

GIVE PRODUCE A SECOND LIFE

Your Mission: Learn about the types and impacts of food waste, then use kitchen scraps to regrow food and help reduce waste

- 1.** As a class, discuss food waste, especially the difference between avoidable and unavoidable food waste (i.e. Food we could have eaten but we throw away or let spoil vs the parts of food that we don't usually eat) and the impacts of food waste.
- 2.** Talk about how replanting kitchen scraps helps reduce food waste because some foods can grow again from the parts we usually throw away. Explain that you are going to plant some kitchen scraps and watch them grow. Have students determine where to source the scraps needed and how many of each they would like to grow.
- 3.** Carefully prepare your plants following the instructions.
- 4.** Have students tend to their plants over a few weeks and observe them sprouting. Take photos regularly to show the progress.
- 5.** After a few weeks, share the results with those around you. You can even create a how-to guide with before, during and after pictures to encourage others to reuse their kitchen scraps.

Impacts of food waste explained to kids:

When we throw away food, we waste more than just the food itself. For example, strawberries need water to grow, fuel to travel to the store, electricity to stay refrigerated and people to plant, pick, and sell them. If the strawberries are thrown away, all of those resources are wasted too.

Instructions

Materials needed



Tomato & Cucumber

Plant the seeds in a pot or an eggshell. Make sure they have enough (but not too much) sunlight and water. They can be moved outside when they are ready.

- Tomato or cucumber seeds
- Soil
- A pot or an eggshell and egg carton or something to hold the egg shells in



Lettuce

Place the bottom of the lettuce head in a dish with some water in the bottom. After a few days, roots will begin to form.

- Rooty bottom of a head of lettuce
- Dish
- Water



Avocado

Stick toothpicks in an old avocado pit, then prop it up in a small glass filled with water. The pit should be about half covered. It will start to grow roots in about a week or two.

- Avocado pit
- Toothpicks
- A small glass



Onion

Place the root end of an onion in a pot under a small layer of soil. Keep the soil moist and sprouts should appear within three weeks.

- Root end of onions
- A pot
- Soil