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Vegetable Cloning Instructions

Vegetable cloning is a method of planting where a healthy part of a grown plant is cut and replanted. With care, this will grow into a new plant!

Materials needed:

- Cutting board
- Sharp knife
- A head of romaine lettuce
- Green onions
- Bowls or jars
- Water



Instructions:

1

Cut

Using a knife and a cutting board, cut your vegetables leaving at least 2 inches from the base.



2

Water

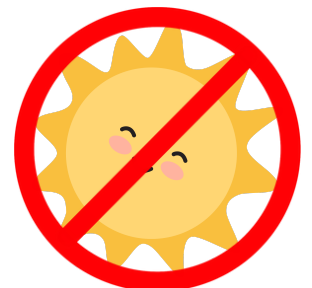
Place your vegetable ends in a jar or bowl. Pour water to about halfway up the vegetable. Change the water every 1-2 days.



3

Watch it Grow!

Put your vegetables in a place where it won't get knocked over and gets plenty of light. Avoid direct sunlight! Green onions take about 5-7 days before eating. Lettuce takes about 3-4 weeks.



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How to Reduce Food Waste at Home: Cooking & Eating

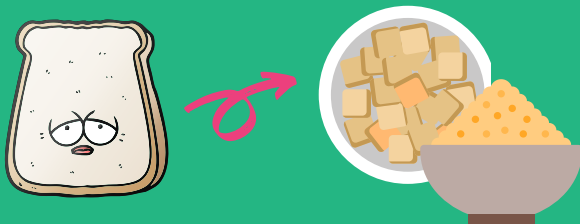
Add vegetable stalks and peels to vegetable soup or broth.



Use overripe fruits in baked or frozen goods.



Stale bread?
Make croutons or breadcrumbs!



Dry out pumpkin seeds and bake them for a crunchy snack!



When possible, avoid peeling these foods. Just give them a good wash and eat them with the skin!



Bruise or scratch on a fruit & vegetable?
Cut around it and enjoy.

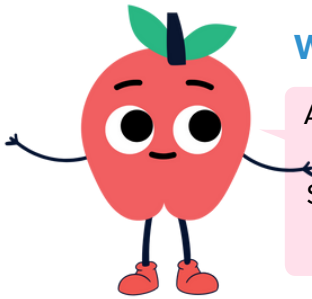


- Buy only what you know you can eat and finish.
- Leftovers? Ask for a container to take it home to enjoy later!
- Store food properly to reduce food spoiling.

- Eat perishable produce (milk, yogurt, eggs, butter and cheese) before they expire.
- Spoiled or molding food can increase your risk of getting food poisoning.

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Food Packaging



What is food packaging waste and where is it found?

Almost all the food that we buy from grocery stores and take-out meals comes in boxes, wrappers, containers, or bags made from plastics, cardboard, Styrofoam, or paper. Most packaging is thrown in the garbage or on the street after being used.

Food packaging is harmful for the environment

In Canada, over 3 million tonnes of plastic waste get thrown away every year. Only 9% is recycled while the rest ends up in our landfills, waste-to-energy facilities or the environment!

Food packages that end up in water harms animals that live there.



How to get rid of food packaging waste

Try to recycle food package items whenever possible, but remember that some items cannot be recycled.

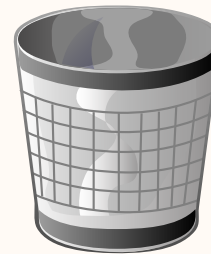
These items can be recycled

- Milk bags
- Clean plastic food jars (e.g. Nutella jar)
- Plastic water bottles
- Carboard juice boxes and cartons
- Egg cartons



These items should be put in the trash

- Chocolate wrappers
- Snack food bags (e.g. chip bags)
- Wrapping paper from meat products
- Plastic straws



[Check out the Waste Wizard on the City of Toronto's website to find out what waste items go where.](#)

Tips to reduce food packaging waste:



Carry your own reusable water bottles and straws



Use reusable containers to carry your lunch and snacks



Carry reusable bags to the grocery store



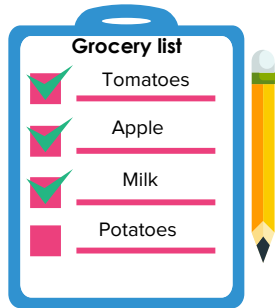
Buy in bulk when possible



Reuse jars and tins from products like jams

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How to Reduce Food Waste at Home: Shopping & Food Storage



1 It all begins with shopping!

- Check what you have at home in your fridge, freezer and pantry first!
- Help an adult make a shopping list before going to the grocery store.
- Only buy food items on your list so you prevent buying more food than needed.



