IMPERFECT FOODS

FOOD WASTE 101

MILK

Meal plan for the week!
Color in the foods you want to
add to your grocery list.

BUY JUST WHAT YOU NEED

The best way to prevent waste is to not buy more than we can eat.

ON THE COUNTER

IN THE PANTRY

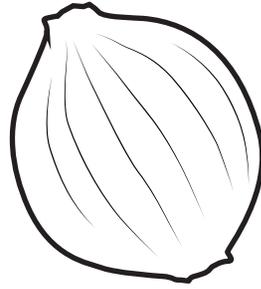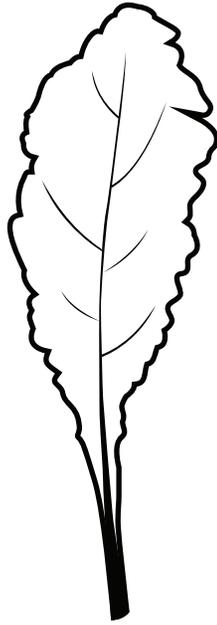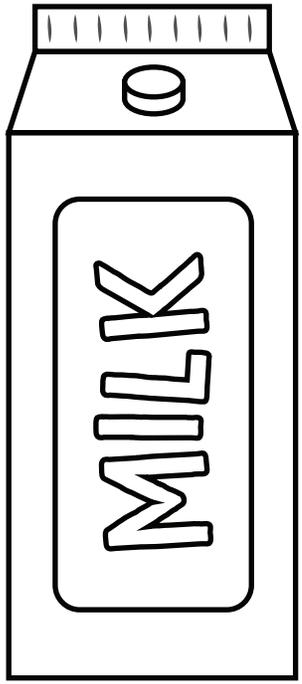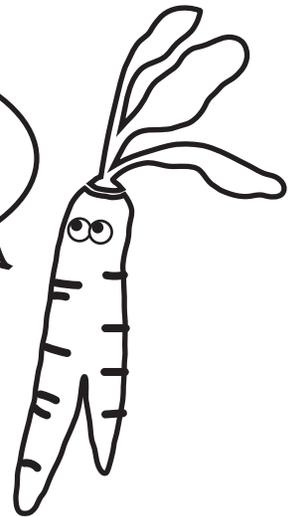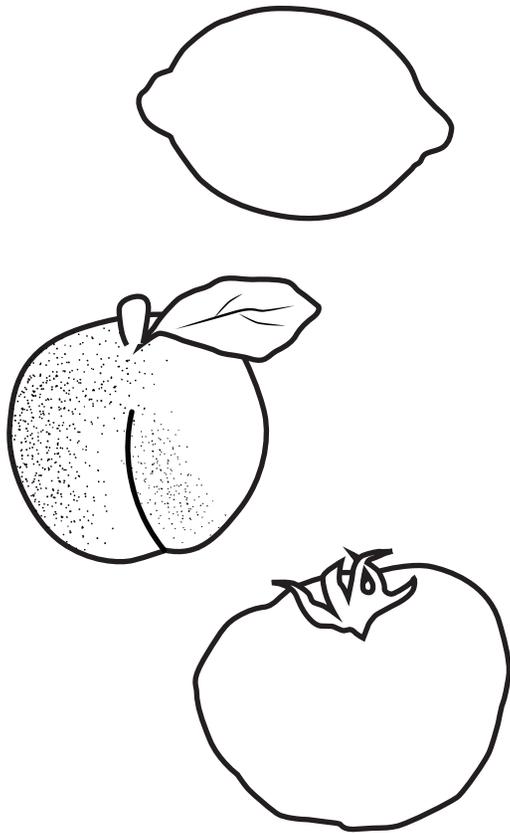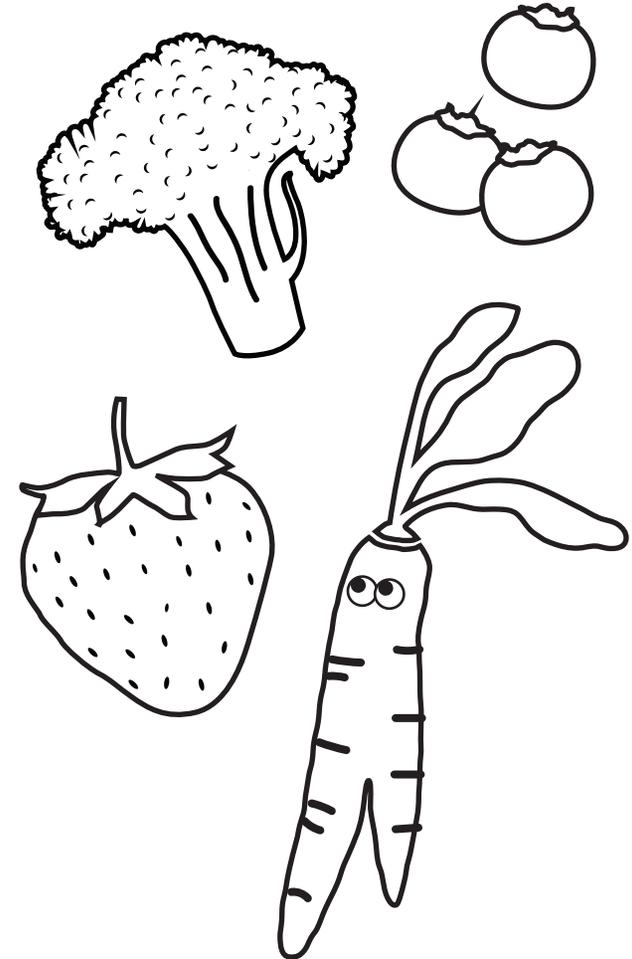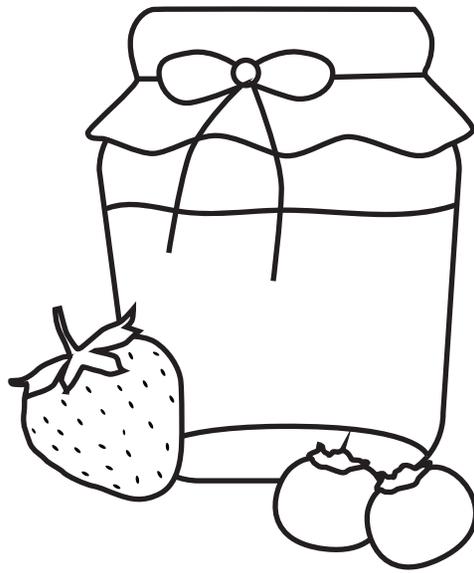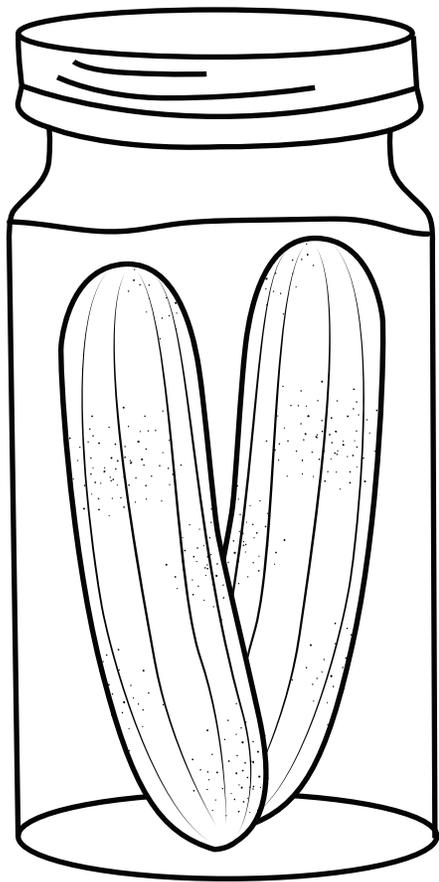# IN THE FRIDGE

