The Food Matters Action Kit contains over 20 activities to engage youth in preventing food waste.

Activities can be done individually or in a series, in any order that suits learning themes for your class or organization.

There are two sets of activities: for kids (ages 5-13) and youth (ages 14-25) organized together by theme.

Many activities are relevant for either age group, so feel free to explore them all!

Earn badges! Get recognition for every action you take! Earn points and badges by simply uploading a photo or description of your actions on your profile page. Click the Young Food Heroes tab to register at:

www.cec.org/FoodMattersActionKit
## 1 From Seed to Table

<table>
<thead>
<tr>
<th>Activities</th>
<th>Duration</th>
<th>Designed For ages:</th>
<th>Art</th>
<th>Language</th>
<th>Social studies, history &amp; geography</th>
<th>Math</th>
<th>Science &amp; technology</th>
<th>Health</th>
<th>Environment</th>
<th>Claim this many points</th>
<th>Counts towards any of these badges</th>
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</thead>
<tbody>
<tr>
<td>Sprout a seed</td>
<td>30 mins to 1 day</td>
<td>Kids, youth, all ages</td>
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<tr>
<td>Grow food</td>
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<td>All ages</td>
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<tr>
<td>Visit a farm</td>
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<td>All ages</td>
<td></td>
<td></td>
<td>Understand what it is like to grow food for a living</td>
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<tr>
<td>Volunteer at a community garden</td>
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<td>All ages</td>
<td></td>
<td></td>
<td>Learn about providing access to fresh, healthy, affordable produce</td>
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<tr>
<td>Start a food garden</td>
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<td>All ages</td>
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<td></td>
<td>Learn to seek permission, get organized, influence decision-makers</td>
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<td>Calculate quantities, growing times, prepare care schedules</td>
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<tr>
<td>Companion planting</td>
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<td>All ages</td>
<td></td>
<td></td>
<td>Learn the cultural and historical significance of companion planting</td>
<td></td>
<td>Understand the biological benefits of companion planting</td>
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<tr>
<td>Track your plants' growth</td>
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<td>All ages</td>
<td></td>
<td></td>
<td>Measure and track plant growth</td>
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<td>Study plant growth</td>
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<tr>
<td>Harvest your food</td>
<td></td>
<td>All ages</td>
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<tr>
<td>Go gleaning</td>
<td></td>
<td>All ages</td>
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</table>
## 2 More Than Just Food

### Activities

<table>
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<tr>
<th>Activity</th>
<th>Duration</th>
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<th>Art</th>
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<th>Social Studies, History &amp; Geography</th>
<th>Math</th>
<th>Science &amp; Technology</th>
<th>Health</th>
<th>Environment</th>
<th>Claim this many points</th>
<th>Counts towards any of these badges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn husk creation</td>
<td></td>
<td>All ages</td>
<td>Get creative</td>
<td>Recognize historical use of local materials</td>
<td>Encourage engineering thinking</td>
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<td>Creative reuse</td>
</tr>
<tr>
<td>Experiment with corn husks</td>
<td></td>
<td>All ages</td>
<td>Get creative</td>
<td>Recognize historical use of local materials</td>
<td>Encourage engineering thinking</td>
<td></td>
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<td>5</td>
<td>Creative reuse</td>
</tr>
<tr>
<td>Share your creations publicly or through social media</td>
<td></td>
<td>All ages</td>
<td>Use creative language to articulate the impact of your use of food waste</td>
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<td></td>
<td>Raise awareness</td>
<td>5</td>
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</tr>
<tr>
<td>Sharing Stories, Preserving Food (Interview an elder)</td>
<td></td>
<td></td>
<td>Use stories to share knowledge</td>
<td>Research historical practices through interviews</td>
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<tr>
<td>Compile a cookbook of zero food waste family recipes</td>
<td></td>
<td></td>
<td>Use drawings photos and design to make your cookbook attractive</td>
<td>Capture recipes, techniques and stories in the cookbook</td>
<td>Share intergenerational knowledge</td>
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<td>Share zero-waste cooking recipes and techniques</td>
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<tr>
<td>Edit your audio recording and get it broadcast</td>
<td></td>
<td></td>
<td>Make an impact with creative use of music and audio effects</td>
<td>Prepare, write and edit interview material for maximum impact</td>
<td>Use audio equipment and editing technology to prepare final podcast</td>
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<tr>
<td>Cook together with an elder</td>
<td></td>
<td></td>
<td>Explore intergenerational knowledge-sharing</td>
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<td></td>
<td></td>
<td>Learn healthy cooking techniques</td>
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## 3 Celebrating "Ugly" Food

