

FOOD WASTE PREVENTION WEEK

Top 10 Playlist

ACTION	POINTS
HOST A "LEFTOVER NIGHT" . Dedicate one night a week to using up leftovers. Check out tools like the Hellmann's Fridge Night App, Save the Food's Meal Prep Mate, and EndsandStems.com for inspiration.	5
CREATE AN "EAT THIS NOW" FRIDGE ZONE. Designate a specific area in your fridge for food that needs to be eaten soon to avoid spoilage.	5
TRUST YOUR SENSES OVER LABELS. Use your senses to determine if food is still good instead of relying solely on date labels. Remember, most dates indicate peak quality, not safety.	5
PLAN THE RIGHT PORTIONS. Avoid over-preparing by using tools like Save the Food's Guestimator at SaveTheFood.com/guestimator . Share extra food with friends, neighbors, or coworkers.	10
LEARN PROPER FOOD STORAGE. Keep your food fresh longer by learning how to store it correctly. Visit SaveTheFood.com/storage for helpful tips.	10
REORGANIZE YOUR FRIDGE. Maximize food freshness by arranging your fridge properly. Find tips on NRDC.org .	10
TRY FOOD-SAVING APPS. Use apps like Fridge Night, Too Good To Go, Flashfood, or Olio to save and share food.	10
GET CREATIVE WITH FOOD SCRAPS. Explore ways to eat parts of fruits and vegetables you'd usually toss. For example, carrot greens and cooked potato peels are edible!	15
TEACH A FOOD-WASTE SKILL. Share your knowledge with friends or family by teaching them kitchen hacks, how to repurpose leftovers or store food properly.	15
COOK WITH A PURPOSE. Make a meal that uses food you might otherwise throw away. Submit your recipe to the Cooking Challenge at FoodWastePreventionWeek.com/recipe .	15
	Total

05-25 POINTS = GREAT START! | 25-50 POINTS = KEEP GOING!

50-75 POINTS = KEEP IT UP! | 75-100 POINTS = YOU'RE A FOOD WASTE STAR!



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