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## My Food Waste Diary

For every day of the week, write down the foods you ate, and how you disposed of them! For example: "On Monday, I ate a Banana and threw the peel in the garbage."

Monday	
Food you ate	How did you dispose of it?

Tuesday	
Food you ate	How did you dispose of it?

Wednesday	
Food you ate	How did you dispose of it?

Thursday	
Food you ate	How did you dispose of it?

Friday	
Food you ate	How did you dispose of it?

Saturday	
Food you ate	How did you dispose of it?

Sunday	
Food you ate	How did you dispose of it?

**Reflection**

What are ways that you can improve your own food waste?

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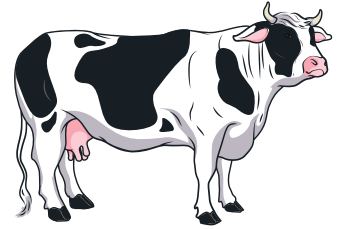
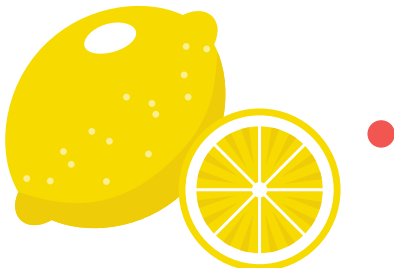
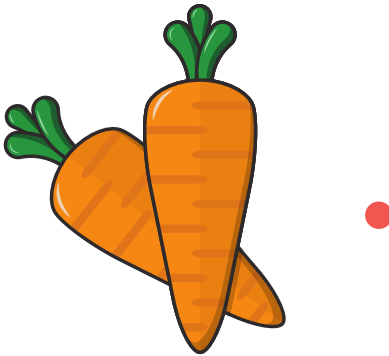
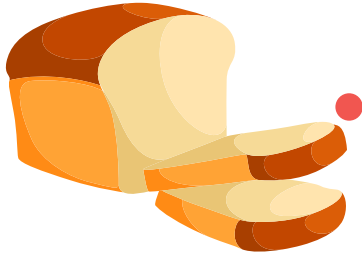
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## Matching Food With Its' Source

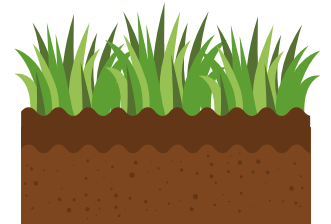
Draw a line from the food to where it came from!

Food

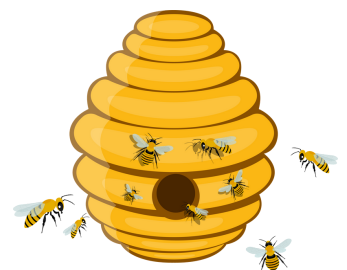
Source



Soil



Wheat



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

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## How to Reduce Food Waste at Home: Cooking & Eating

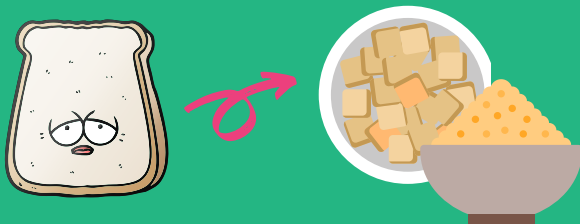
Add vegetable stalks and peels to vegetable soup or broth.



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.

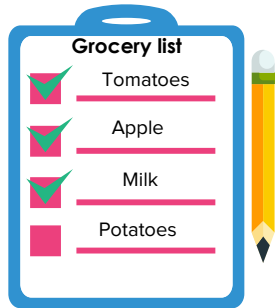


- Buy only what you know you can eat and finish.
- Leftovers? Ask for a container to take it home to enjoy later!
- Store food properly to reduce food spoiling.

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

### 2C: Storing food in the pantry

Non-perishable items (dried and canned beans, pasta, rice, cereal, flour) are foods that can be stored for a long time without spoiling.

