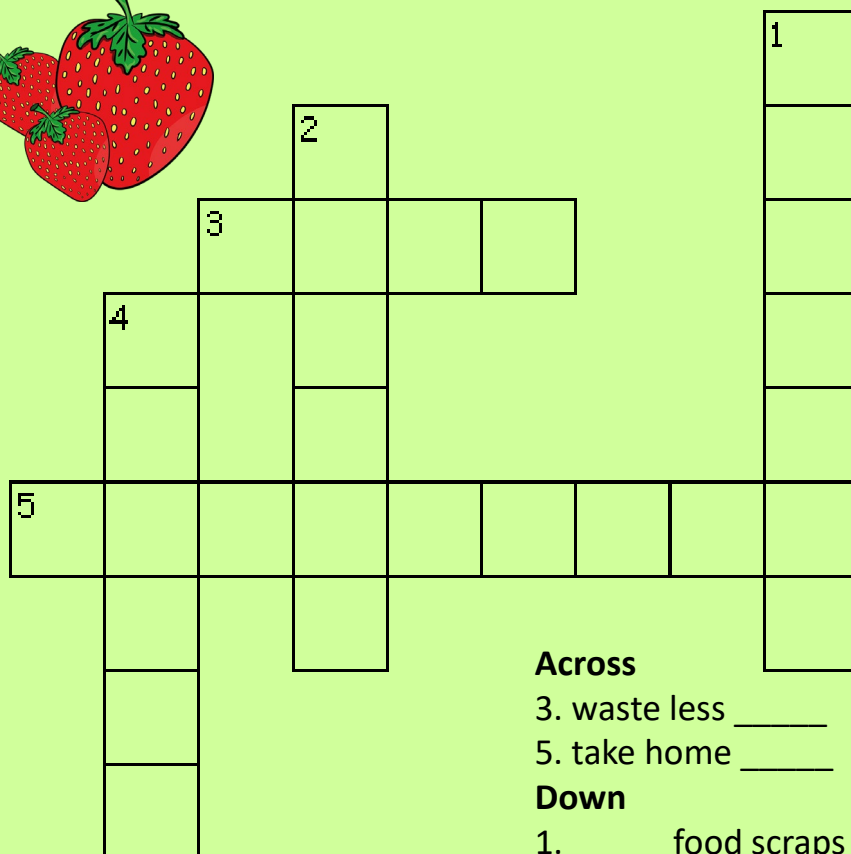


Wasting food
also wastes :

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



Compost makes great soil for plants!



Across

3. waste less _____

5. take home _____

Down

1. _____ food scraps

2. _____ food to the hungry

4. _____ uneaten food

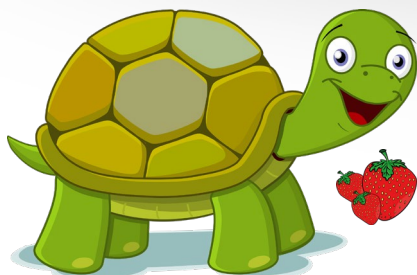
Washing strawberries before you put them in the refrigerator increases the chance of mold

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...

Help your family remember to save food!

see list on page 3 for ideas

...to waste less food every day!

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



\$\$

saving food...
saves money!



epa.gov/sustainable-management-food

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Put this page on the refrigerator!