

An illustration of a hand in an orange sleeve dropping a red apple core into a grey trash can. The trash can is overflowing with various food items including green lettuce, orange carrots, a yellow banana, a brown bone, a blue fish skeleton, and a brown eggshell. The background is a solid teal color.

END FOOD waste

Ag *for* Life

INTRO

Have you ever thrown out an apple because it was bruised or scraped your leftovers from dinner into the trash? When food is thrown away instead of eaten it is called **food waste**.

Food waste is a BIG problem facing our world today.

≡ DID YOU KNOW ≡

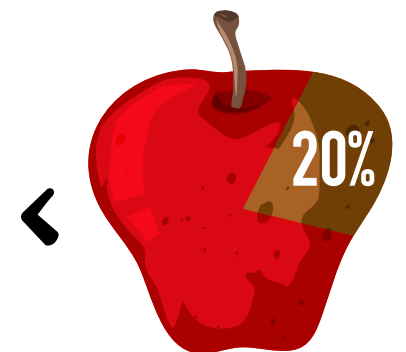


When food waste breaks down in the garbage it gives off **methane gas**, which hurts our environment.²



> In Canada, **\$31 billion** of food is wasted every year.³

20% of all fruits and vegetables are thrown away before reaching the grocery store because they look “ugly.”⁴



> Consumers like you and me are responsible for **21%** of food waste in Canada.⁵

There are three main actions we can take to prevent food waste. These are known as the 3 R's: **REDUCE**, **RECOVER**, and **RECYCLE**.

REDUCE

Reducing

the amount of food we grow or buy can prevent food waste. The world is working together to come up with better ways to grow and process food so that we only grow as much food as we need, and all the food we do produce reaches the grocery store. But we can help too!

Plan Ahead

Planning out our meals before going to the store helps us know what to buy and how much we'll need. This way food won't go to waste because we accidentally bought too much.

Buy "Ugly"

Buying "ugly" fruits and vegetables can help reduce food waste. Just because an avocado has a spot on the peel or a carrot isn't straight doesn't mean it isn't tasty. If you were blindfolded, you probably wouldn't be able to taste the difference!

PLAN YOUR PLATE

Have you ever packed too much for lunch or packed something you didn't feel like eating? When this happens, it's easy to throw whatever food you didn't eat in the garbage. That's why it's important to have a plan for what you're going to eat! This is especially helpful if you pack your own lunch.

Draw what you're going to have for lunch on this plate.



RECOVER

When we notice food starting to go bad and realize that we won't be able to finish it in time, there are many ways we can recover the food so it doesn't go to waste.

Cook and Bake

A brown banana might not make a great lunch snack, but it can make a delicious smoothie or loaf of banana bread.

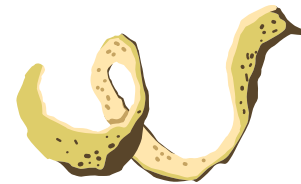
Freeze

You can put food close to its best before date in the freezer until you are ready to eat it. Frozen fruit is great in smoothies, yogurt, cereal, or even oatmeal.



WASTEFUL TO *Tasteful*

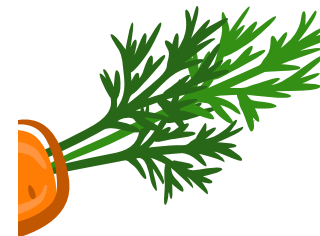
Match the food waste to the item it can turn into.