2 Then, storing the food!

2A: Storing food in the freezer

- ✓ Label food items with the date it was prepared
- ✓ Fruit, vegetables and bread can last longer in the freezer and are still nutritious
- ✓ Whole meat products lasts for 9 months and ground meat lasts for 4 months in the freezer

2B: Storing food in the fridge

- ✓ Keep perishable foods like dairy products, eggs, and tofu in the fridge
- ✓ Store fruits and vegetables in the fridge for up to 2 weeks
- ✓ Place items that are older and will expire sooner at the front of the fridge (FIFO method)



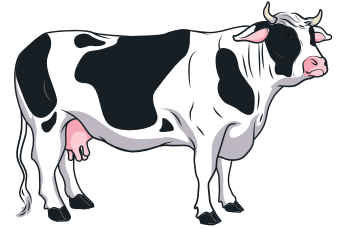
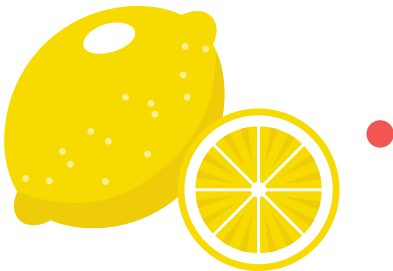
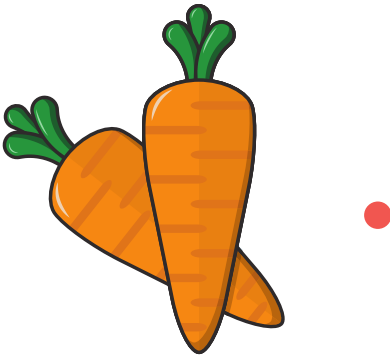
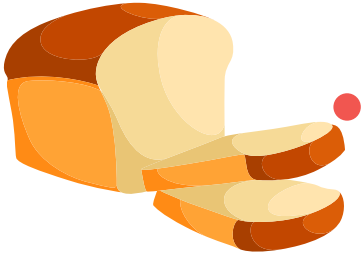
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Matching Food With Its' Source

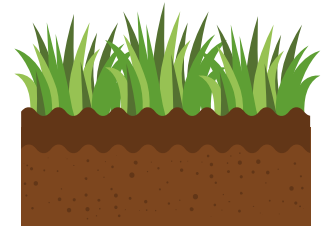
Draw a line from the food to where it came from!

Food

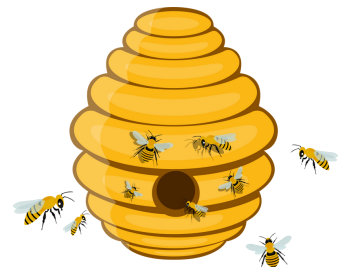
Source



Soil



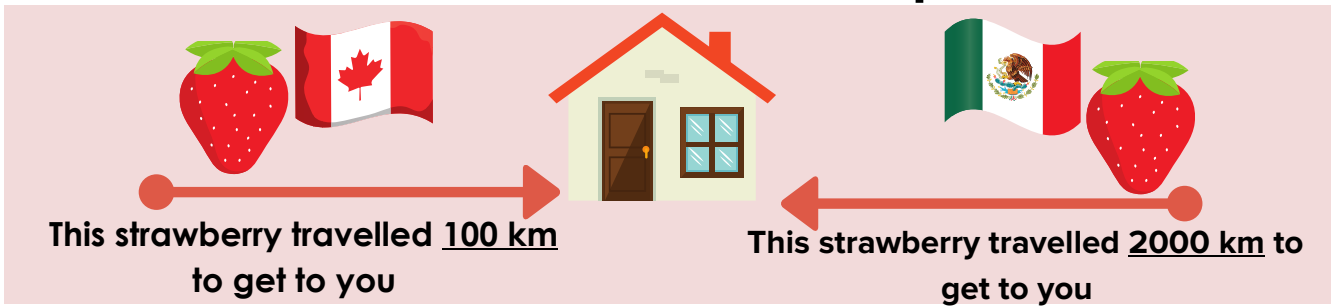
Wheat



Answers: Bread: wheat, Honey: bees, Carrots: soil, Lemons: tree, Milk: cow

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Canadian Grown Foods vs Imported Foods



Why should you choose Ontario-grown foods?

- Supports local farmers**
- Affordable when in season**
- It's fresher, nutritious and tastes better!**

Less gas is needed to transport food

What's grown in Ontario?

