

Name Date



How often can we save food in our house?

Colour a square every time a food item is thrown away that was not eaten as planned. You do not need to record unavoidable waste such as bones, skin, tea bags etc.

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Can you do better? → Needs improvement → Okay → Very Good

Hooray! Your family is working together to prevent food waste? Colour in a square every time someone does a positive action to prevent food waste. Optional – write what they did in the square!

Prevention/ avoidance									
Keep it fresh for longer									
Used up leftovers									