Potato Peels



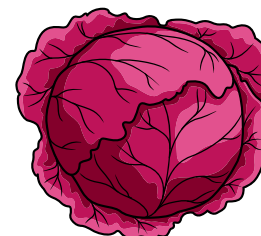
Fabric Dye



Carrot Tops



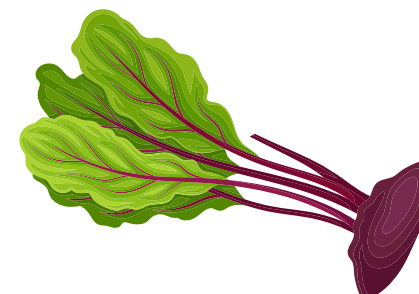
Chips



Red Cabbage Scraps



Soup



Beet Tops



Pesto



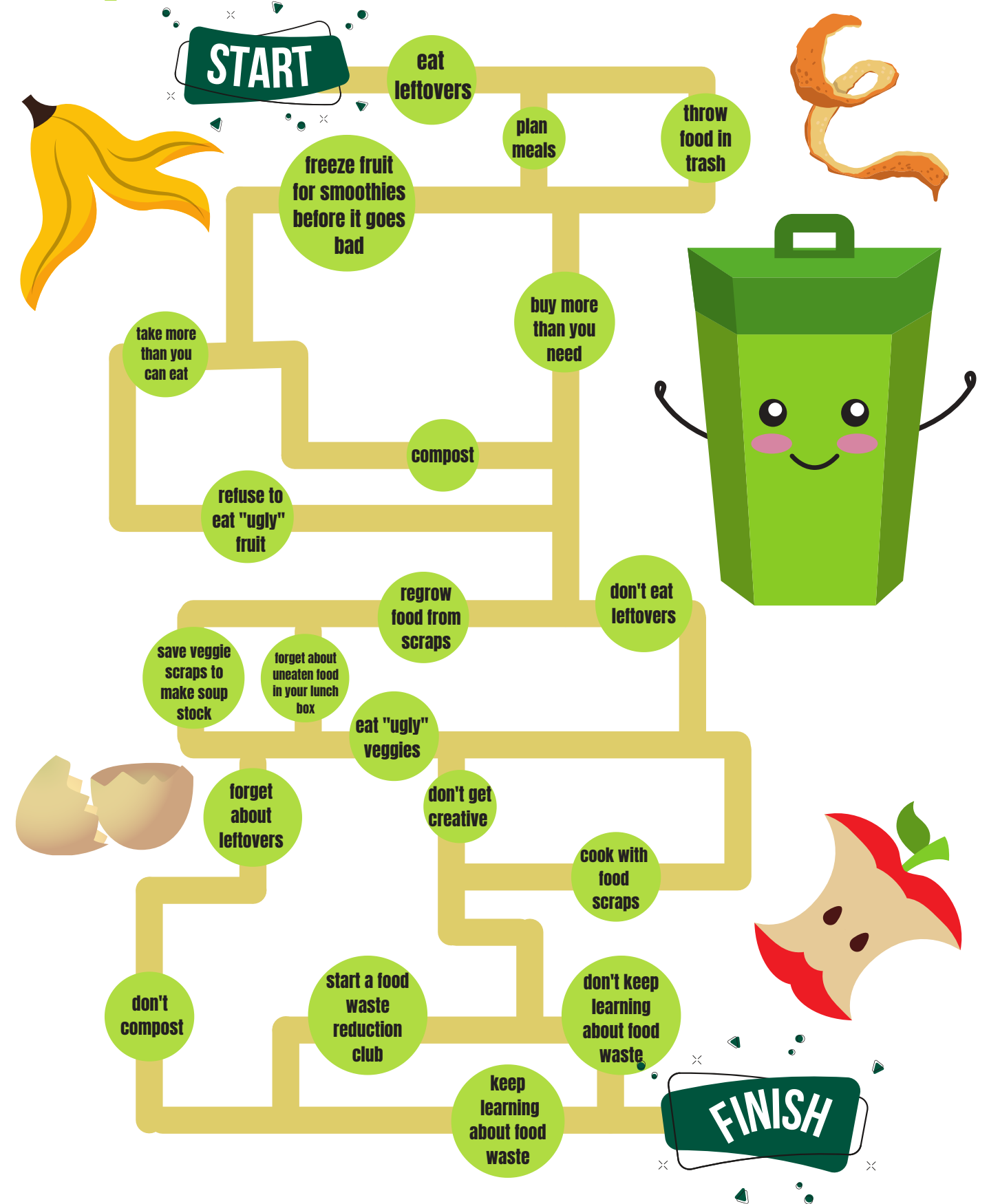
Recycle

Recycling is our last chance to prevent food waste. If food is no longer good for humans to eat, it can still be used for other purposes.