PEANUTS

STORE FOOD PROPERLY

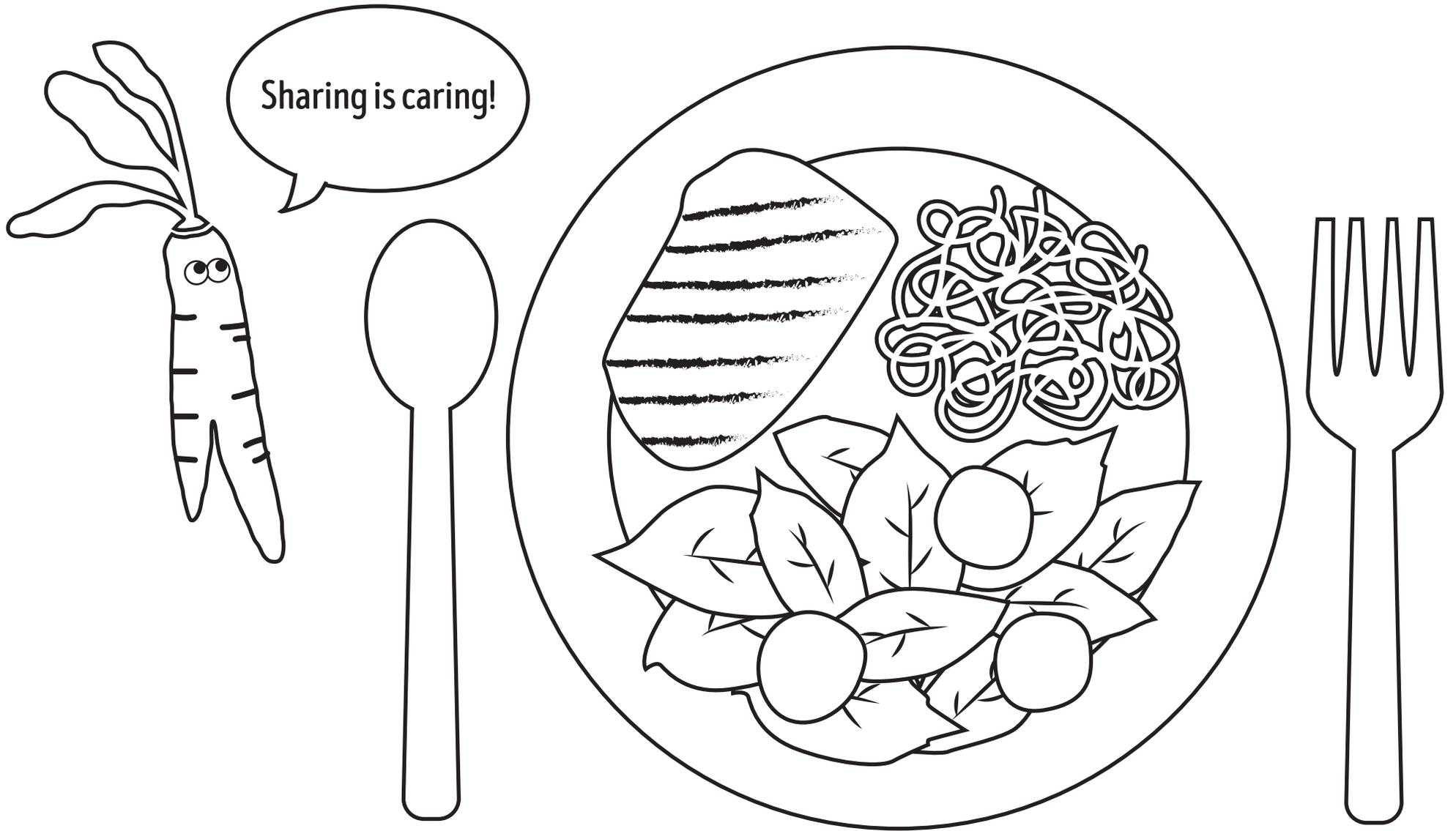Give your favorite foods a good home.

