



HOW IT WORKS

I VALUE FOOD: TOO GOOD TO WASTE

Congratulations on joining the I Value Food: Too Good to Waste Challenge! You're on your way to wasting less food, saving money and helping the planet. Let's get started!

Read through the Challenge instructions below and explain them to members of your household to get them on board with wasting less food.

1.

COLLECT YOUR WASTE

Over the course of the four-week Challenge, place all of your PREVENTABLE* food waste into a quart-size zip-top bag or container (like a plastic deli container). Keep a tally of how many containers you fill throughout the week. You can discard the contents once it gets full, as long as you record it. (Use the Recording Worksheet on page 3 or your online Food Waste Log to keep track.)

2.

RECORD WEEKLY WASTE

Week 1 is your "baseline" week where you'll stick to your regular routine to find out how much food you typically waste. At the end of the week, tally up the number of containers you filled and record it in your Food Waste Log. Don't worry if you forget, we'll email a reminder.

3.

TRY OUR TIPS

After the baseline week, it's time to try out the tips and tools in our Toolkit for shopping, storage and cooking. Explore on your own, or follow the tips in our weekly emails. Continue to track and record your weekly waste as you did in Week 1.

4.

DISCOVER YOUR SAVINGS

By the end of Week 4, you'll discover your savings! Many families have reduced their food waste by 50% by following these strategies.

**PREVENTABLE food waste is food you bought to eat but has since spoiled, or food that was prepared but was not eaten then thrown away. This does not include non-edible food waste such as banana peels, egg shells or chicken bones. Do not collect liquid waste, such as soup.*



VISIT IVALUEFOOD.COM FOR MORE FOOD WASTE RESOURCES

WASTE COLLECTION TIPS

- Make sure you use the same size container throughout the Challenge.
- You can throw the empty containers away before they're full as long as you record the total containers filled for the week.
- Keep containers in the fridge or freezer if you're worried about odor or pests.
- If you come to the end of a week and the last container is partially filled, estimate the portion to the nearest quarter (ex. .25, .5, .75).

'TOO GOOD TO WASTE' STRATEGIES

Here are a few of the smart strategies from the online Toolkit to try during weeks 2-4 as you continue to measure how much goes to waste each week. Keep notes on what works to reduce food waste and what doesn't, why food is going to waste, and the types of food you are wasting the most (are you wasting mostly produce, meat or something else?)

SMART SHOPPING

BUY WHAT YOU NEED

Make a shopping list with the Meal Planner & Shopping List template based on how many meals you expect to eat at home before your next shopping trip. By buying no more than what you expect to use, you will be more likely to use it up and keep it fresh.

SMART STORAGE

KEEP FOOD FRESH & AVOID SPOILAGE

Store produce so it stays fresh longer with the help of the Quick Reference Food Storage Guide.

SMART SAVING

EAT WHAT YOU BUY

This involves being mindful of leftovers and old ingredients that need using up. An "Eat Me First" label can be used to designate an area in your refrigerator for leftovers and food that won't keep long.

SMART PREP

PREP NOW, EAT LATER

Use the Smart Prep Guide to learn how you can save time and money.



TAKE THE CHALLENGE

I VALUE FOOD: TOO GOOD TO WASTE

RECORDING WORKSHEET

Print this form and keep it near your trash can. Each time you fill a container, record it here. At the end of each week, record the total containers in the online Food Waste Log. Visit bit.ly/29RovJd to log in and record your waste.

IN THE NOTES SECTIONS, TRY TO ANSWER THE FOLLOWING QUESTIONS:

- Why was this food wasted? Maybe a meal was burnt or you forgot about a container of leftovers that was pushed to the back of the fridge.
- What types of food are you wasting the most?
- Who in your house is generating the food waste? Are children wasting more than adults, or is everyone wasting about the same amount?
- Did anything unusual happen in household that caused you to waste more or less than you might have?

WEEK 1: BASELINE

WEEK 1

Start Date: _____

Notes: _____

Number of Containers: _____

WEEKS 2-4

WEEK 2

Start Date: _____

Notes: _____

Number of Containers: _____

WEEK 3

Start Date: _____

Notes: _____

Number of Containers: _____

WEEK 4

Start Date: _____

Notes: _____

Number of Containers: _____

WEEKS 2-4 TOTALS

Total Containers: _____

Average Number of Containers: _____

(Add weeks 2 to 4)

(Total containers ÷ 3)