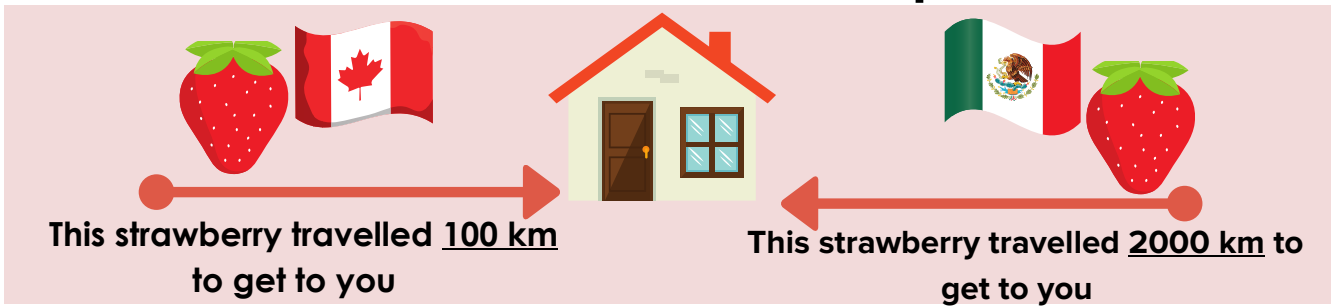


Did you know that dried beans are cheaper than canned beans?

It is good to have canned fruits when some fruits are not in season!

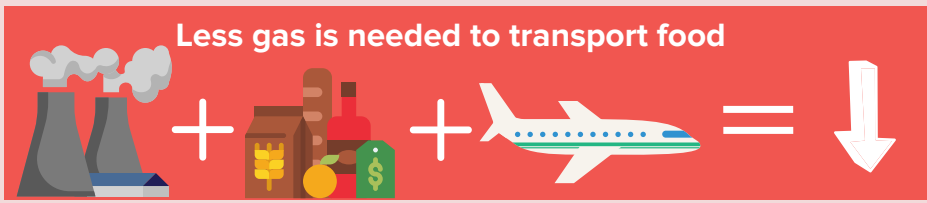
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## Canadian Grown Foods vs Imported Foods



### Why should you choose Ontario-grown foods?

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



### What's grown in Ontario?

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

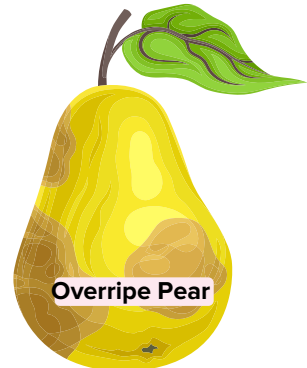
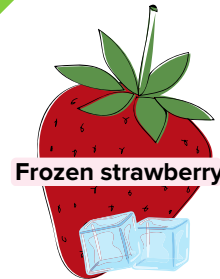
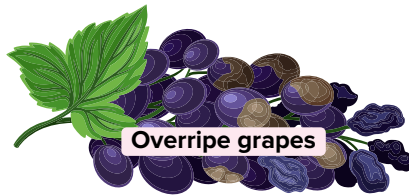
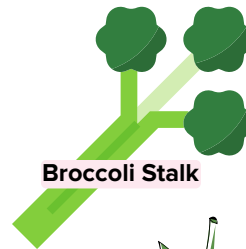
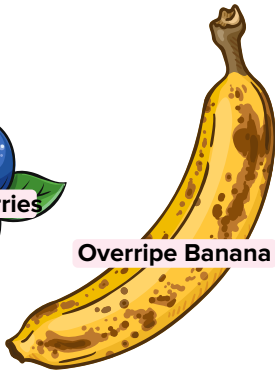
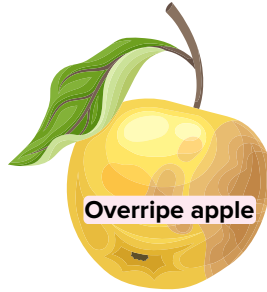
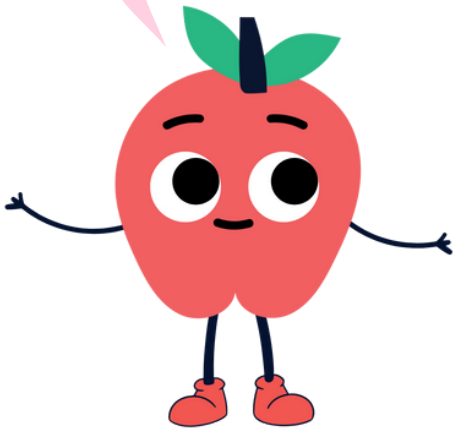
### What is grown in other countries?