<table>
<thead>
<tr>
<th>Activities</th>
<th>Duration</th>
<th>Art</th>
<th>Language</th>
<th>Social studies, history &amp; geography</th>
<th>Math</th>
<th>Science &amp; technology</th>
<th>Health</th>
<th>Environment</th>
<th>Claim this many points</th>
<th>Counts towards any of these badges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Design an &quot;ugly&quot; food superhero poster</td>
<td>All ages</td>
<td>All ages</td>
<td>Encourage creativity, drawing and design skills</td>
<td>Use language to share an important message</td>
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<td>Raise awareness about the environmental impact of wasting food</td>
</tr>
<tr>
<td>Create a comic strip story</td>
<td>All ages</td>
<td>All ages</td>
<td>Encourage creativity, drawing and design skills</td>
<td>Encourage story telling and use of dialogue</td>
<td>Address social issues associated with judgment based on appearance</td>
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<td></td>
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<td>Address environmental impacts of food waste</td>
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<tr>
<td>&quot;Ugly&quot; food taste test</td>
<td>All ages</td>
<td>All ages</td>
<td>Celebrates creativity</td>
<td>Requires preparation of messaging for promotion and presentation</td>
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<td>Experiment using senses</td>
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<tr>
<td>Comic Competition</td>
<td>All ages</td>
<td>All ages</td>
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<tr>
<td>Prepare an &quot;Ugly&quot; food meal</td>
<td>All ages</td>
<td>All ages</td>
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<td></td>
<td>Learn to cook with fresh produce</td>
<td>Learn how to keep food from getting wasted in the kitchen</td>
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<tr>
<td>&quot;Ugly&quot; food heroes media project</td>
<td>All ages</td>
<td>All ages</td>
<td>Use comic strip, animation, or film-making to tell a compelling story</td>
<td>Prepare impactful language to accompany the chosen media</td>
<td>Use your chosen media to address social and environmental issues</td>
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<td>Raise awareness about the environmental impact of wasting food</td>
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<tr>
<td>Host a film screening of your work</td>
<td>All ages</td>
<td>All ages</td>
<td>Design promotional materials</td>
<td>Prepare messaging, promotions and MC notes</td>
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<td>Raise awareness about the environmental impact of wasting food</td>
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### 4 Mission Possible: Stop Food Waste at its Source

