

# STOP FOOD WASTE ACTION PROJECT

## Family Action Plan



How will you and your family take action at home to reduce or prevent food waste?

It starts with making a plan! Use this family action plan tool and talk with your family about new tips and behaviors you all can take to reduce food waste in your house.

### Step 1

## CREATE A PLAN

There are many actions that you and your family may already be doing to reduce or prevent food waste at home. Read through the tips below and choose at least one NEW action that your family will do their best to practice at home.

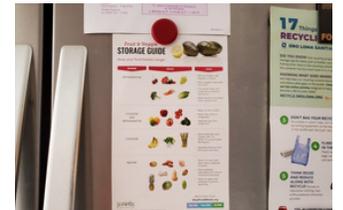
**Make an **Eat Me First Sign** to make sure we **Eat What We Buy****

We will make sure to eat all of what we have before it expires or before we buy additional groceries. We will make an **Eat Me First Sign** to put in the refrigerator to set aside space in our fridge for food that we should eat before it spoils.



**Use a **Food Storage Guide** to make sure we **Store Food Properly****

We will store excess food in the refrigerator and freezer in order to save it for later. We will also use best practices and the **Storage Guide** to help us store our food in a way that maximizes freshness.



**Use **Recipes** to make sure you **Love Your Leftovers****

We will use our **leftover food** as ingredients in new and creative dishes so we can use the food that we already have. We may also use **recipe tips** to help us learn new ways of preparing meals using leftovers.



**Commit to an action that you and your family come up with together!**

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Resources for these tips and more can be found at [www.StopFoodWaste.org/Resources](http://www.StopFoodWaste.org/Resources)

# STOP FOOD WASTE ACTION PROJECT

## Family Action Pledge

Can you and your family commit to trying new food saving tips and best practices?



When we make a pledge or a promise to do something, we may be more likely to follow through with those actions. Talk with your family about the actions you all plan to try and ask them to make a commitment!

The food saving action(s) my family commits to are: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Step 2

## MAKE A COMMITMENT

I, \_\_\_\_\_, pledge to take action at home and help teach my family about the importance of reducing food waste and practicing the Stop Food Waste Hierarchy - 1. Feed myself, 2. Feed others, 3. Feed the soil.

My family and I hereby pledge to use new food saving actions or continue to use the food saving actions that we have been using already. We will reduce our food waste first, by implementing a food saving tip. When we have access to a compost bin, we also pledge to compost our food scraps and food-soiled paper in the compost bin.

### STOP FOOD WASTE HIERARCHY



\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Family/Parent/Guardian's Signature