



## 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. Ideas: 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: