

# Activities

## At Home



**Take our four week food waste challenge as a family, and see how much food you could save.**

1. List the food that you see in the food waste caddy (if you have one) or in your general waste bin: eg. salad that has gone off, chicken bones, peelings etc.
2. List the food that could have been eaten and not wasted. Bruised bananas? Bread that has gone off?
3. Think of ideas that will help your family waste less food and write them down. For example, buy less bread but more often, make a dish with left-overs, freezing what has not been eaten etc.
4. Try to set a family goal, such as not throwing away your usual food

items. If your family succeeds, you all decide on a family reward, like a trip to a park, to the cinema or dinner at a favourite restaurant (and don't waste food!).

**Plan your family meals for a week with your parent, as this reduces waste, by not buying items you do not need.**

Stick to your list when shopping!

**If you have a garden, start a compost bin at home.**



Be aware not to put meat, fish, bones and cooked food in your garden compost as it could attract vermin (rats).

You can put vegetable and fruit peelings, tea bags, egg shells and a few egg boxes in the compost bin. Worms will love it. Then use your compost to grow your favourite fruit.



## At School

**Can you write down your favourite easy recipes using milk, bread, chicken, bananas, cheese, potatoes and share them with your class?**

**Do you have a compost bin/heap on the school grounds?**

If there isn't one yet, could you ask your teacher to organise one?

Once the compost is ready, you can use it in your school garden.

**We can give you a food caddy to gather the fruit peelings and waste from your class.**

Once a week, you and a class buddy can take the fruit peelings to the compost bin/heap. Only fruit. Change buddy every week.

**Find out whether your school recycles food waste from the kitchen.**

Think of ideas how you and your friends could waste less food at lunchtime and write them down.

# Word search

Can you find all the words littered throughout the grid?

## Level 1

**BONES**  
**COMPOST**  
**COOKED**  
**EGGBOX**  
**FISH**  
**PASTRIES**  
**PASTA**  
**TEABAGS**  
**WASTE**  
**WORMS**

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

## Level 2

**BONES**  
**COMPOST**  
**EGGBOX**  
**EGGSHELLS**  
**FISH**  
**LEFTOVERS**  
**PAPER**  
**PEELINGS**  
**REDUCE**  
**SCRAPS**  
**STORAGE**

**TEABAGS**  
**VEGETABLES**  
**WASTE**  
**WORMS**

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

# Food Waste

**Food!** Do we really waste food? Surely not. Don't we just eat it all? In fact...



## Did You Know?

**Food waste produces a lot of a gas called CO<sub>2</sub>, and which makes the planet too warm.**

Reducing food waste could be like removing one in five cars from our roads!

Less CO<sub>2</sub> means less heat. Good for everyone.

**1.4 million perfectly good bananas and 20 million slices of bread**

are thrown away every day in the UK. That could make a lot of sandwiches.



**5.9 million glasses of milk** are poured down the sink every year because we buy more than we need.

The average person in the UK throws away

**74kg of food waste each year.**

This is the equivalent of **1,077 banana skins and the weight of a grown man.**



**There will always be some bits of food that cannot be eaten: uncooked kitchen waste such as egg shells, banana skins, vegetable peelings and tea bags.**



**Over a school year, primary schools in England waste an average of 55,000 tonnes of food.**

By not wasting food, each family could save

**£490 every year,**

enough to go to a theme park four times with your parents and a sibling.

That sounds more fun!



Put them into a compost bin in your garden if you have one. If you don't, use the Council's green food-waste bin.

You might have a small one in your kitchen and a large one outside.

Each year, people in London throw away edible food weighing the equivalent of

**42,000 London buses**

that's food that could have been eaten, but was still thrown away. Isn't it awful?



# Top Tips

## 1. Make a meal plan for the week!

Share it with your parents to ensure it is healthy! Make a list of the ingredients you need.



## 2. Stick to your shopping list!

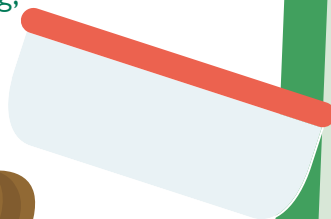
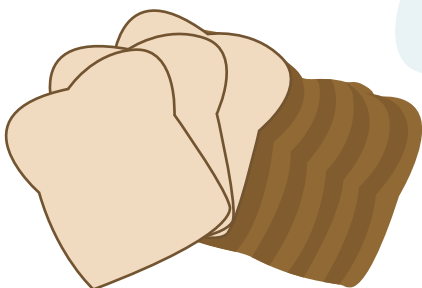


You can stock up on tins and pasta as they keep for ages. Only buy things you have planned for and which will be used before they go off.