Does your city have a green bin or your farm a compost pile? Composting food lets it breakdown properly into rich dark matter perfect for fertilizing a farmer's field. This is better than letting it decompose in a landfill where it would not be useful.

Stay Positive! Follow the positive actions you can take to reduce food waste. Avoid the actions that contribute to food waste.



GREEN BIN

DOS AND DON'TS

Outside your house might sit a green bin beside the black garbage bin and blue recycling bin. This green bin is for compostable material. Here are the dos and don'ts of composting:⁶



DO COMPOST

- ✓ **All food**—This includes coffee grounds and tea bags.
- ✓ **Paper products dirty because of food**—paper napkins, paper towels, paper plates, paper bags, etc.
- ✓ **Yard waste**—leaves, branches, grass, fire pit ashes, etc.
- ✓ **Pet waste**—dog poop, kitty litter, fur, animal bedding from small animal cages, etc.
- ✓ **Untreated wood**—popsicle sticks, chopsticks, wood shavings, etc.

DON'T COMPOST

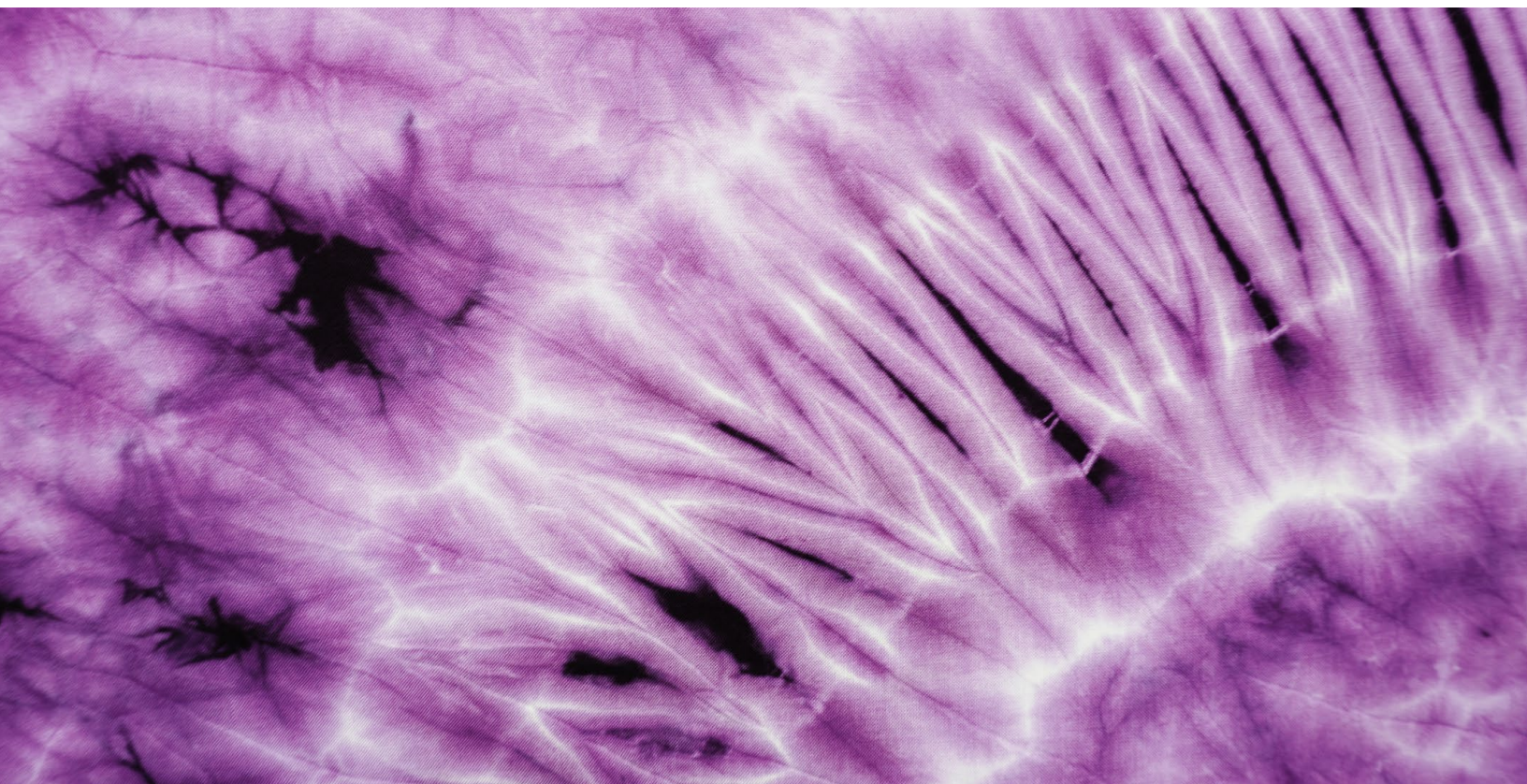
- ✗ **Plastic**
- ✗ **Paper products used with cleaning products**
- ✗ **Painted or treated wood**
- ✗ **Glass**
- ✗ **Metal**
- ✗ **Cloth or fabric**



Colour the items that can go in the compost.



CABBAGE TIE-DYE BANDANA



Creative cooking is a great way to use up food scraps, but you can also use scraps to create something new! There are many food scraps that can be used to make colourful natural dyes perfect for pastel tie-dye art projects. In this activity, we'll use leftover red cabbage leaves to make a tie-dye bandana.

Here's how:

MATERIALS:

- Red cabbage leaves, chopped
- 1 large pot
- 1 strainer
- 2 bowls
- 1 tablespoon vinegar
- 1 tablespoon baking soda
- 1 white cotton bandana
- Elastics (optional)

INSTRUCTIONS:

1. Chop up red cabbage and put in a large pot. The more red cabbage you add, the stronger the colour of the dye will be. You can save up red cabbage scraps in the freezer over time to collect enough for a stronger dye!
2. Add enough water to the pot to cover the cabbage. Boil for 30 minutes and then strain the red cabbage out of the water. Pour the water into two different bowls.
3. In one bowl, add 1 tablespoon of white vinegar to the cabbage juice. This will make a pink colour. In the second bowl, add 1 tablespoon of baking soda to the cabbage juice. This will make a purple/blue colour.
4. Wrap your bandana in elastics to create different patterns. Then, submerge the fabric in the dye. Let it sit in the dye for at least 4 hours. The longer you let the fabric sit, the brighter it will get.

5. After soaking it, rinse the fabric and let air dry.

*Note: Cabbage dye washes out quickly, so this project isn't suitable for clothing like T-shirts or socks that need to be washed frequently.



*This activity involves using a knife and the stove. Ask a parent for permission and supervision!



POTATO PEEL NACHOS

INGREDIENTS:

Peels from 4-5 potatoes
1 tablespoon olive oil
1 teaspoon sea salt
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1 cup cheddar cheese
1/4 cup bacon bits
2 green onions

