

LOVE FOOD NOT WASTE



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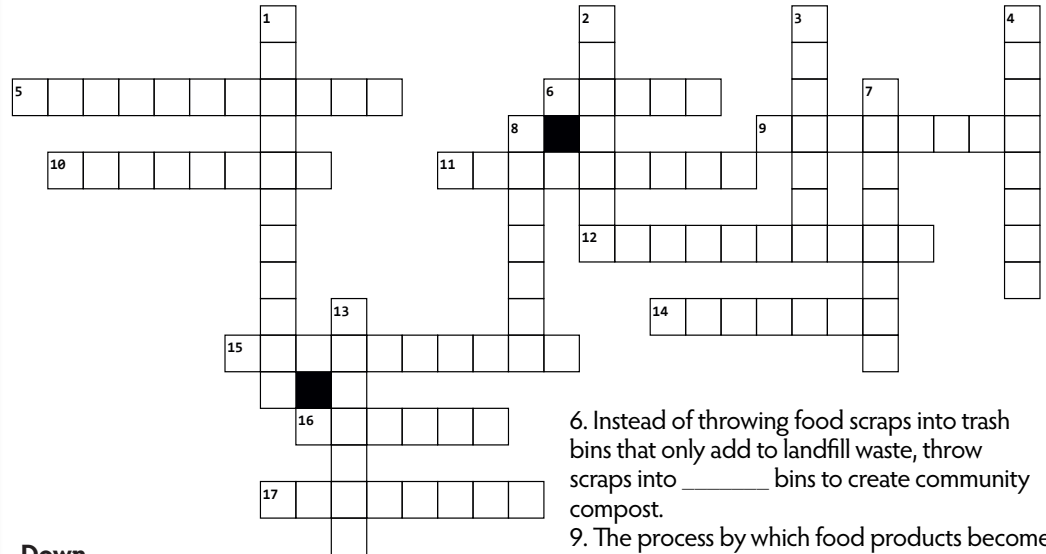
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Tips For Families

- Every year, the U.S. loses about 40% of its total food produced to food waste. That equates to roughly 80 billion pounds of food, with 95% of that ending up in the landfill.
- A reduction by 15% of our national food waste would provide enough food to feed 25 million Americans. Currently, 1 in 8 Americans are food insecure, meaning that 1 in 8 Americans will not have enough food to feed themselves or their families.
- Although food waste occurs at all links in the food chain, the majority of food waste in the U.S. occurs in the home. For a family of four, roughly \$1,500 in food is thrown away each year.
- The biggest contributors to household food waste are food spoilage, over-preparation, expiration date/label confusion, overbuying, and poor meal planning.
- Plan meals ahead of time to avoid overbuying items at the grocery store to minimize leftovers and uneaten meals. Try creating weekly food menus to help with meal planning and shopping list creation.
- Store leftovers in proportioned sizes to avoid having to discard excess heated/warmed food.
- Contrary to popular belief, the FDA does not regulate food expiry dates. "Use by," "Sell by," "Best by," and "Enjoy by" are not expiration dates, but rather recommended use by dates from the manufacturer to ensure peak flavor, texture, and quality. Foods are still considered safe after these dates!
- The only food that has a regulated expiration date is infant formula. The expiration date on formula is a hard date. Do not use formula after the "Use by" date on the container.
- Food spoils due to four main things: time, temperature, oxygen, and moisture. To ensure that food does not prematurely spoil, we need to control those variables.
- Do not overcrowd your refrigerator with food as this does not allow for the cold air to circulate properly and can cause foods to be held at improper temperatures. Placing piping hot foods into the fridge without cooling them down warms the air and causes the surrounding foods to warm as well.
- Make sure to store opened packaged foods in airtight containers to minimize moisture accrual and oxygen exposure.
- Avoid prewashing your fruits and vegetables before storing them in the refrigerator as this speeds up the rot and mold process. Store fruits and vegetables that do not need to be refrigerated in a cool, dark, dry place to maximize longevity.
- Use all you can from the foods you buy. Try making homemade stocks from leftover veggie scraps and meat scraps. Freeze fruits before they become too ripe to save for smoothies. Toast stale bread in the oven to make homemade croutons or bread pudding.
- Donate canned foods, frozen foods, fresh vegetables, or packaged foods that you will not eat and compost all other unusable food scraps!

Don't Trash Food Crossword Puzzle



Down

1. The percentage of the world's fresh water supply used to grow food that is never eaten.
2. The catch-all term used to describe spoiled food and wasted food.
3. A mixture of decomposed organic materials used to improve soil quality or as plant fertilizer.
4. In 2021, roughly 54 million Americans were considered to be food _____, meaning they did not know where their next meal would come from.
7. Organisms that cause food to spoil but can also transform food waste into compost.
8. When accounting for global food waste, all grown, but uneaten, food uses 1.4 _____ hectares of arable land.
13. Waste materials, such as lawn clippings and food waste, are classified as _____ waste matter. This type of waste is biodegradable.

Across

5. Grocery stores can help mitigate food loss by selling _____ looking produce. Even though produce may be misshapen or oddly sized, the nutritional content of the food remains the same.
6. Instead of throwing food scraps into trash bins that only add to landfill waste, throw scraps into _____ bins to create community compost.
9. The process by which food products become unsuitable for human consumption.
10. The byproduct of food waste being broken down in a landfill.
11. When air interacts with food and food components, this type of reaction occurs. This reaction is responsible for avocados and apples turning brown and fats going rancid.
12. "Use by" and "Sell by" dates are not _____ dates.
14. This greenhouse gas is released from landfills, and one of the largest contributors is the degradation of food scraps.
15. You can prevent from doing this when you grocery shop by creating shopping lists and weekly dinner menus.
16. Changing our buying _____ not only helps to mitigate food waste at home, but it also helps mitigate food loss that occurs in grocery stores and packing plants.
17. When foods increase in _____, the increased water content allows for fungi and bacteria to grow quickly, leading to food spoilage.



COMPOST

Composting turns food scraps into soil to help grow more food.

BUY JUST WHAT YOU NEED

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

FREE Kindness and Bullying Prevention Information Available



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FOOD WASTE APPS

Helping you with your journey.

No Easily track, organize, and manage the food in your home. With lists for your freezer, fridge, and pantry, you can easily check what food you have left, see what food you need to use first, create a shopping list, plan your meals, avoid unnecessary purchases, reduce food waste, and save a bunch of money.

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

FOOD WASTE Word Search

Compost	Storage	Scraps
Spoilage	Organic	Garbage
Consumption	Microbes	Green
Expiration	Methane	Overbuying
Moisture	Leftovers	Fertilizer
Oxidation	Donate	Leachate
Temperature	Landfill	

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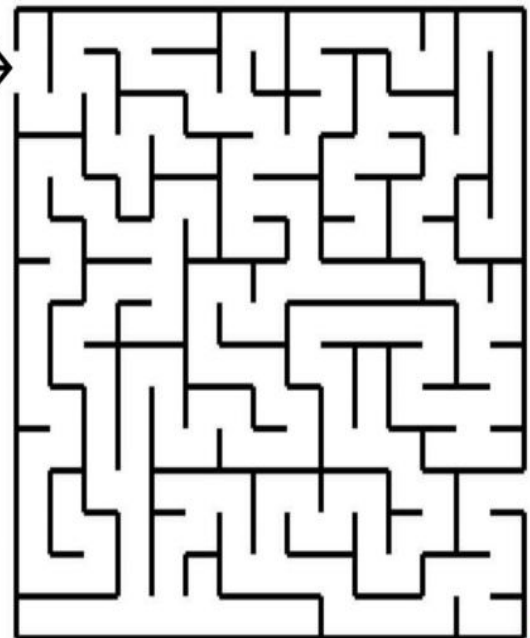
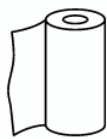
**Fun Online
ACTIVITIES
Plus Answer Keys**

Does It Compost?

*Cross Out The Don'ts & Color In The Do's
Hint: Which Items easily break down into soil?*



START



END



We dream of a planet with no food waste. Every day, unsold food from your favorite restaurants, grocery stores, cafés, and shops goes to waste simply because it isn't sold in time. The Too Good To Go app makes it easy to make a difference, allowing you to save Surprise Bags of good food at an even better price.



The home food waste app that helps you save food, money, and the environment!

MealConnect is the convenient, free, and safe way to reduce wasted food and donate surplus meals to your food insecure neighbors. It allows easy real-time tracking of your recovered excess product: saving you time, lowering your costs, creating hassle-free tax

deductions, and making a positive impact.



Olio connects neighbors to pass around food that might have instead gone into the trash. Whether you bought too much or changed your mind, you can simply snap a photo and see if any of those around you would like the items instead. This brings borrowing a cup of sugar to a whole new level!

WHO DOES FOOD RECYCLING BENEFIT?

Draw a line to match the benefit of food recycling to who it is benefiting.

Food recycling helps me to feed my animals!



Food recycling helps me to fight against climate change!



Food recycling helps us save money!



Food recycling helps us give to our community!



BE A FOOD WASTE HERO!

Write down or draw FIVE ways you can reduce food waste at home and at school!

1.

2.

3.

4.

5.

Plan a Recipe Using Food Waste

Pick one of the two columns below and plan a recipe using at least 3 of the items from the column you chose.

Pick your Ingredients:

- | | |
|-------------------|--------------------|
| 1. Apples | 1. Pickles |
| 2. English muffin | 2. Spaghetti sauce |
| 3. Cinnamon | 3. Crackers |
| 4. Celery | 4. Blueberries |
| 5. Peanut butter | 5. Cream cheese |



Plan your Recipe:

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WRITE ABOUT WASTE!

Write a short story about food waste using these key words: compost, recycle, and repurpose.

BONUS: Can you think of any more food waste words?



WHAT'S IN YOUR GARDEN?

Draw what you could grow in your compost!