- 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**

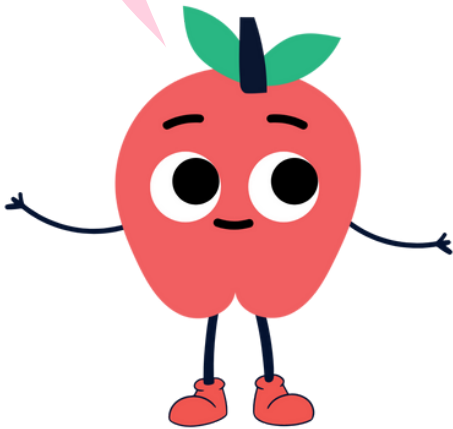
**Baked Goods**

**Smoothie/Ice cream**

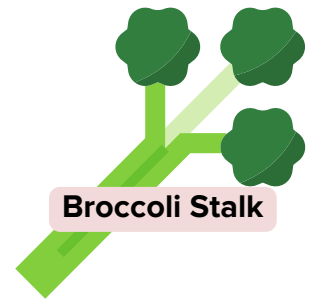
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## Organize the Food Waste Activity

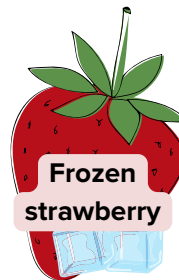
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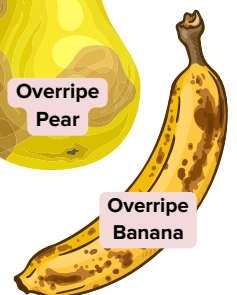
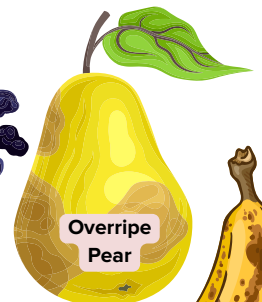
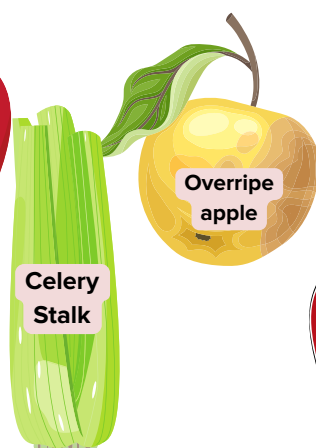
### Soup Broth



### Baked Goods



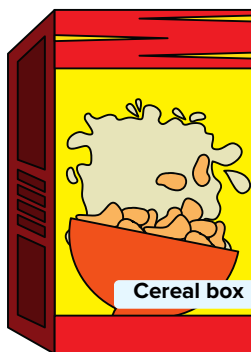
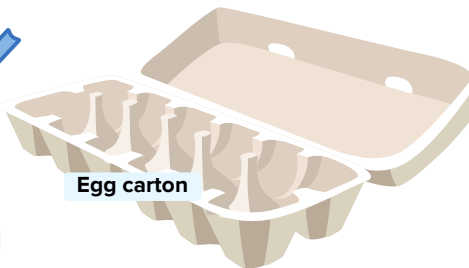
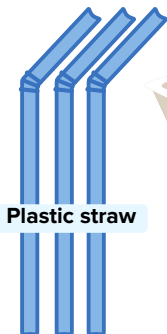
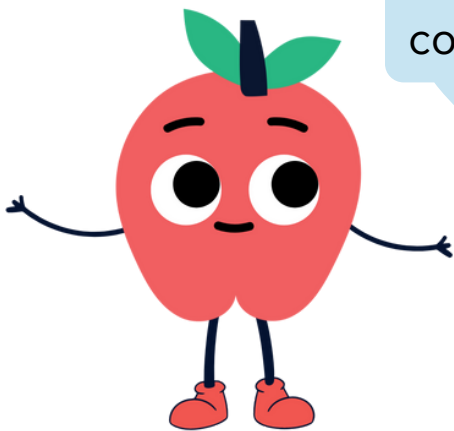
### Smoothie/Ice cream