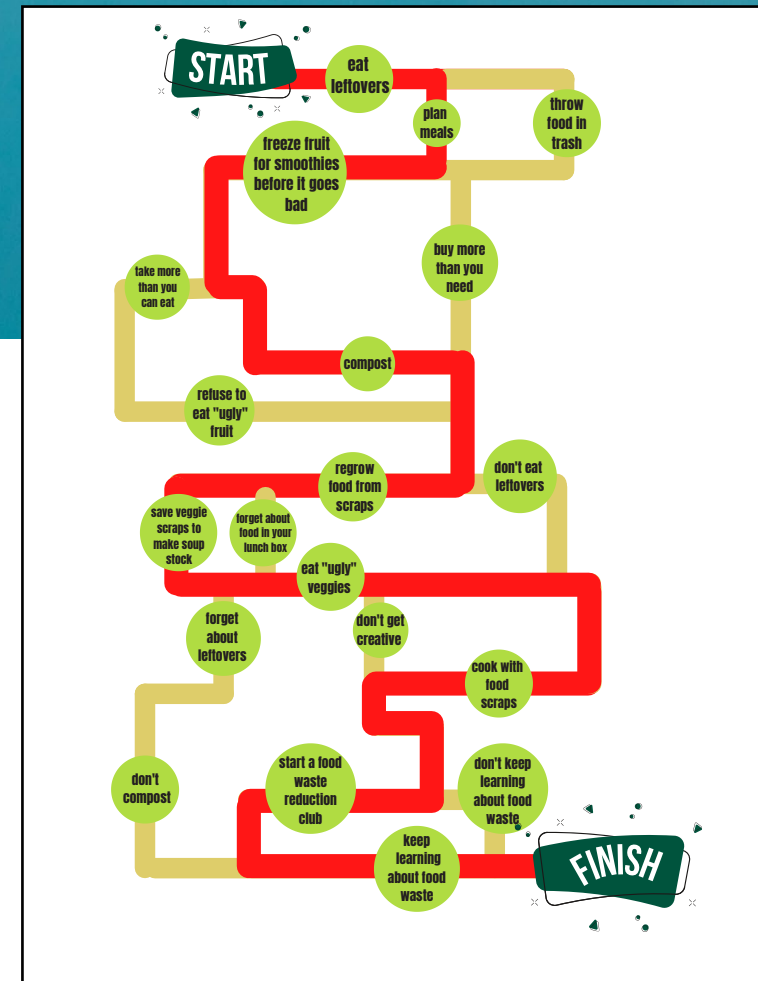
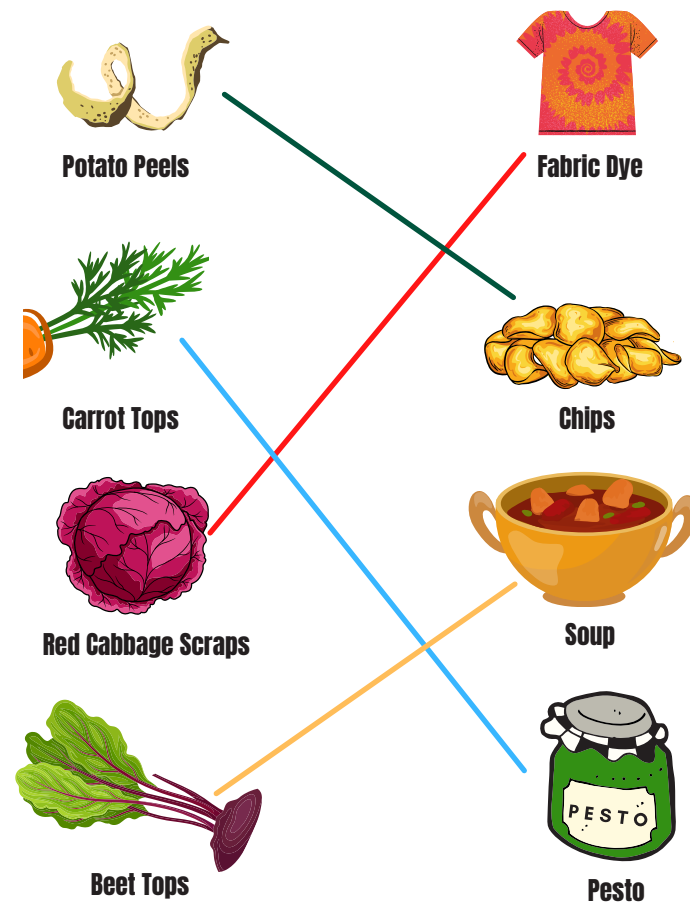
DIRECTIONS:

1. Preheat the oven to 400°F.
2. Line a rimmed baking sheet with parchment paper. Spread the peels out in a single layer on the baking sheet. Drizzle both sides of the peels with the olive oil. Sprinkle with salt, garlic powder, and onion powder.
3. Bake for 15-20 minutes, turning the peels partway through to cook them evenly.
4. Remove from the oven when peels are crispy. Top with cheese and bacon. Broil for 3-4 minutes or until the cheese is melted.
5. Top with green onions and serve with sour cream, salsa, lime wedges, or any desired nacho toppings!



ANSWER KEYS

Wasteful to Tasteful



Stay Positive!

Compost Dos & Don'ts



SOURCES

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