



## FALL QUEST

# ALL TASTE NO WASTE

**Your Mission: Do your part to cut down on food waste and help fight climate change!**

### MATERIALS:

- Habit sheet (for club leader)
- Challenge Chart (one per club member - printed on GOOS paper)



- 1.** As a club, take the quiz: **How much food do we throw away every day?** Talk about food waste, especially the difference between **avoidable** and **unavoidable** food waste (i.e. Food we could have eaten but we throw away or let spoil vs the parts of food that we don't usually eat).
- 2.** Explain that you are going to take on the **All Taste No Waste Challenge** to try to cut down on food waste. Explain the eight habits using the Habit sheet and answer any questions.
- 3.** Distribute the challenge chart and explain to club members that every day for the next week, they will put a check mark next to the habits that they do that day, and that they can only check each habit once a day. Explain that at your next meeting you will check in to see how it went.
- 4.** At the next club meeting, make a full group tally by combining the number of checks for each habit and discuss the results. The following questions can guide the discussion:
  - *For you, what was the easiest habit? Why?*
  - *Was there another habit you found difficult? Why?*
  - *Why do you think people waste so much food? How could we change this?*
  - *How do you think we can get people to change their habits?*
- 5.** Ask each club member to pick the most important message they learned during the challenge that they would like to pass along. Remind them that it doesn't have to be the same message for everyone. Challenge them to share it with 5 different people and at the following meeting discuss the reactions they had to their messages.
- 6.** Fill out the activity report and send us pictures of your club with their tally to complete this part of the quest!

# ALL TASTE NO WASTE ABOUT THE HABITS

Use this habit sheet to explain the habits to club members!

**1. Be a clean plate champion: Dish out only as much food as you will eat.**

Have you ever taken more food than you can eat? But when you're full and there's food still on your plate, where does it go? You might not think that throwing away a little food is a big deal, but just think how much food is thrown out if millions of people do it too. In fact, 60% of the food Canadian households throw into the garbage was fresh enough to have been eaten at the dinner table. Next time, dish out only as much as you'll eat and store the rest for your next meal.



**2. Stop the fuzz: Use your freezer to make your food last longer.**

Cooking and freezing food is like hitting the pause button. It gives you more time to eat your food before it has a chance to spoil and go fuzzy in the fridge. Eating food that has been frozen can be just as yummy and nutritious as food that's fresh. Ask an adult to help you pack food in freezer-proof containers and defrost it when you're ready to eat.



**3. Make black gold: Turn food scraps into compost.**

By composting, you can keep food scraps like eggshells, tea bags, fruit cores and veggie peels out of the landfill and give them a second life. Compost is so rich in nutrients that it is also called 'black gold'. When you add compost to garden soil, it can help plants grow healthy and strong! Only about 6% of food thrown out gets composted, and the rest of it ends up in the garbage.



#### **4. Upcook leftovers: Give your leftovers a lift by upcooking them into something delicious!**

If leftovers make you go “ew”, think again! Your leftovers don’t have to be boring. All it takes is a little creativity to upcook them! You can mix and match food from different meals and make a casserole or a stew. Just make sure you don’t leave them in the fridge for too long. Throwing food out once it becomes mouldy is just as bad as throwing it out right away. Keep the leftovers in the front of your fridge, so you remember to use them!



#### **5. Master the fridge: Cut down your food waste by mastering the secrets of the fridge.**

Seal leftover food in an airtight container before putting it in the fridge so that it stays fresh for longer. Think twice about putting warm food in the fridge! It can raise the temperature and cause your food to go bad faster. Also, try putting the oldest food at the front of the fridge so that you remember to eat it first.



#### **6. Think before you toss: Get more from your fruits and veggies before you toss them.**

You might be able to get more from your food before you toss it in compost. If your fruit is too ripe to eat, make a smoothie with it. Have some leftover carrot peels, onion skins, and celery tops? You can make a veggie broth! Fruits and veggies are by far the most common type of food that is wasted. This habit can be a bit tricky, so make sure you get an adult to help you out!





# FALL QUEST

# ALL TASTE NO WASTE YOUR HABITS

Every day, for each habit, check the box if you do the habit at least once. You can only put one check mark per habit each day. At the end of the week, add up to the total number of check marks for each category.

	mon	tues	wed	thurs	fri	sat	sun	TOTAL
<b>clean plate champion!</b> only put as much food as you will eat on your plate and save the rest for later								
<b>stop the fuzz!</b> use the freezer to make food last longer								
<b>make black gold!</b> turn food scraps into compost								
<b>upcook leftovers!</b> cook leftovers into something delicious								
<b>master the fridge!</b> put leftover food in an airtight container in the fridge, so it stays fresh for longer								
<b>think before you toss!</b> get more out of your fruits & veggies before you toss them out								