<table>
<thead>
<tr>
<th>Activities</th>
<th>Duration</th>
<th>Designed For ages:</th>
<th>Art</th>
<th>Language</th>
<th>Social studies, history &amp; geography</th>
<th>Meth</th>
<th>Science &amp; technology</th>
<th>Health</th>
<th>Environment</th>
<th>Claim this many points</th>
<th>Counts towards any of these badges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food waste detectives inventory and meal plan</td>
<td>All ages</td>
<td>All ages</td>
<td></td>
<td></td>
<td>Study human behavior to get to the root of a problem</td>
<td></td>
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<td></td>
<td>Study household behavior to reduce food waste</td>
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<tr>
<td>Prepare a rescued food meal</td>
<td>All ages</td>
<td>All ages</td>
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<td></td>
<td>Calculate money spent on wasted food</td>
<td>Use charts to record observations</td>
<td></td>
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<td>Learn to cook with fresh produce</td>
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<tr>
<td>Share your salvaged meal ideas</td>
<td>All ages</td>
<td>All ages</td>
<td>Use drawing or photography to share before and after images of the food you salvaged</td>
<td>Write a description or recipe for your meal and share how you prevented food waste</td>
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<td>Learn to prevent food waste</td>
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<tr>
<td>Your Mission: Getting to the Root of Food Waste</td>
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<td>Study human behavior to understand root causes of issues and develop solutions</td>
<td>Uses detailed observation, recording and analysis to make conclusions</td>
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<td>Study household behavior to reduce food waste</td>
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<tr>
<td>Food Waste Manifesto</td>
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<td>Use pointed language to influence behavior</td>
<td>Understand the impact of language on behavior</td>
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<td>Promote action on food waste prevention</td>
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<tr>
<td>Before and After Waste Audit</td>
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<td>Use measurement to weigh and categorize food waste</td>
<td>Use analysis and comparison to understand causation</td>
<td></td>
<td>Measure discards to understand how food waste can be prevented</td>
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<tr>
<td>Activities</td>
<td>Duration Designed For ages:</td>
<td>Art</td>
<td>Language</td>
<td>Social studies, history &amp; geography</td>
<td>Math</td>
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<td>Environment</td>
<td>Claim this many points</td>
<td>Counts towards any of these badges:</td>
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<tr>
<td>Simple food waste audit</td>
<td>(30 mins to 1 day or Multi-day)</td>
<td>All ages</td>
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<tr>
<td>Food waste prevention posters</td>
<td>All ages</td>
<td></td>
<td>Use creativity to express an important concept</td>
<td></td>
<td>Use weighing and sorting to measure food waste</td>
<td>Use simple scientific methods to understand a problem</td>
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<td>Understand what is getting wasted and why</td>
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<tr>
<td>Brainstorm food waste prevention ideas</td>
<td>All ages</td>
<td></td>
<td>Uses creative thinking to shift human behavior</td>
<td></td>
<td>Use weighing and sorting to measure food waste</td>
<td>Use simple scientific methods to measure the impact of a solution</td>
<td></td>
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<td>Raise awareness about food waste</td>
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<tr>
<td>Second waste audit</td>
<td>All ages</td>
<td></td>
<td>Study impact of posters on human behavior</td>
<td></td>
<td>Use weighing and sorting to measure food waste</td>
<td>Use simple scientific methods to measure the impact of a solution</td>
<td></td>
<td></td>
<td>Study impact of posters on human behavior</td>
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<tr>
<td>Share your results</td>
<td>All ages</td>
<td></td>
<td>Find creative ways to share information</td>
<td></td>
<td>Use language to encourage behavior change</td>
<td>Express mathematical results clearly and with impact</td>
<td>Explain scientific results clearly and with impact</td>
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<td>Raise awareness about solutions</td>
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<tr>
<td>Categorized Food Waste Audit</td>
<td>All ages</td>
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<td>Understand what is getting wasted and why</td>
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<tr>
<td>Make posters and share results</td>
<td>All ages</td>
<td></td>
<td>Use creative techniques to raise awareness</td>
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<td>Use language to influence behavior</td>
<td>Use language to influence behavior</td>
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<td>Raise awareness about food waste</td>
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<tr>
<td>Make new bins and labels</td>
<td>All ages</td>
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<td>Use carefully thought out design to shift behavior</td>
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<td>Use language to influence behavior</td>
<td>Study human behavior to understand an issue</td>
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<td>Help others to prevent food waste</td>
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<tr>
<td>Second waste audit</td>
<td>All ages</td>
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<td>Study impact of posters on human behavior</td>
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<td>Measure your greenhouse gas reductions</td>
<td>All ages</td>
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<td>Calculate your impact on reducing climate change</td>
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</table>
# 6 Food Innovators

| Activities | Duration | Designed for ages: | Art | Language | Social studies, history & geography | Math | Science & technology | Health | Environment | Claim this many points | Counts towards any of these badges:
<table>
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<tbody>
<tr>
<td>Food Waste-Fighting Popsicles</td>
<td>(30 mins to 1 day or Multi-day)</td>
<td>(Kids, youth, all ages)</td>
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<tr>
<td>Promote your earth-saving flavor</td>
<td></td>
<td>Use creativity to share an important message</td>
<td>Use language to share an important message</td>
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<td></td>
<td>Learn to prepare healthy snacks</td>
<td>Prevent waste by rescuing food</td>
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<tr>
<td>Sell your Popsicles as a fundraiser</td>
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<td>Support a social cause</td>
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<tr>
<td>Rescue food in another way</td>
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<tr>
<td>Food Preservation Exploration</td>
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<td>Research historic means of preserving food</td>
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<tr>
<td>Make Watermelon Rind Pickle</td>
<td></td>
<td>Use drawing, photography and design to make the cookbook appealing</td>
<td>Include stories, histories and carefully worded instructions with recipes</td>
<td>Use research to discover historic and common preservation techniques</td>
<td>Use math to test recipes and convert measurements</td>
<td>Learn about the role of acidity in food preservation</td>
<td>Rescue and preserve food</td>
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<tr>
<td>Create a cookbook of food preservation techniques and recipes</td>
<td></td>
<td>Use drawings, photography and design to make the cookbook appealing</td>
<td>Include stories, histories and carefully worded instructions with recipes</td>
<td>Use research to discover historic and common preservation techniques</td>
<td>Use math to test recipes and convert measurements</td>
<td>Share knowledge to promote food waste prevention</td>
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<tr>
<td>Build a solar dehydrator</td>
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<td>Use measurements and calculations to prepare and assemble building materials</td>
<td>Use renewable energy to prevent food waste</td>
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## 7 Food Rescue & Sharing

