

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 Guest-imator 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-SAVING 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 . Find a creative way to use leftover food you usually don't know what to do with. 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 SAVING STAR!



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