



GET SMART: TAKE THE CHALLENGE

KEEP GOOD FOOD FROM GOING TO WASTE

WHAT IS THE CHALLENGE?

Did you know that in 2013 Americans threw 35 million tons of food into landfills and incinerators? Research shows that nearly everyone wastes more than they think they do. The **Food: Too Good to Waste** Challenge will help you figure out how much food is really going to waste in your home and what you can do to waste less. By making small shifts in how you shop for, prepare, and store food, you can save time and money, and keep the valuable resources used to produce and distribute food from going to waste!

WHAT DO YOU NEED?

You only need a few basic tools to get started, which include 1) a pen/pencil, 2) paper or printed worksheets, 3) small garbage bags, and 4) a small scale (optional).

GET SMART: SEE HOW MUCH FOOD (AND MONEY) YOU ARE REALLY THROWING AWAY

WEEKS 1 & 2: Measure how much food your family wastes in a week and record the volume and/or weight.

WEEKS 3 through 5: Try out one or more of the smart strategies listed below while continuing to measure how much goes to waste each week. Keep notes on what works to reduce food waste and what doesn't.

- **Smart Shopping: Buy What You Need** – Make a shopping list with the Meals-In-Mind Shopping List template based on how many meals you expect to eat at home before your next shopping trip. By buying no more than what you expect to use, you will be more likely to use it up and keep it fresh.
- **Smart Storage: Keep Fruits and Vegetables Fresh** – Store produce so it stays fresh longer with the help of the Fruits and Vegetable Storage Guide.
- **Smart Prep: Prep Now, Eat Later** – By preparing perishable foods as soon as possible, preferably post shopping, you'll make it easier to serve snacks and meals later in the week, saving time, effort and money.
- **Smart Saving: Eat What You Buy** – This involves being mindful of leftovers and old ingredients that need using up. The "Eat First" prompt can be used to designate an area in your refrigerator for leftovers and food that won't keep long.

Week 6: Measure and record your final weekly food waste amount. See how much food (and money) you saved compared to weeks one and two.

GET READY

You can find all the printed materials you need to take the FTGTW Challenge available for download at <http://www2.epa.gov/sustainable-management-food>

They include:

- This instruction sheet which includes the recording worksheet.
- Meals in Mind Shopping List Template
- Fruit and Vegetable Storage Guide
- Eat Me First Prompt

WEEK 1

Start Date: _____ Day of Week: _____
 _____ Bag Volume _____ Weight
 _____ # of days collected

NOTES (WHAT GOES TO WASTE AND WHY)

WEEK 2

Start Date: _____ Day of Week: _____
 _____ Bag Volume _____ Weight
 _____ # of days collected

NOTES (WHAT GOES TO WASTE AND WHY)

Totals – Weeks 1 and 2

_____ Bag Volume _____ Weight

Averages – Weeks 1 and 2

Total Volume ÷ 2 = _____ Total Weight ÷ 2 = _____

WEEK 3

Start Date: _____ Day of Week: _____
 _____ Bag Volume _____ Weight
 _____ # of days collected

NOTES (WHAT WORKS, WHAT DOESN'T)

WEEK 4

Start Date: _____ Day of Week: _____
 _____ Bag Volume _____ Weight
 _____ # of days collected

NOTES (WHAT WORKS, WHAT DOESN'T)

WEEK 5

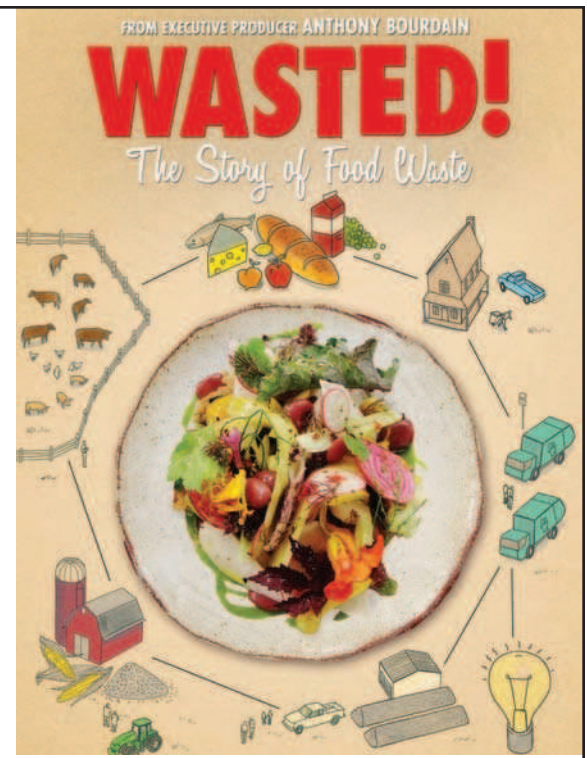
Start Date: _____ Day of Week: _____
 _____ Bag Volume _____ Weight
 _____ # of days collected

NOTES (WHAT WORKS, WHAT DOESN'T)

WEEK 6

Start Date: _____ Day of Week: _____
 _____ Bag Volume _____ Weight
 _____ # of days collected

NOTES (WHAT WORKS, WHAT DOESN'T)



Our community Green Movie screening of **WASTED! The Story of Food Waste**, was a great success.

Thank you City Lights Cinemas and Coast Radio for helping the Siuslaw News to bring these documentaries to our community.



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