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<th>Language</th>
<th>Social studies, history &amp; geography</th>
<th>Math</th>
<th>Science &amp; technology</th>
<th>Health</th>
<th>Environment</th>
<th>Claim this many points</th>
<th>Counts towards any of these badges</th>
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</thead>
<tbody>
<tr>
<td>Present food sharing celebrations</td>
<td>30 mins to 1 day</td>
<td>(kids, youth, all ages)</td>
<td>Creatively present what you learned</td>
<td>Learn to research and present</td>
<td>Learn about other cultures traditions around food sharing</td>
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<tr>
<td>Make stone soup</td>
<td>All ages</td>
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<td></td>
<td>Learn to make healthy soup</td>
<td>Rescue food</td>
</tr>
<tr>
<td>Attend a harvest festival</td>
<td>All ages</td>
<td></td>
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<td></td>
<td>Learn about cultural relationships to harvest and food preparation</td>
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<td></td>
<td>Learn to make healthy soup</td>
<td>Make a habit of rescuing food</td>
</tr>
<tr>
<td>Start a soup making club</td>
<td>All ages</td>
<td></td>
<td></td>
<td></td>
<td>Learn about supporting other community members through food rescue</td>
<td></td>
<td>Learn to use measurements to cook for large groups</td>
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<td></td>
<td>Learn to make healthy soup</td>
<td>Rescue food</td>
</tr>
<tr>
<td><strong>Mini Disco Soup Party</strong></td>
<td>All ages</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Learn to make healthy soup</td>
<td>Rescue food to eat</td>
</tr>
<tr>
<td><strong>Mega Disco Soup Party</strong></td>
<td>All ages</td>
<td></td>
<td>Use art, photography and design to promote your event</td>
<td>Prepare a media release</td>
<td>Estimate attendance, measure rescued food, cook for quantities</td>
<td></td>
<td>Learn to make healthy soup</td>
<td></td>
<td></td>
<td>Learn to make healthy soup</td>
<td>Rescue food and promote food waste prevention</td>
</tr>
</tbody>
</table>

**Kids' Action Kit**

**Youth Action Kit**

*(30 mins to 1 day or Multi-day)*
## Get Composting!

<table>
<thead>
<tr>
<th>Activities</th>
<th>Duration</th>
<th>Art</th>
<th>Language</th>
<th>Social studies, history &amp; geography</th>
<th>Math</th>
<th>Science &amp; technology</th>
<th>Health</th>
<th>Environment</th>
<th>Claim this many points</th>
<th>Counts towards any of these badges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand edible and unavoidable food waste</td>
<td>30 mins to 1 day or Multi-day</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td>Understand compost and organic material</td>
<td>Understand compost and organic material</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td>5</td>
</tr>
<tr>
<td>Start a worm composter</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td>Understand the role of worms in breaking down plant material</td>
<td>Compost organic waste instead of sending it to landfill</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td>10</td>
</tr>
<tr>
<td>Build an outdoor composter</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td>Learn about decomposition and the nutrient cycle in nature</td>
<td>Compost all your organic waste</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td>10</td>
</tr>
<tr>
<td>Build your own composter</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
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<td>10</td>
</tr>
<tr>
<td>Start a community compost program</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td>Calculate estimates for numbers of participants, food waste to be processed, employee work hours, and fees charged for your services</td>
<td>Understand the biology behind maintaining healthy compost</td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td><img src="https://via.placeholder.com/15" alt="Image" /></td>
<td>20</td>
</tr>
</tbody>
</table>

**Kids' Action Kit**

- Develop plans to gain permission and promotional materials to clearly define how your program works
- Research local regulations around community composting
- Understand the biology behind maintaining healthy compost

**Youth Action Kit**

- All ages
- All ages
- All ages
- All ages

- 30 mins to 1 day or Multi-day
## Where does it all go?