Pickling, making jam, and making vegetable stock are souper good ways to prevent food waste!
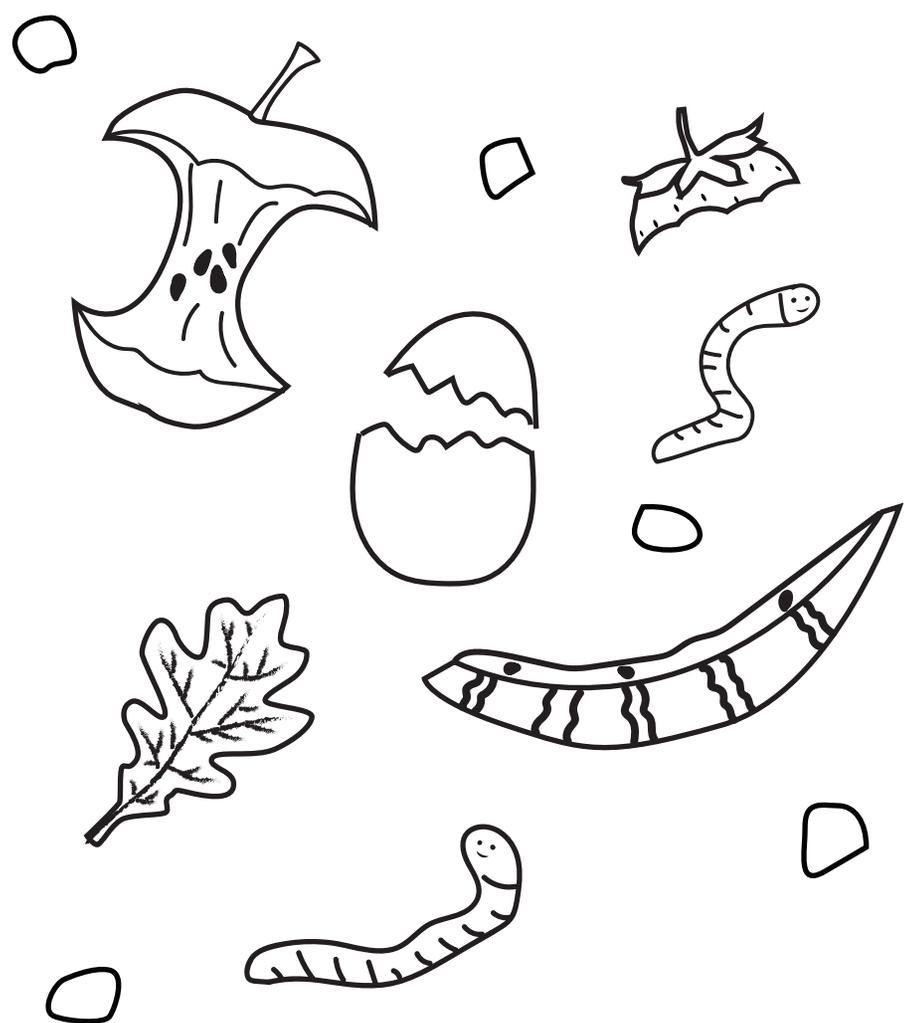
MAKE FOOD LAST

Transform and preserve through cooking!

Sharing is caring!
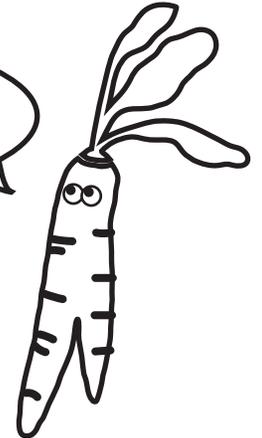
FEED HUNGRY PEOPLE

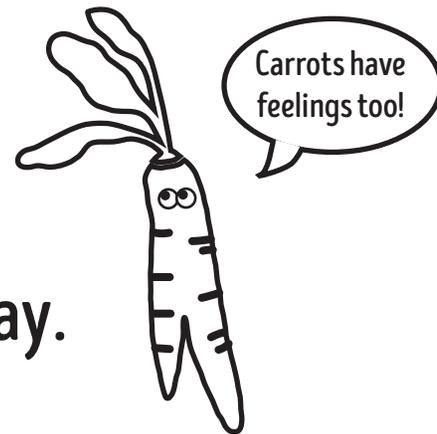Helping feed people is always a good idea!

