

FOOD WASTE HERO SCORECARD

ACTION	POINTS
One night a week, have a "Leftover Night." Hellmann's Fridge Night App , Save the Food's Meal Prep Mate , and EndsandStems.com have great resources and inspiration!	5
Designate an "Eat This Now" area of the fridge for food that needs to be eaten soon.	5
Use your senses to decide if food is still good to eat, rather than just the date on the label. Dates on food labels typically indicate peak quality, not safety.	5
Make the right amount of food for your family and for events - use Save the Food's Guest-imator to help calculate amounts at SaveTheFood.com/guestimator . Share any excess food with friends, neighbors, and coworkers.	10
Learn how to store food correctly. SaveTheFood.com/storage is a great resource.	10
Reorganize your fridge to store items for maximum freshness. Visit NRDC.org for some tips.	10
Use a food saving or sharing app such as: Fridge Night App , Too Good To Go , Flashfood , or Olio .	10
Look up ways to eat parts of fruits and veggies that you have traditionally thrown out. Did you know that carrot greens and cooked potato peels are edible?	15
Teach your family or friends a food waste reduction skill. For example, you could show them how to creatively repurpose leftovers, or how to store different types of foods properly.	15
Make a meal that helps you use food that might have been tossed. You can even submit the 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 HERO!



FOOD WASTE
Prevention
Week

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#foodwastepreventionweek