<table>
<thead>
<tr>
<th>Activities</th>
<th>Duration</th>
<th>Designed for ages:</th>
<th>Art</th>
<th>Language</th>
<th>Social studies, history &amp; geography</th>
<th>Math</th>
<th>Science &amp; technology</th>
<th>Health</th>
<th>Environment</th>
<th>Claim this many points</th>
<th>Counts towards any of these badges:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study existing bins</td>
<td>All ages</td>
<td>(30 mins to 1 day or Multi-day)</td>
<td>Share results creatively</td>
<td>Use language to articulate findings</td>
<td>Study human behavior to solve a problem</td>
<td>Use observation to study a problem</td>
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<td>5</td>
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</tr>
<tr>
<td>Design your own green bins and labels</td>
<td>All ages</td>
<td></td>
<td>Use creativity to design a better bin</td>
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<td></td>
</tr>
<tr>
<td>Conduct before-and-after waste audits</td>
<td>All ages</td>
<td></td>
<td>Use photography or drawings to share designs</td>
<td>Write with pen pals, possibly in another language</td>
<td>Explore other places, discover different in designs</td>
<td>Learn how design influences behavior</td>
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<td>10</td>
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</tr>
<tr>
<td>Share this activity with a pen pal</td>
<td>All ages</td>
<td></td>
<td>Use photography or drawings to share designs</td>
<td>Use language to articulate your design thinking and impact</td>
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<tr>
<td>Share your bin designs on social media</td>
<td>All ages</td>
<td></td>
<td>Use photography or drawings to share designs</td>
<td>Use language to articulate your design thinking and impact</td>
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<tr>
<td>Map out your local waste system</td>
<td>All ages</td>
<td></td>
<td></td>
<td></td>
<td>Develop research, interview, and mapping skills</td>
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</tr>
<tr>
<td>Do the math</td>
<td></td>
<td></td>
<td></td>
<td>Research, calculate, and estimate quantities of waste managed in various facilities</td>
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<tr>
<td>Create an infographic</td>
<td>All ages</td>
<td></td>
<td>Use art and design to express systems in a clear and impactful way</td>
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<tr>
<td>Develop system improvements and present recommendations</td>
<td>All ages</td>
<td></td>
<td></td>
<td>Use research, design, and presentation skills, influence decision-makers</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Zero waste challenge</td>
<td>All ages</td>
<td></td>
<td></td>
<td>Use self-reflection and analysis</td>
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</tr>
<tr>
<td>Play the Race to the Heart of the Circular Economy Game</td>
<td>All ages</td>
<td>All ages</td>
<td>Use creative thinking to find uses for everyday food waste materials</td>
<td>Counting</td>
<td>Use creative thinking to find uses for all types of food waste materials</td>
<td>Learn about circular systems thinking</td>
<td>5</td>
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</tr>
<tr>
<td>Invite a food entrepreneur to play</td>
<td>All ages</td>
<td>All ages</td>
<td>Use creative thinking to find uses for everyday food waste materials and learn to influence a public figure</td>
<td>Counting</td>
<td>Use creative thinking to find uses for all types of food waste materials</td>
<td>Explore circular systems thinking with a local business</td>
<td>10</td>
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</tr>
<tr>
<td>Trash to Treasure - Support a local business in seeking food waste solutions</td>
<td>All ages</td>
<td>All ages</td>
<td>Combine your skills to learn about a business and help them seek effective food waste solutions</td>
<td>Counting</td>
<td>Use creative thinking to find uses for all types of food waste materials</td>
<td>Explore circular economy thinking with a local business</td>
<td>10</td>
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</tr>
<tr>
<td>Feature a Food Waste Hero in a blog</td>
<td>All ages</td>
<td>All ages</td>
<td>Share the story of a successful food waste innovator</td>
<td>Counting</td>
<td>Use creative thinking to find uses for all types of food waste materials</td>
<td>Promote circular systems thinking</td>
<td>10</td>
<td></td>
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</tr>
<tr>
<td>Feature a Food Waste Hero with an awards event</td>
<td>All ages</td>
<td>All ages</td>
<td>Combine your skills to organize an impactful event</td>
<td>Counting</td>
<td>Use creative thinking to find uses for all types of food waste materials</td>
<td>Promote circular systems thinking</td>
<td>10</td>
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</tr>
</tbody>
</table>
For more information:

Commission for Environmental Cooperation
700 de la Gauchetière St. West, Suite 1620
Montréal (Québec)
H3B 5M2 Canada

t: +1 514.350.4300  f: +1 514.350.4314
info@cec.org / www.cec.org