

#NoFoodWasted PLEDGE

40% of edible food in the United States is wasted while so many people don't have enough to eat. Also, food waste has harmful environmental consequences. Together, we can do better.

I, _____, pledge to do the following things to help reduce food waste. And I will encourage my family to help, too!

1. _____
2. _____
3. _____

Here are some ideas to get you thinking!

1. Encourage the food shopper in our home not to buy more than we need.
2. Eat leftovers (without complaining!)
3. Pack (or help pack) my own lunch so I don't end up with things I won't eat.
4. Seek out fruits and vegetables that aren't perfect.
5. Not put too much on my plate. I can always take more if I'm hungry.
6. Try to grow a tiny bit of food or help cook one dinner per week.
7. Start a school food donation program through Food Bus (www.foodbus.org)
8. Start composting food scraps at home
9. Keep a food waste journal, tracking all the food not eaten in our home.
10. Visit a farm to learn where food comes from and see what it looks like in its "natural habitat."

I am a food waste warrior! I'm going for a:



GOLD—I pledge to follow at least five items all throughout the school year



SILVER—I pledge to follow at least three items all throughout the school year



BRONZE—I pledge to follow at least one item all throughout the school year

Signature: _____

Parent/Guardian: _____