

Activity sheet

MAKE FOOD MATTER

TRACK YOUR FOOD FOOTPRINT



Aim of activity

- To help you to explore the impact that throwing edible food away in your home has on our planet and our communities.
- To learn some simple ways you can help to make a difference by reducing the food that's thrown away in your home.



What you'll get out of it

- Discover how important it is to tackle the issue of throwing edible food away at home.
- Understand what the facts and figures mean by investigating food thrown away in your home.
 - You'll see how our everyday food habits can soon add up and impact our planet.
- Learn some simple actions you can take at home to enable you and your family to save food and not throw it away.
 - You'll see how making small simple changes at home can make a huge positive impact on our planet too.
- Develop your problem solving and creativity skills, and learn how to make a simple tasty snack.
- Become a Food Saver Super Hero for using your initiative to take action to protect our planet!



Time needed

Food diary: 10 minutes per day for two weeks

Some time to learn about the impact of throwing food away.

Mini pizzas: 15-20 minutes



SUITABLE FOR ALL AGES

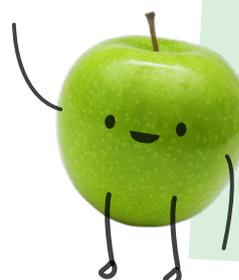
Supervision will be required for some or all parts of this activity, depending on your age. Please run through this activity with your parent or guardian before starting.



Top tip!

WHY NOT BUY LOOSE FRUIT AND VEG?

Then you can buy only what you'll eat rather than buying a huge bag and end up chucking about half of them in the bin!



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Activity sheet – Week 1

HOW ARE YOU DOING AT HOME?



What you'll need



- Food Diary (Week One)
- Colouring pens or old magazines you can cut out pictures from.
- Glue – if you are going to stick pictures on your Food Diary.

What to do

Why not ask your friends to do this challenge with you and learn together?

1 Take a look at the Asto-nosh-ing Food Impact Facts

Write down your answers to the following questions and chat about this with your family and your friends:

- What have you learnt?
 - Think about how this might affect your family, your community and other people around the world.
 - Think about how this affects the planet – if you have time, explore the topic further by learning more about topics such as 'climate change', 'global warming', food that's thrown away across the world and in the UK.
- How does this make you feel?
- Why do you think it is important to do something about this?



Please remember to put the food you can't eat in a food caddy for recycling, or, if you don't have one, peelings, cores etc can be composted for your garden. Ask your mum, dad or guardian to help you.

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2 Using the 'Week One' Food Diary template, monitor how much of each food you and your family throws away each day, for one week

- Print out the 'Week One' Food Diary and put it up on the kitchen wall where you can easily fill it in.
- Complete each section of the diary so that you can easily find ways to save food during week two.
- Be as creative as you want to when completing the amount of food you throw away e.g. use coloured pens, cut out pictures from old magazines.

3 At the end of the week:

Add up how much of each food has been thrown away. Why not use your creativity skills to show the total amount of food thrown away this week?



It all adds up – quickly!

If you also multiply your **weekly food totals** by the following numbers, it'll help you see how quickly food wasted in one home can add up and have a big impact on the planet:

1. Yearly total

Multiply (x) the **weekly total** by 52 weeks to show you how much food your family throws away in one year.

2. UK homes total

Multiply (x) the **yearly total**, calculated in no.1 above, by 27 million (number of homes in the UK) to show the impact that UK homes have on our planet, over a year, by throwing food away.

4 Chat through what you've discovered with your family and friends

- Which foods did you throw away the most?
- Why did this happen? Look at your food diary notes under 'when' and 'why'.
- Make some notes about the foods you want to try to save next week.

Activity sheet – Week 2

SAVING YOUR FOOD FROM THE BIN AT HOME



What you'll need

- [Food Saver Diary \(Week Two\)](#)
- Colouring pens or old magazines you can cut out pictures from.
- Glue – if you are going to stick pictures on your Food Saver Diary.

Mini pizzas [\(Recipe card\)](#)

- Ends-of-bread crusts
- Chopped tomatoes
- Food that needs using up for the topping
- Herbs and pepper for seasoning.
- Camera – to take a photo of your amazing culinary creation to share with friends and family!

5 Take a look at the [Easy Peasy Food Saver Tips on the website](#)

- Using your notes from the 'Week One' Food Diary and your chat with your family and friends: have a look at the top tips and find two or three actions that you want to try this week.
- Share these ideas with your family and encourage them to try them too.
- Find a good time this week to try making the mini ends-of-bread crusts pizza for tea – put a note in your family calendar.



6 Using the 'Week Two' Food Diary template, monitor how much of each food you and your family has saved from being thrown away each day, for one week

- Print out the Week Two Food Saver Diary and put it up on the kitchen wall where you can easily fill it in.
- Complete each section of the diary so that you can learn how easy it is to save food from the bin.
- Be as creative as you want to when completing the amount of food you have saved e.g. use coloured pens, cut out pictures from old magazines.
- Encourage your family to join you and see how much food you can save this week together.

Did you know?

AROUND
3 MILLION
GLASSES OF MILK ARE CHUCKED AWAY IN THE UK EACH DAY.



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Week 2 – continued

SAVING YOUR FOOD FROM THE BIN AT HOME



7 Time to try the mini pizza recipe!

Save your bread from the bin by making the mini pizza using your end-of-bread crusts. If you don't have any crusts left (well done!) – simply try making tasty toast topper snacks by toasting some bread straight from the freezer and creating your own topper!

- Create your own tasty recipe with food that needs using up.
- Take a photo and share it with your family and friends. If you are on social media share it using #LFHWFoodSaverHero

Take a look at the mini pizza recipe at LoveFoodHateWaste.com where you'll also find some lovely ideas for toast toppers under 'Make Toast Not Waste'.

8 At the end of the week:

Add up how much of each food you and your family has saved from the bin.

Simple actions add up to make a big difference!

If you also multiply your **weekly food totals** by the following, it'll help you see how easy it is for small actions to add up and help to protect our planet:

1. Yearly total

Multiply (x) the **weekly total** by 52 weeks to show you how much food your family could save over one year.

2. UK homes total

Multiply (x) the **yearly total**, calculated in no.1 above, by 27 million (number of homes in the UK) to show how UK homes can help protect our planet, every year, if everyone took a few simple actions every day.

9 Chat through and celebrate what you've achieved with your family and friends

- How did the week go – how did this make you feel?
- How easy was it for you to save your food from the bin?
- What have you learnt?
- What will you all continue to do to save food from being thrown away?



**WELL DONE.
YOU ARE A TRUE
FOOD SAVER
SUPER HERO!**

Congratulations for taking the initiative to try something new, learn about a really important topic and take action to help to make our planet a better place for everyone!

Keep nudging your family to take simple actions too and work together to save your food!

Value your food beyond the price tag.
Treat it with care – every time.

LOVE FOOD HATE WASTE



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