

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?

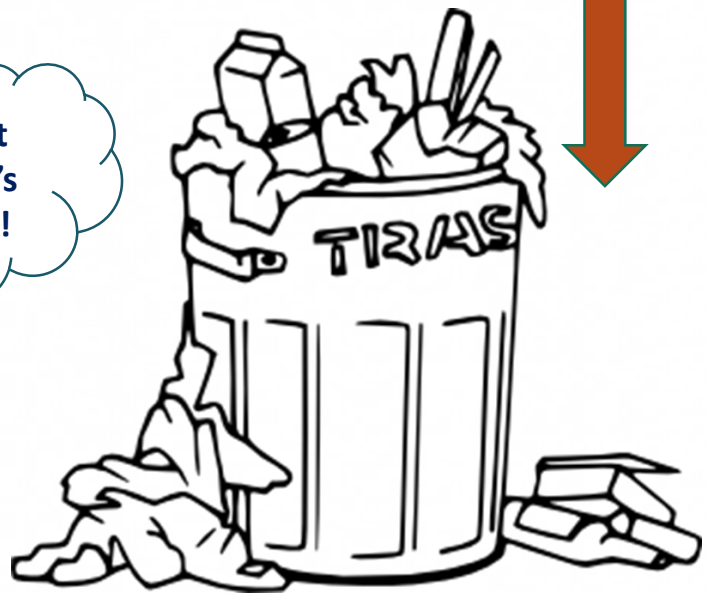
Answer:
\$1500

What is
wasted
food?

24% of our
trash is
food!



I am not
sure, let's
find out!



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!

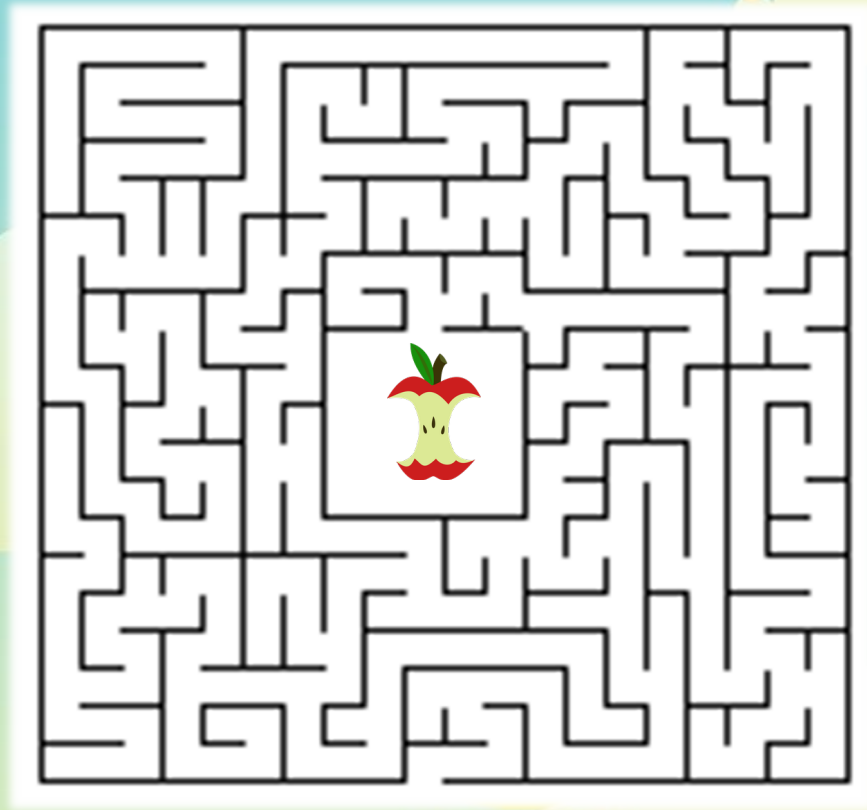
- ☐ Take only what you can eat.
- ☐ Eat what you take.
- ☐ Store leftovers for later.
- ☐ Learn how to store food so it lasts longer.
- ☐ Plan meals ahead of time.
- ☐ Use what is in the refrigerator first.
- ☐ Freeze uneaten food.
- ☐ Use your extra food in a new recipe.
- ☐ Share food with others.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



Circle the foods that you keep in the refrigerator.