- SUMMER**
- FALL**
- WINTER**
- SPRING**

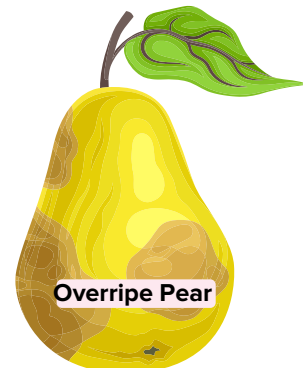
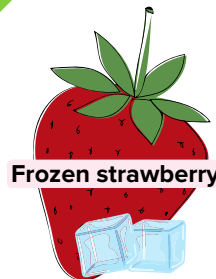
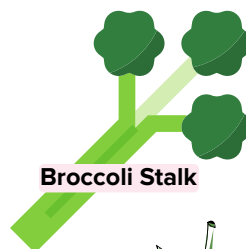
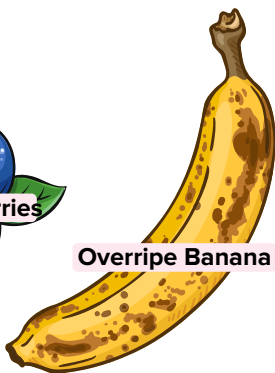
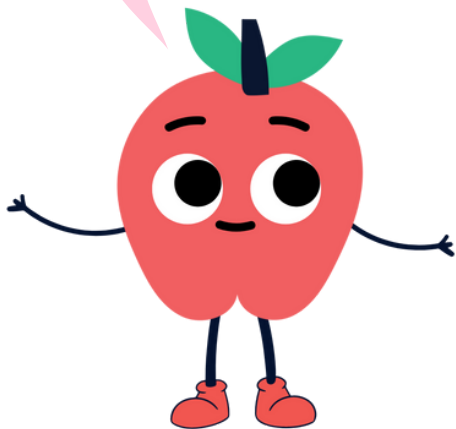
What is grown in other countries?

- USA**
- MEXICO**
- PAKISTAN**
- CHINA**

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Organize the Food Waste Activity

I want to reduce my food waste as much as possible. Help me organize the fruit and vegetable waste into the correct categories! You can draw lines to connect the food to the correct box, or cut the food out and glue it onto the box. Some items can go into more than one box!



Soup Broth

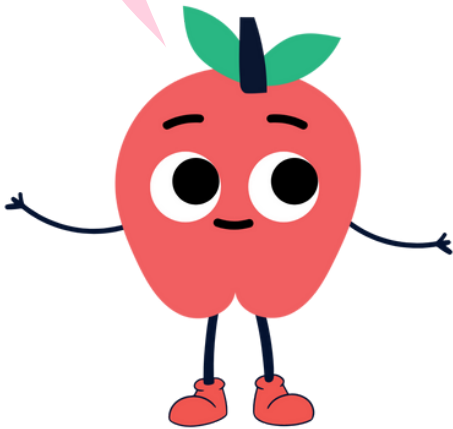
Baked Goods

Smoothie/Ice cream

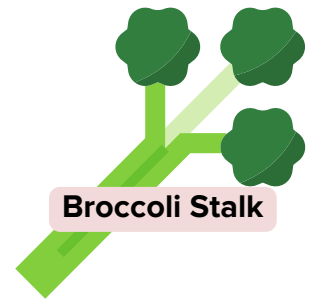
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Organize the Food Waste Activity

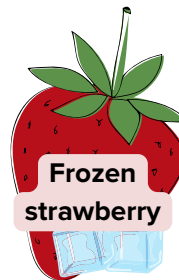
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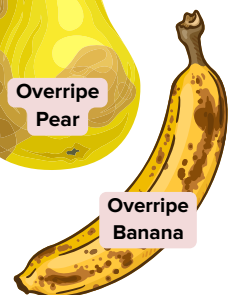
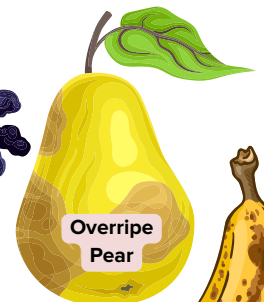
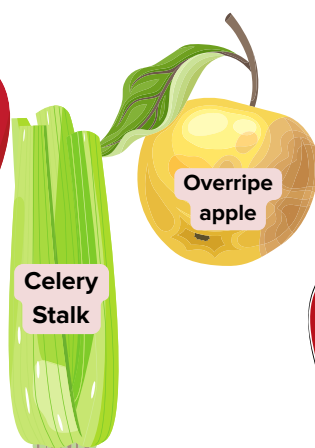
Soup Broth