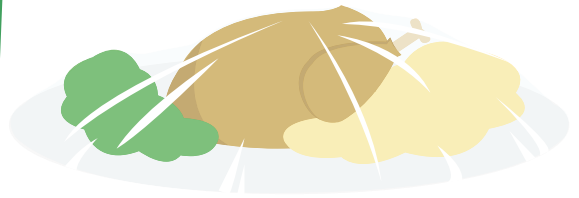
## 3. Store the food properly!

Keep biscuits in airtight containers (like plastic food boxes).

Bread can be frozen in a bag, so it does not go to waste.



## 4. Eat your leftovers!



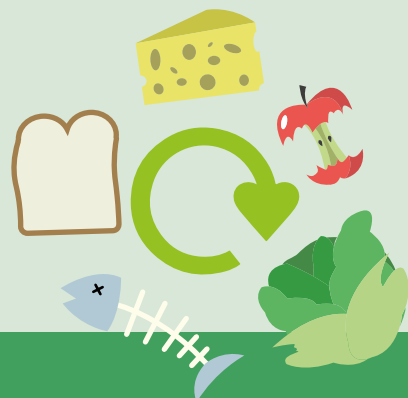
If you are not hungry anymore, keep your leftovers for the following day or pop them in the freezer. It's such a shame to let food and all the time your parents spent preparing it go to waste.

## 5. Even if you are very careful...

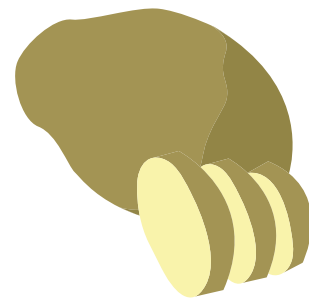
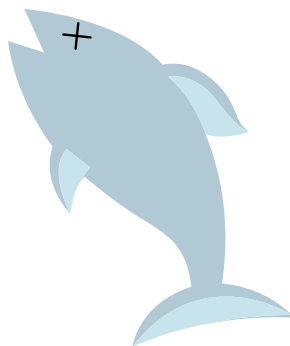
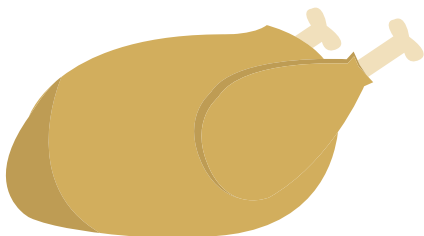
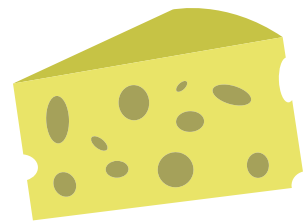
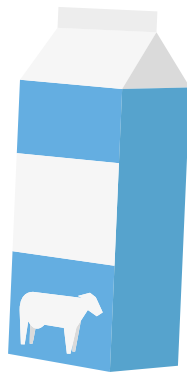
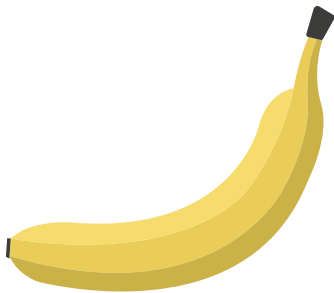
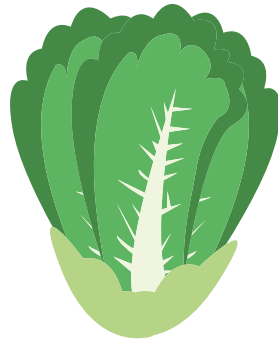
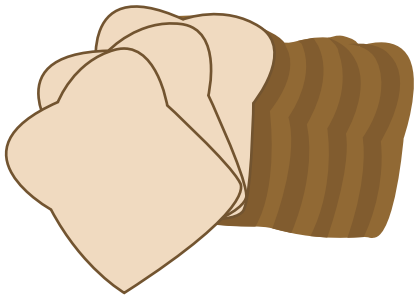
there will always be some food waste: peelings, scraps etc.

Instead of throwing it away in the rubbish bin, make use of it. Put it in your food waste caddy if you have one at home.

You could set up a worm farm as well...if your parents agree!



# These are the nine most wasted foods!



**Come up with your favourite recipes using these as ingredients.**

# Circle the items you must not put in the food waste bin!

Explain in which bin each item should go and why.