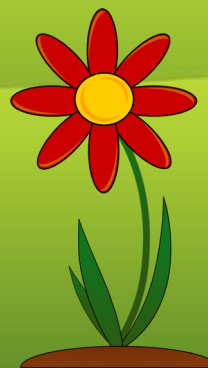
Investigate how to store your favorite food!

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

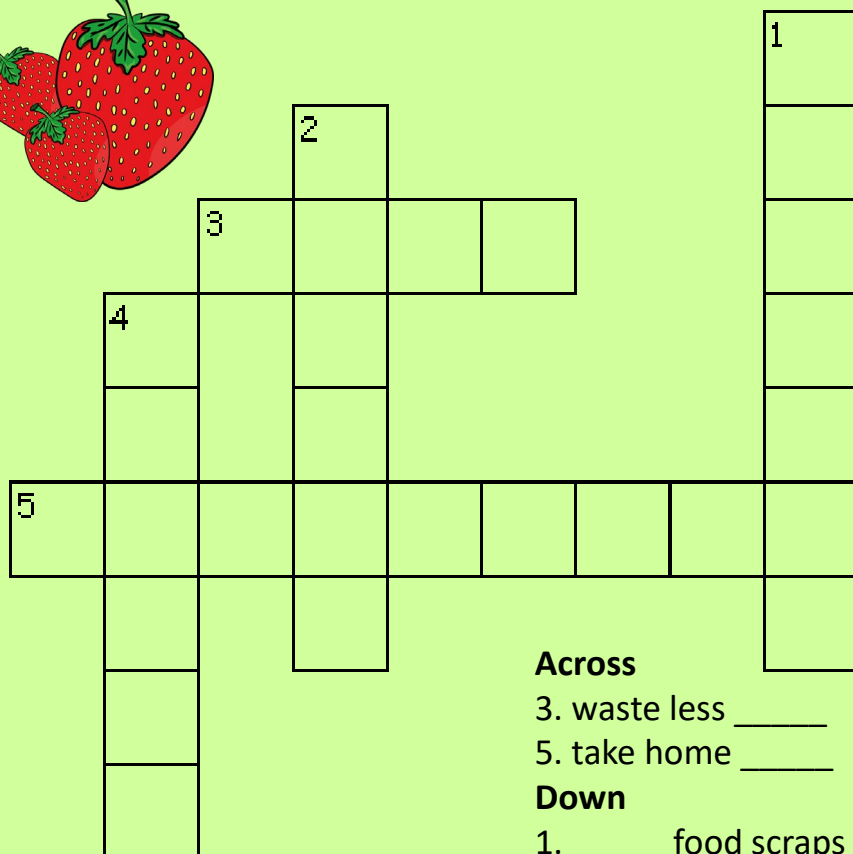


Wasting food
also wastes :

- ❖ 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

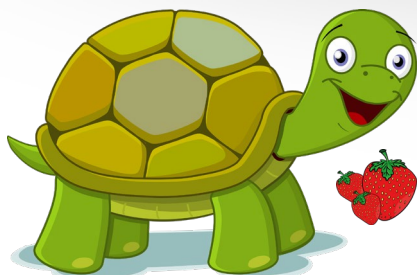
Washing strawberries before you put them in the refrigerator increases the chance of mold.

True or False?

Answer:
True



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) _____



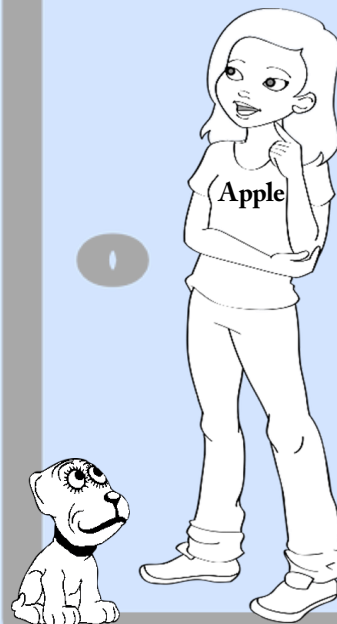
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saving food...
saves money!



epa.gov/sustainable-management-food

EPA 908-K-20-002



Put this page on the refrigerator!