Baked Goods



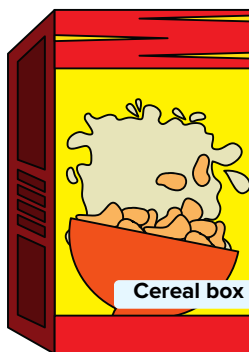
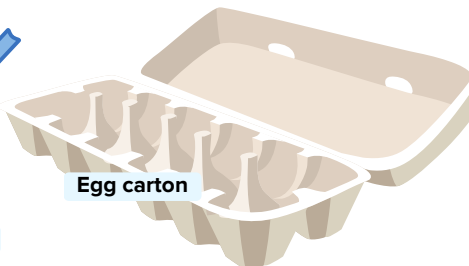
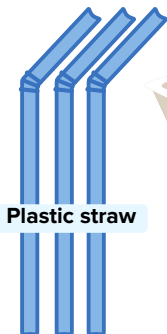
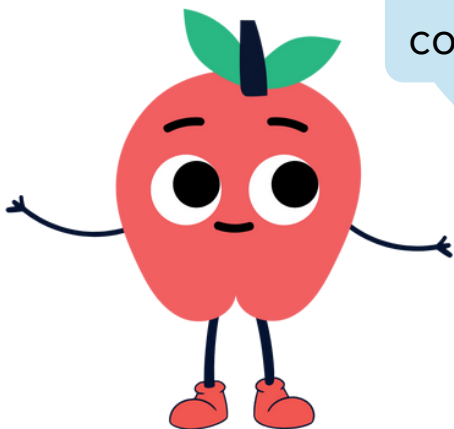
Smoothie/Ice cream



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Organize the Food Packaging Activity

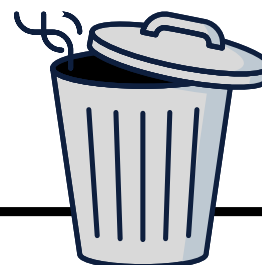
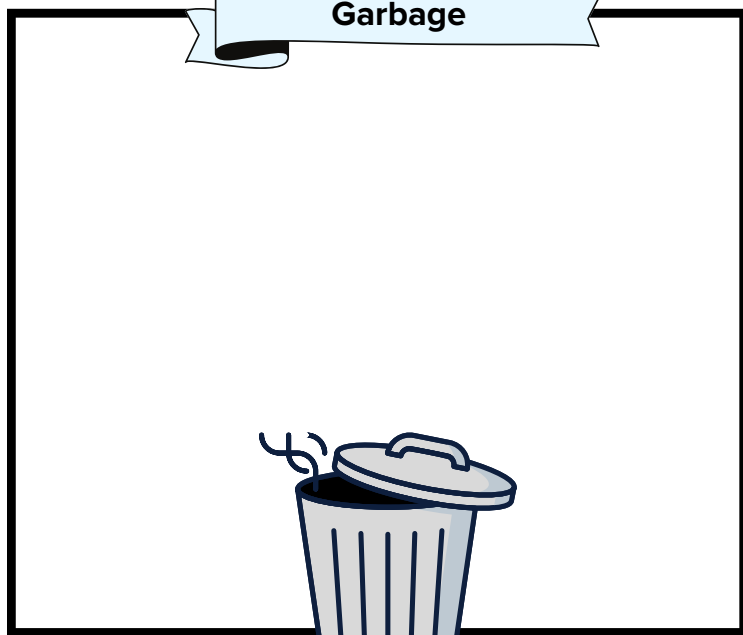
Help me organize the packaging waste into the correct category! You can draw lines to connect the food to the correct box, or cut the food out and glue it onto the box.



Recycling



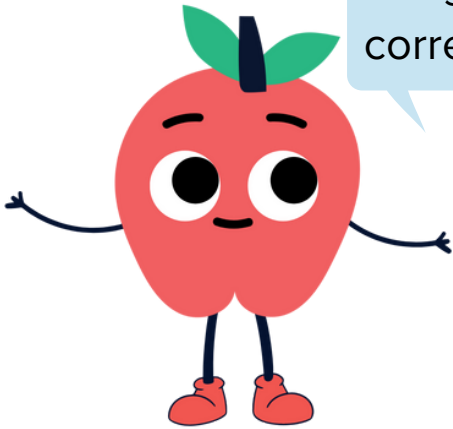
Garbage



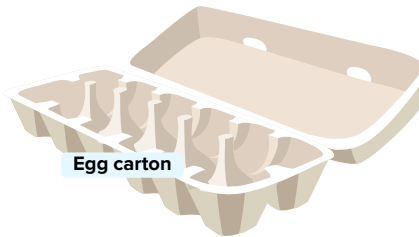
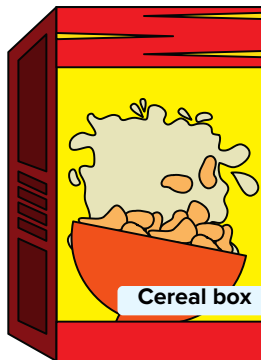
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Organize the Food Packaging Activity Answers

Help me organize the packaging waste into the correct categories! You can draw lines to connect the food to the correct box, or cut the food out and glue it onto the box.



Recycling



Garbage

