Meal plan for the week! Color in the foods you want to add to your grocery list.

BUY JUST WHAT YOU NEED

The best way to prevent waste is to not buy more than we can eat.
ON THE COUNTER

IN THE PANTRY

IN THE FRIDGE

STORE FOOD PROPERLY

Give your favorite foods a good home.
Pickling, making jam, and making vegetable stock are souper good ways to prevent food waste!
Sharing is caring!

FEED HUNGRY PEOPLE

Helping feed people is always a good idea!
Circle the five differences between the two pictures!

COMPOST

Composting turns food scraps into soil to help grow more food.
TRASH IS LAST

The worst thing to do with food is throw it away.
Please don’t let me go to waste!

FOOD DESERVES
A HAPPY ENDING