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## Organize the Food Packaging Activity

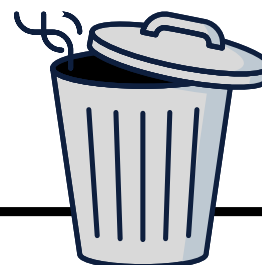
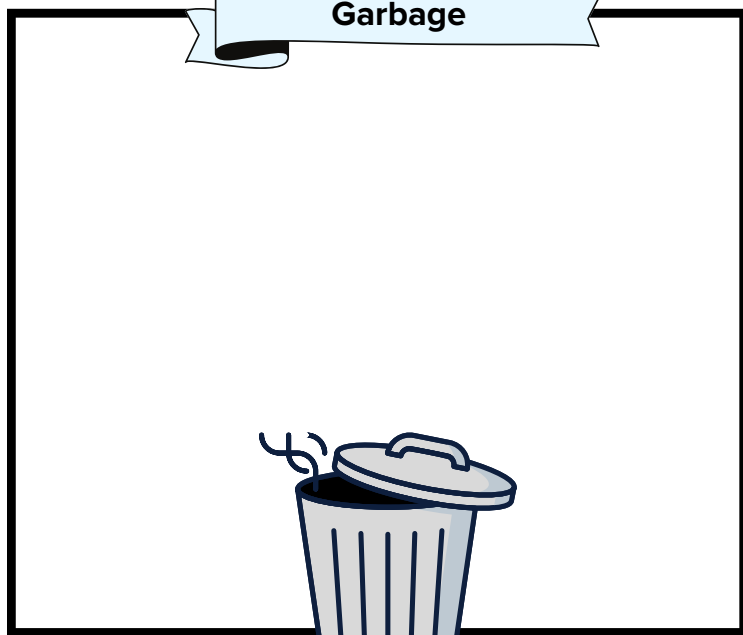
Help me organize the packaging waste into the correct category! You can draw lines to connect the food to the correct box, or cut the food out and glue it onto the box.



Recycling



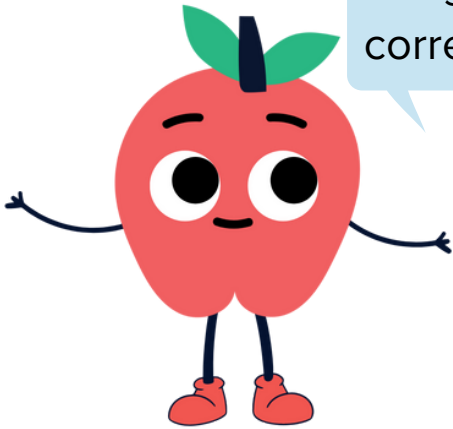
Garbage



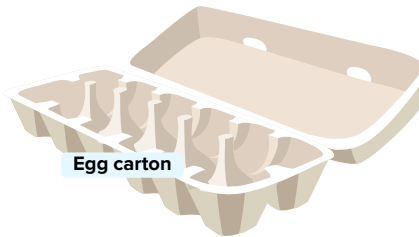
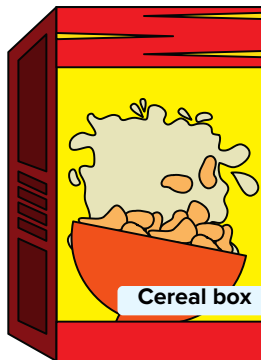
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## Organize the Food Packaging Activity Answers

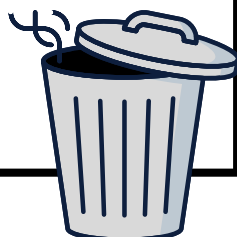
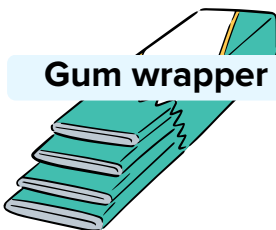
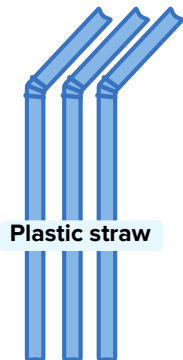
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### Recycling



### Garbage





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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.

