

Food Waste Reduction with 4Rs Action Heroes!



Hi kids! It's me, Super Reducer!
I have a question for you:
**Do you find yourself wasting
food at lunch?**

When you waste food, you're also throwing away money.
The average American family of four tosses out more than
\$1,600-a-year in wasted food!

By saving food from the landfill, you're also saving
resources like water and soil to grow our food.

HELP! Somebody put some things in this compost
bin that shouldn't be there. Quick! Cross them out!



TIPS TO BE A SUPER REDUCER:

1. Feed Yourself!

Eat the food you take for lunch. Tell your family member who feeds you what you like and don't like at lunch.

2. Feed Others!

Food is for sharing! Share the food you can't eat! Check if your school has a food share table. If not, learn how to start a Food Share table at school. For food share tips, email schools@stopwaste.org

3. Feed the Soil!

Throw food scraps, food-soiled paper and plant trimmings into the compost bin so it can help build healthy soil.

For more tips and ideas on ways you and your family can take action and be Super Reducers, go to www.StopFoodWaste.org