



I VALUE FOOD: TOO GOOD TO WASTE

Printable Resources

*Printable resources to help
reduce household food waste*

Workplace groups • Municipalities • Neighborhoods • Social groups • School groups • Religious groups

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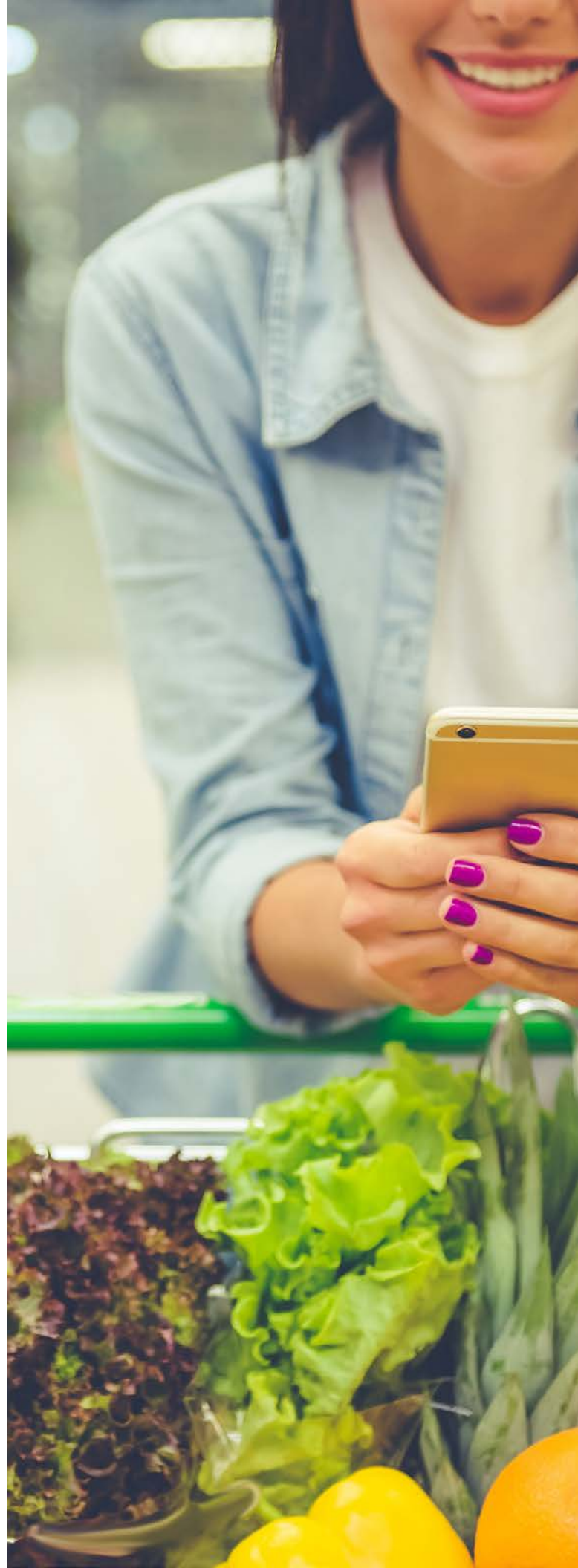
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ABOUT SUSTAINABLE AMERICA

Sustainable America is an environmental 501(c)(3) non-profit organization with the mission to make the nation’s food and fuel systems more efficient and resilient. Through broad public education we work to reduce oil usage and increase food availability in the United States.



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LEARN TO WASTE LESS, TOGETHER

Are you an individual or part of a group or organization looking to make a lasting impact on environmental issues? Food waste prevention is one of the most important projects you can tackle. And the “I Value Food: Too Good to Waste” Challenge is just the jump-start you need.

What is the “I Value Food: Too Good to Waste” Challenge?

This 4-week food-waste prevention program is based on successful strategies developed by the U.S. EPA. Through this program, many families have reduced food waste by up to 50%.

During the first week, participants will track their preventable food waste to analyze what is going to waste and why. During the following 3 weeks, participants continue logging waste while exploring tools, and strategies to try as they continue to track their waste. By the end of the month, participants can compare those three weeks to week 1 to calculate how much waste they were able to prevent.

Why should we prevent food waste?

Food waste is one of the most pressing problems we face. In the U.S., as much as 40% of the food we produce never gets eaten¹. Most of it ends up in landfills where it produces methane, a major contributor to climate change. This wasted food is also a waste of the valuable land, water, and fuel that goes into producing it. Households are responsible for the biggest slice of America’s total food waste. In fact, it’s estimated that the average person wastes close to a pound of food per day², costing a family of four up to \$1,500¹.

Why is this a good project for a group?

The “I Value Food: Too Good to Waste” Challenge is a proven method for reducing food waste at the household level. While the Challenge can be done on your own, we’ve found that doing it as a group keeps people engaged, encourages competitiveness, and inspires a valuable exchange of ideas. Group challenges generate excitement and hold participants accountable. And if you offer an incentive for people to participate and succeed, they will be more likely to stick with it and learn something new.



¹ Dana Gunders, *Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill*, Nat'l Res. Def. Council (Aug. 2017), <https://www.nrdc.org/sites/default/files/wasted-food-IP.pdf>

² Conrad Z, Niles MT, Neher DA, Roy ED, Tichenor NE, Jahns L (2018) Relationship between food waste, diet quality, and environmental sustainability. *PLoS ONE* 13(4): e0195405. <https://doi.org/10.1371/journal.pone.0195405>

CHALLENGE OBJECTIVES

Pinpoint why good food is going to waste in the home. Each week participants will track what food is going to waste and why.

Learn how to shop, store, and prep food to better serve yourself and your household.

Save money for families, individuals, and your community.

Explore human behavior around food waste. We provide ideas for engaging your group in discussions and idea exchange.

By supporting this challenge, your group will:



Learn new food habits that will last a lifetime.



Reduce greenhouse gas emissions.



Support the US EPA and USDA's goal to reduce food waste by 50% by 2030.



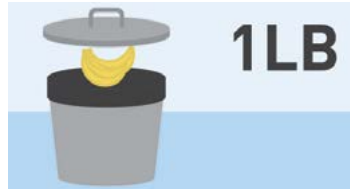
Reduce the average of 340 pounds of wasted food per person annually.



FOOD WASTE FACTS



40% of the food we produce doesn't get eaten.¹



The average American wastes close to 1 pound of food per day.²

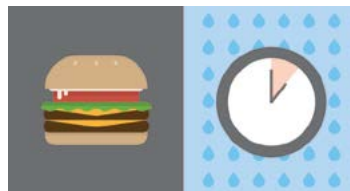


Wasted food produces 11% of U.S. methane emissions, a major contributor to climate change.²

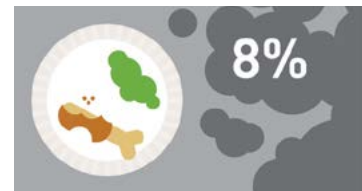
Reducing wasted food has been identified as the third most effective measure to reverse global climate change.⁵



Wasted food costs us \$218 billion a year.¹



Throwing out one hamburger wastes as much water as a 90-minute shower.¹



Food waste is responsible for 8% of global greenhouse gas emissions.³



U.S. food waste has tripled since 1960.⁴



25% of the food consumers buy is wasted.¹



Food is the largest category of waste going to U.S. landfills, taking up 22% of space.⁴

¹ Dana Gunders, Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill, Nat'l Res. Def. Council (Aug. 2017), <https://www.nrdc.org/sites/default/files/wasted-food-IP.pdf>

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³ FAO. Food Wastage Footprint: Full-Cost Accounting, Rome: Food and Agriculture Organization of the United Nations, 2014.

⁴ U.S. Environmental Protection Agency.

⁵ Hawkin, P. (2017). Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming. New York, NY: Penguin Books.

I VALUE FOOD PRINTABLE RESOURCES

The following printable resources and templates can be used throughout the Challenge. You can print these out use them yourself, or distribute to any group participants to provide more support for their food waste reduction efforts.

This section includes:

“How It Works”
Challenge Instructions



Recording
Worksheet



Freezer
Labels



Kitchen Inventory Sheets:

Pantry
Inventory Sheet



Refrigerator
Inventory Sheet



Freezer
Inventory Sheet



“Eat Me First”
Label



Meal Planner and
Shopping List





**TOO GOOD
TO WASTE**

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 included Recording Worksheet 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.

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 on ivaluefood.com. 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

Adapted from the EPA's Food: Too Good to Waste Toolkit

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 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.



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**VISIT IVALUEFOOD.COM/CHALLENGE
FOR MORE FOOD WASTE RESOURCES**

Adapted from the EPA's Food: Too Good to Waste Toolkit



TOO GOOD TO WASTE

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 number of containers.

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: _____ (Add weeks 2 to 4)	Average Number of Containers: _____ (Total containers ÷ 3)
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(Print on labels or plain paper. Use to identify what is in your fridge or freezer and keep track of when to eat it.)



TOO GOOD
TO WASTE

CONTENTS: _____

CREATED ON: _____

FROZEN ON: _____

EAT BY: _____



TOO GOOD
TO WASTE

CONTENTS: _____

CREATED ON: _____

FROZEN ON: _____

EAT BY: _____



TOO GOOD
TO WASTE

CONTENTS: _____

CREATED ON: _____

FROZEN ON: _____

EAT BY: _____



TOO GOOD
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CONTENTS: _____

CREATED ON: _____

FROZEN ON: _____

EAT BY: _____



TOO GOOD
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CONTENTS: _____

CREATED ON: _____

FROZEN ON: _____

EAT BY: _____



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CONTENTS: _____

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FROZEN ON: _____

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TOO GOOD
TO WASTE

CONTENTS: _____

CREATED ON: _____

FROZEN ON: _____

EAT BY: _____



TOO GOOD
TO WASTE

CONTENTS: _____

CREATED ON: _____

FROZEN ON: _____

EAT BY: _____

EAT ME FIRST



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DEVELOPED IN COLLABORATION WITH THE U.S. EPA



**TOO GOOD
TO WASTE**

MEAL PLANNER AND SHOPPING LIST

WEEKLY MENU PLAN

- Check what you already have in your fridge, freezer, and cupboard
- Plan your menu around your weekly activities
- Place your menu plan on your fridge

SHOPPING LIST

- Write your shopping list from your menu plan
- Identify how much you will need
- Remember to take your list to the grocery store

MENU PLAN
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

ITEM/AMOUNT NEEDED	ALREADY HAVE
FRUITS & VEGETABLES	
BREADS & CEREALS	
DAIRY & FROZEN ITEMS	
MEAT & FISH	
NON-PERISHABLES	
DRINKS	
OTHER HOUSEHOLD ITEMS	



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