COMPOST

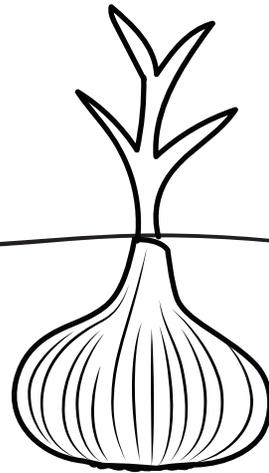Composting turns food scraps into soil to help grow more food.
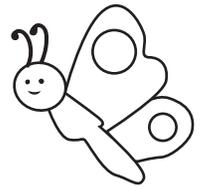
Circle the five differences between the two pictures!
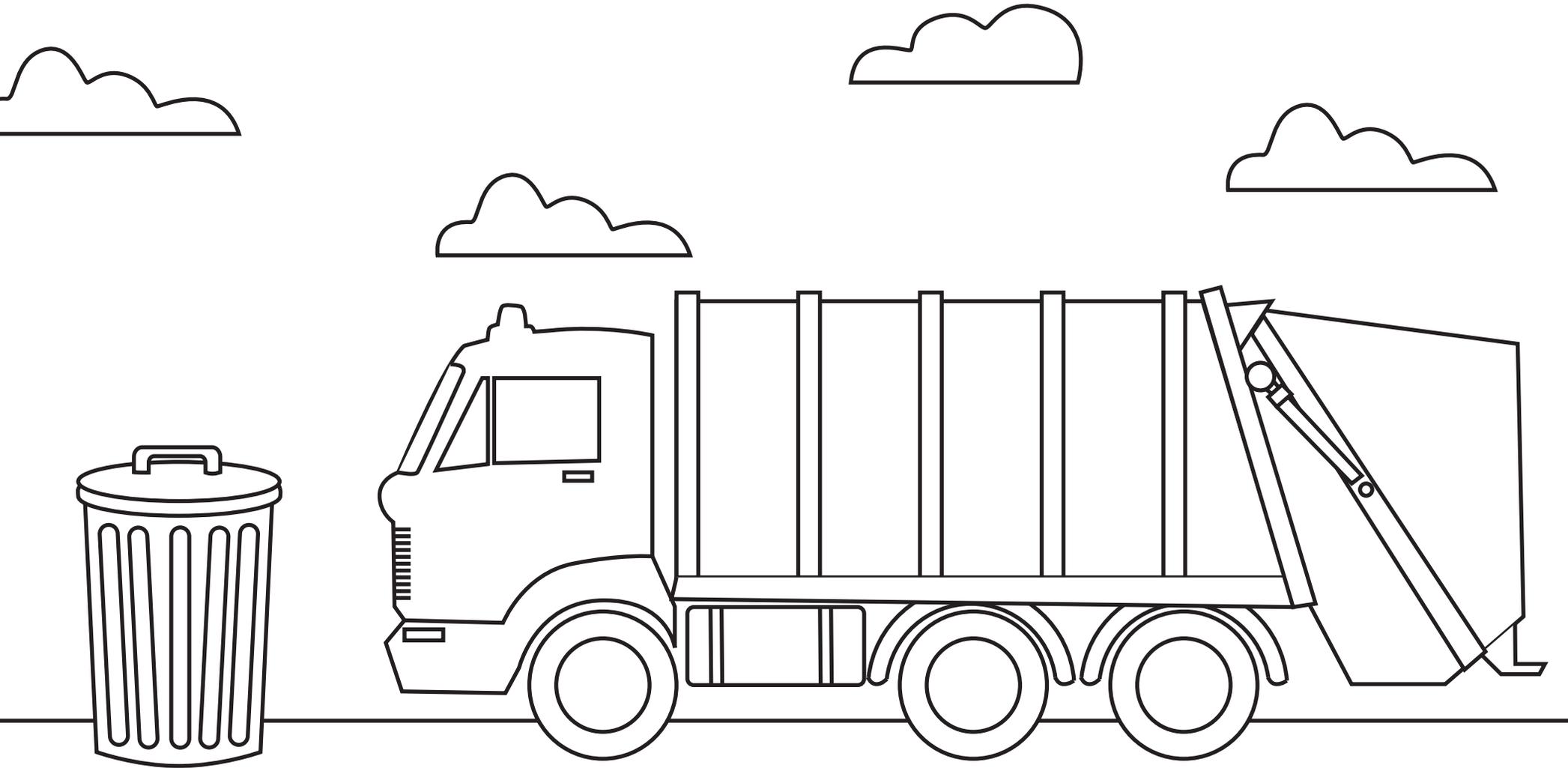
TRASH IS LAST

The worst thing to do with food is throw it away.

Carrots have feelings too!