



KIDS IN NUTRITION

Food Waste Reduction Challenges



LESSON 1



Try taking smaller portions! Remember that you can always take more later if you want!

LESSON 2



Try to propagate a plant at home by placing it in water! Easy ideas are mint, cilantro, green onion, rosemary, basil, sage, oregano, and lettuce.

LESSON 3



Pick a food you don't usually like. Try it again with a new flavor—add a spice, sauce, or dip to see if it tastes better. Next time we meet, share what you tried and whether it changed your mind!

LESSON 4



Look in your fridge and find one leftover food. Try adding one new ingredient or changing how it's served to make it into something new. For example: leftover rice could become fried rice, a burrito filling, sushi roll, or even rice pudding!

LESSON 5



Start your own compost! If you have a yard, set up an outdoor compost pile or bin. No yard? Keep a small kitchen container for food scraps and drop them in your green bin or at a local community compost site. OR try a food-saving app! With your parents' help, download an app that helps fight food waste. Examples: Too Good To Go, Fridge Night, Flashfood, or Olio.

FINAL CHALLENGE

Teach at least three other people something you learned with Kids In Nutrition. This can be your family, friends, classmates, teammates- anyone!



Please feel free to use the space below to record your student’s progress!

Lesson 1:

Lesson 2:

Lesson 3:

Lesson 4:

Lesson 5:

Final Challenge: