

COLORING & ACTIVITY BOOK

FOOD WASTE *Warriors*





April is Earth Month! People around the world celebrate Stop Food Waste Day throughout the last week of April to help save water and food, and avoid filling landfills. Saving our planet can be easy and fun. Complete this book and you too can become a Food Waste Warrior!

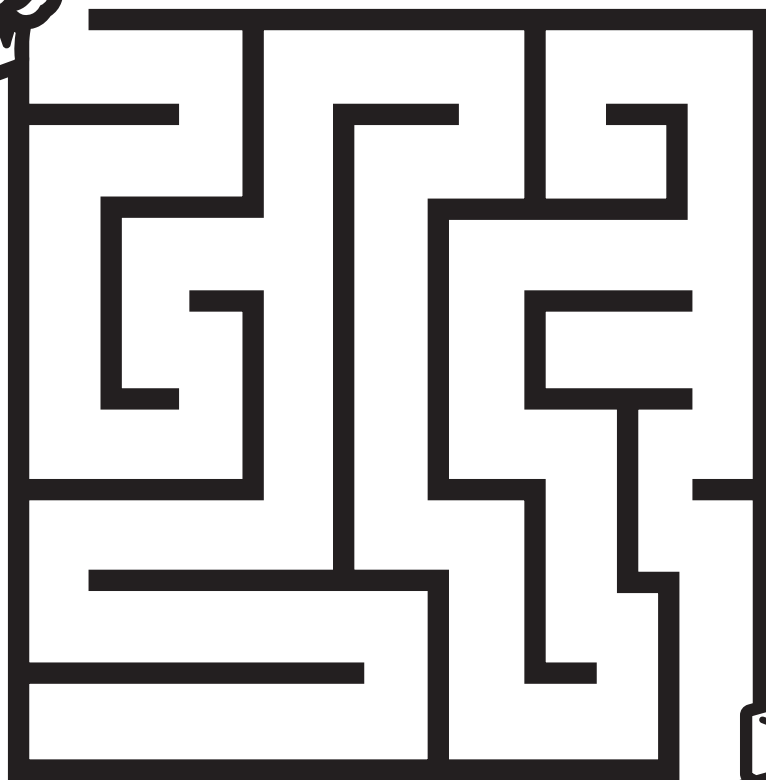
_____ ***is a Food Waste Warrior.***

Your Name

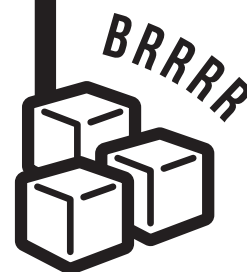
REVIVE YOUR VEGGIES

A quick soak in ice water for 5-10 minutes can revive wilted veggies.

Broccoli Maze



SAVE THE WILTING BROCCOLI!





**YOU CAN BE A
BROC-STAR,
BY FIGHTING
FOOD WASTE!**



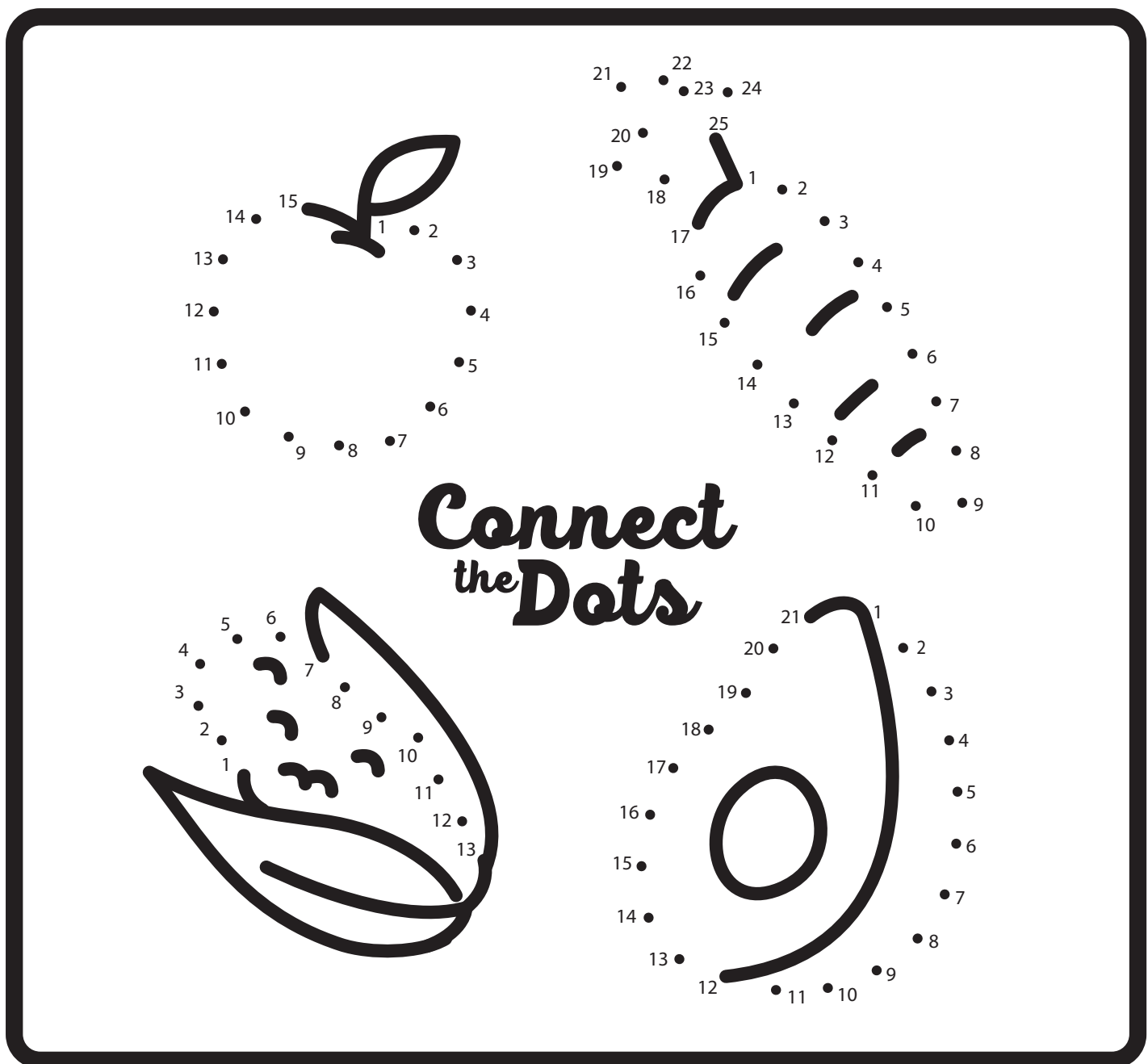


**JOIN THE
LEGEN-DAIRY
FIGHT AGAINST
FOOD WASTE.**

Milk

MEAL PLANNING

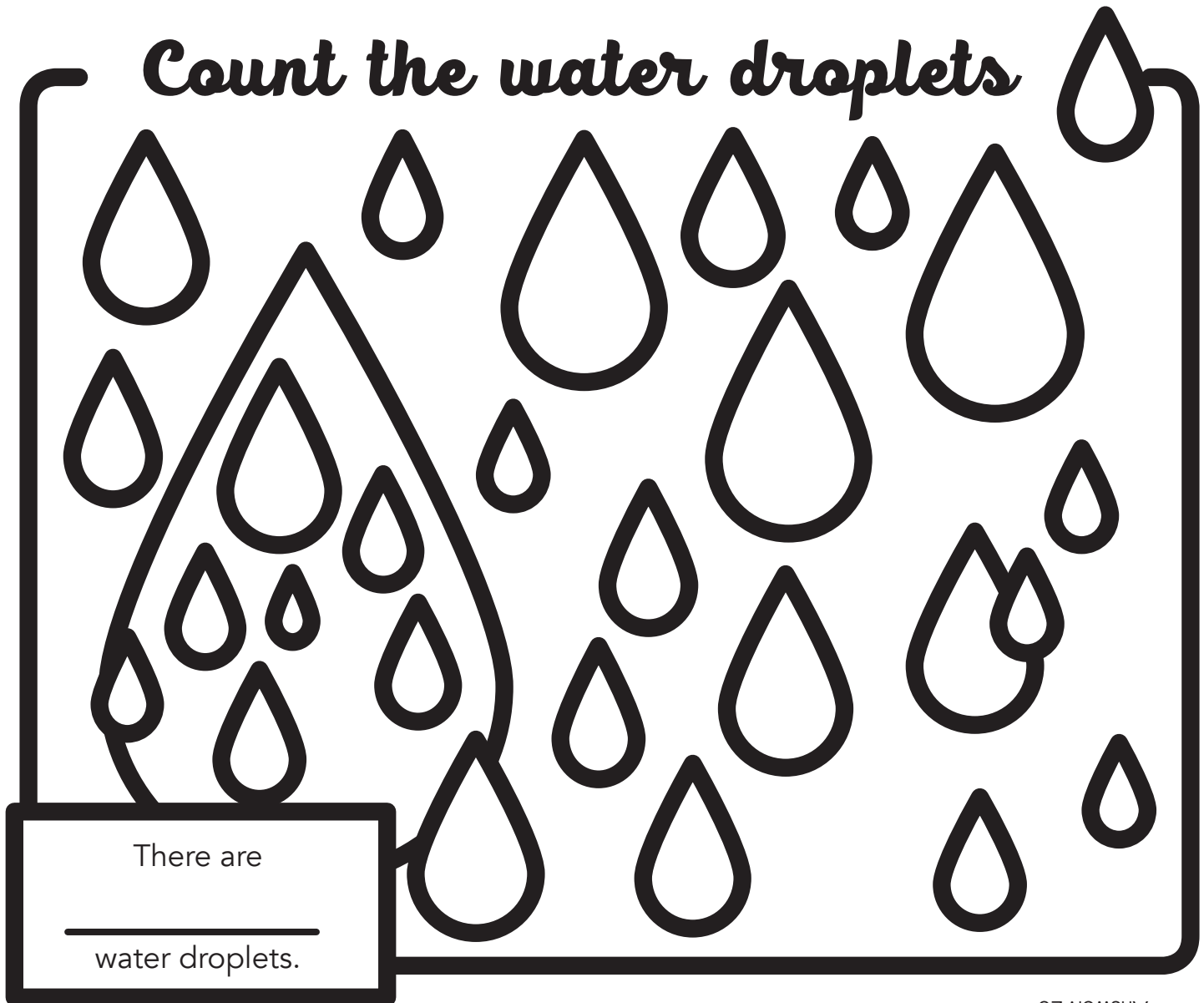
40% of food in America is wasted. Avoid wasting food by seeing what needs to be used up before you go to the grocery store. Think of a meal to make with those items, check your pantry for the rest of the ingredients and add missing pieces to the shopping list.



HELP SAVE WATER

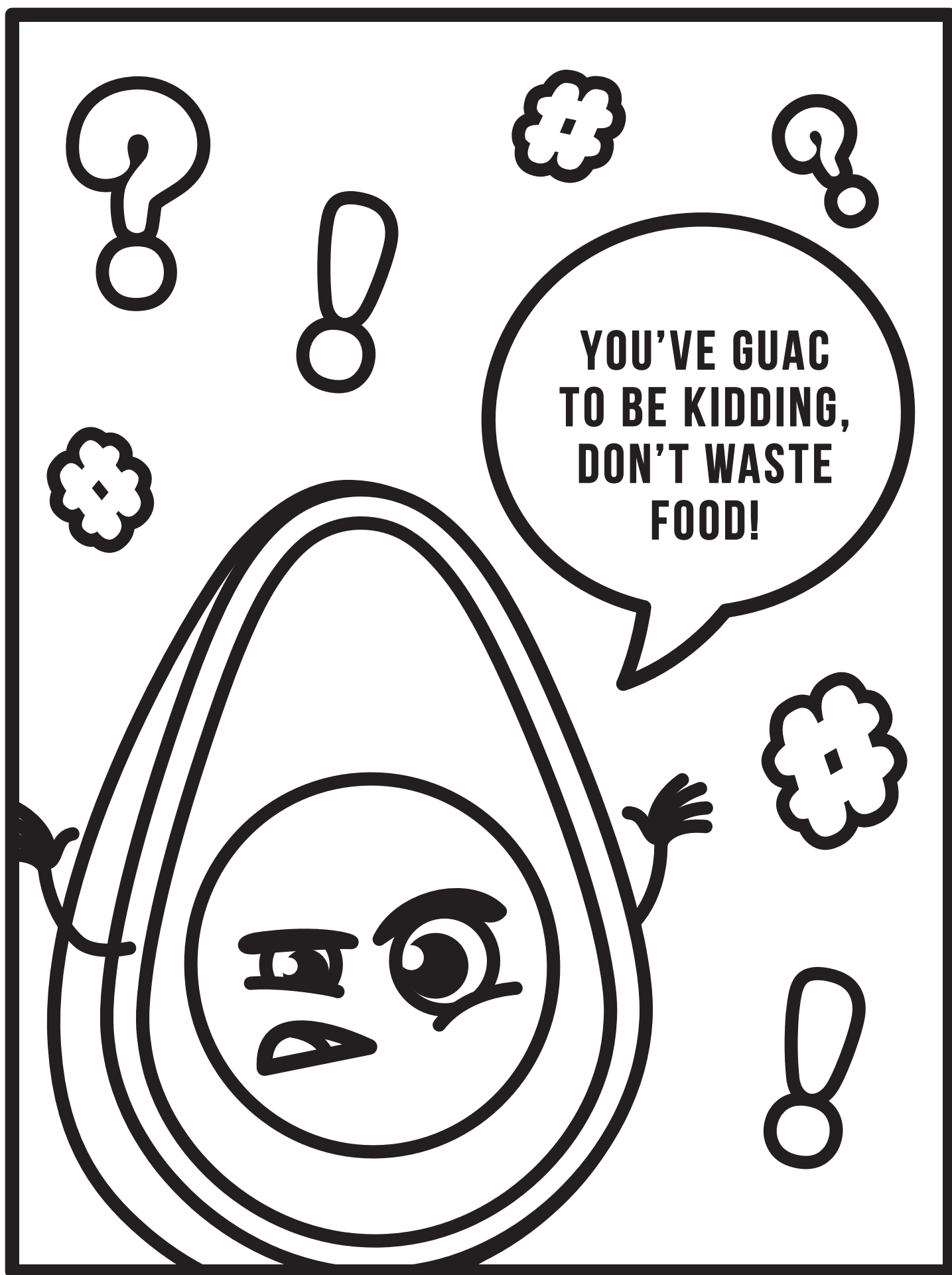
Wasting a pound of beef is equivalent to running the shower for 370 minutes. Always shop for meat, poultry and seafood last. Be sure to go directly home after shopping and refrigerate right away.

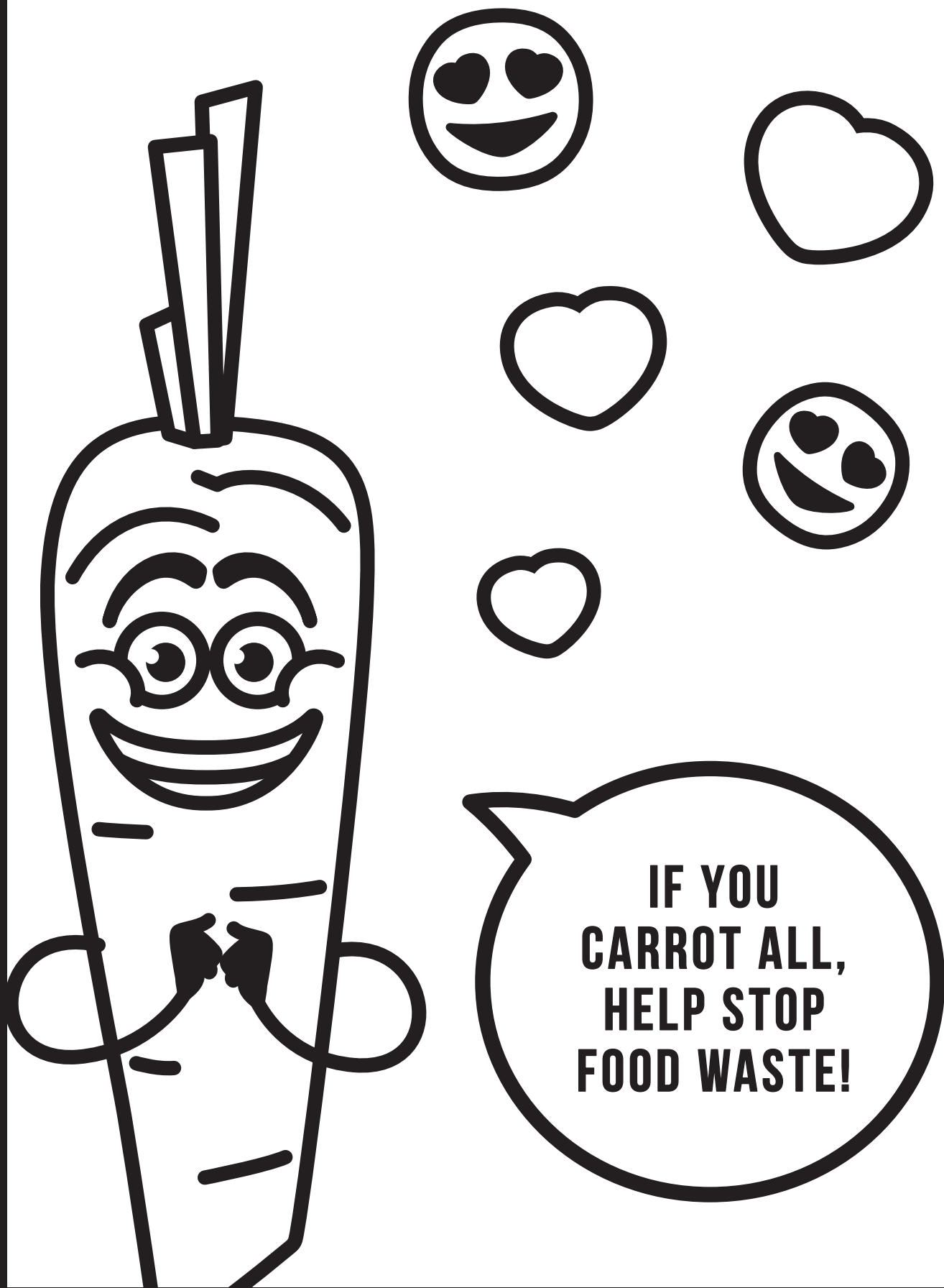
Count the water droplets



There are

water droplets.





**IF YOU
CARROT ALL,
HELP STOP
FOOD WASTE!**

USE IT UP

90% of us throw away food too soon. Make meals during the week that will use up the food that's about to go bad in your pantry or refrigerator. Just because your lettuce is wilted doesn't mean it's time to toss it.

Food Waste WORD SEARCH

X	A	D	A	O	O	S	B	J	P
G	I	O	I	N	T	R	M	O	D
W	P	X	B	H	O	A	U	F	X
X	U	X	T	C	T	L	M	T	M
O	D	A	C	O	V	A	A	O	X
D	D	O	K	G	R	N	S	R	T
B	L	A	Q	J	A	P	Z	R	F
I	E	L	D	N	Y	L	U	A	O
B	K	E	A	M	I	L	K	C	O
I	N	B	T	Y	W	U	S	S	D

AVOCADO
BANANA

BEET
BROCCOLI

CARROT
MILK

TOMATO
FOOD

MAKE A LIST

A family of four loses \$1,500 a year on wasted food.
Plan ahead by making a list and only buy what you'll use.



Answer: Tomatoes, Apples, Lettuce, Cheese, Chicken



**I LOVE THE
WORLD FROM
MY HEAD
TO-MA-TOES.**





**CUTTING
DOWN ON YOUR
FOOD WASTE
IS APPEALING.**

DON'T BE BANANAS

Browning or spotted bananas are perfectly fine to eat. Bruised parts of bananas may be easily cut away or used. Very brown bananas and frozen bananas are great for baking quick breads, muffins or cakes.

How many words?

How many words can you make with the letters of

BANANA BREAD



THE ART OF FREEZING

Each of us tosses nearly 300 lbs. of food each year. Get in the habit of freezing leftovers, bread, vegetables and fruit, instead of tossing them in garbage.

Freezer Race



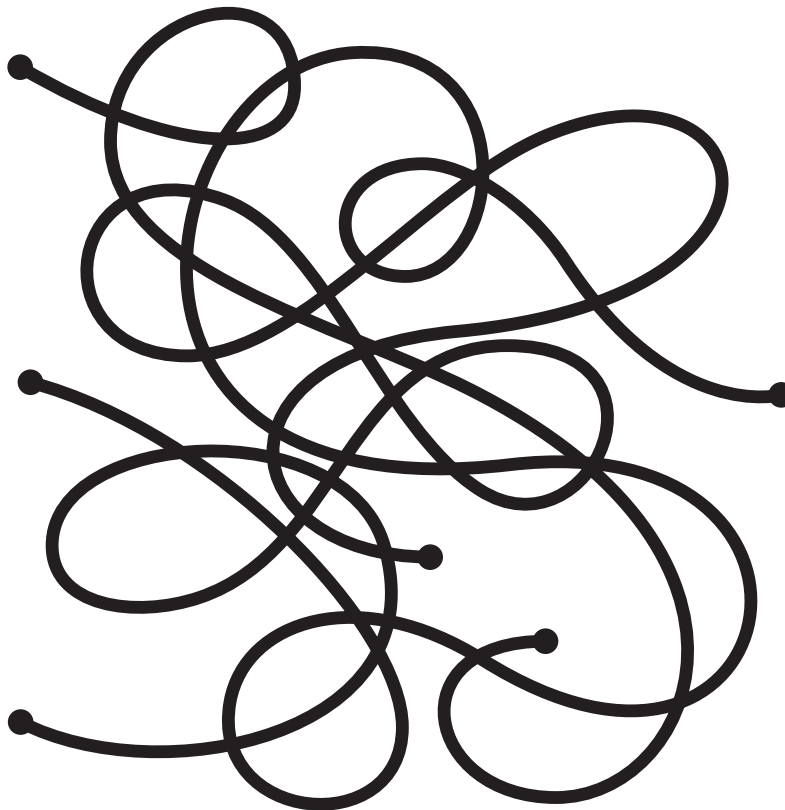
Strawberries



Blueberries



Mushroom



Which food will get to the freezer first?

Answer: Blueberries



**EATING ALL
OF YOUR FOOD
MAKES MY HEART
SKIP A BEET!**

DRAW YOUR FAVORITE FOOD

and tell us why it shouldn't be wasted.



BE A FOOD WASTE WARRIOR
JOIN US AND HELP
**FIGHT
FOOD
WASTE!**



#STOPFOODWASTEDAY
STOPFOODWASTEDAY.COM