

LEFTOVER MAKEOVER

Your Mission: Learn about the impacts of food waste and create recipes that use up food that might otherwise be wasted

- 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. Have students do an investigation into what food often gets wasted and why.
- 2.** Talk about recipes you could create to "save" some of this food (also mentioning that if food is spoiled, it needs to be disposed of properly).
- 3. Option 1:**
Have a lunch where students each bring lunches inspired by the recipes you created as a class, or from their own imagination. Enjoy your lunch and take some photos. Discuss why they chose to bring the dishes they did.

Option 2:
Have students create meal ideas with at least five of the most wasted food items. See who can create the most creative meal and write down the recipes.
- 4.** Share your recipes with the school or with other people around you, either in a school newsletter or in a class cookbook.

Some of the most wasted food items:

Potatoes	Lettuce
Bread	Milk
Rice	Cheese
Bananas	Yogurt
Apples	Eggs

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.