

Food Matters Action Kit Activity Guide

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



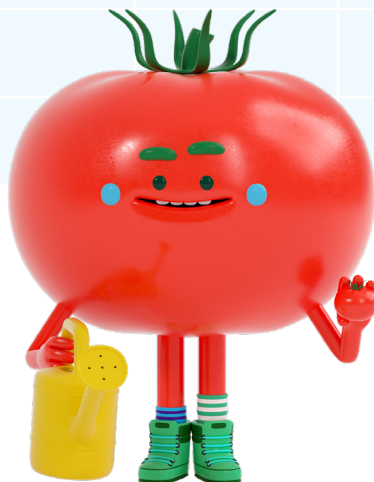
CEC
CCA
CCE

1 From Seed to Table

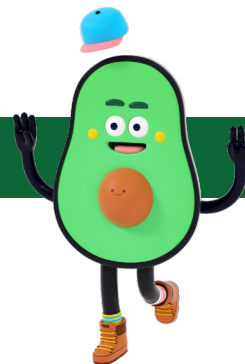
Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Sprout a seed							Understand plant growth		Learn to value food by growing it	5	
Grow food							Understand biology of a seed and plant growth		Learn to grow organic food	10	
Visit a farm					Understand what it is like to grow food for a living		Understand nutrient cycling, plant care and animal husbandry		Learn about our food system	10	
Volunteer at a community garden		All ages			Learn about providing access to fresh, healthy, affordable produce		Learn about plant growth and nutrient cycling	Learn how to grow fresh, healthy produce	Learn to value food by growing it	10	
Start a food garden		All ages			Learn to seek permission, get organized, influence decision-makers	Calculate quantities, growing times, prepare care schedules	Learn to care for soil and of the life cycles of various plant species	Learn how to grow fresh, healthy produce	Learn to grow organic food	20	
Companion planting		All ages			Learn the cultural and historical significance of companion planting		Understand the biological benefits of companion planting		Learn to grow organic food	5	
Track you plants' growth		All ages				Measure and track plant growth	Study plant growth		Learn to grow organic food	5	
Harvest your food		All ages						Learn how to grow fresh, healthy produce		10	
Go gleaning		All ages						Learn about food	Keep food from going to waste	10	

Kids' Action Kit

Youth Action Kit



2 More Than Just Food





















Kids' Action Kit

Youth Action Kit

Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Corn husk creation		All ages	Get creative		Recognize historical use of local materials		Encourage engineering thinking		Creative reuse	5	
Experiment with corn husks		All ages	Get creative		Recognize historical use of local materials		Encourage engineering thinking		Creative reuse	5	
Share your creations publicly or through social media		All ages		Use creative language to articulate the impact of your use of food waste					Raise awareness	5	
Sharing Stories, Preserving Food (Interview an elder)				Use stories to share knowledge	Research historical practices through interviews					10	
Compile a cookbook of zero food waste family recipes			Use drawings photos and design to make your cookbook attractive	Capture recipes, techniques and stories in the cookbook	Share intergenerational knowledge				Share zero-waste cooking recipes and techniques	10	
Edit your audio recording and get it broadcast			Make an impact with creative use of music and audio effects	Prepare, write and edit interview material for maximum impact			Use audio equipment and editing technology to prepare final podcast			20	
Cook together with an elder					Explore inter-generational knowledge-sharing			Learn healthy cooking techniques	Learn food waste prevention techniques	10	












3 Celebrating "Ugly" Food














Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Design an "ugly" food superhero poster		All ages	Encourage creativity, drawing and design skills	Use language to share an important message					Raise awareness about the environmental impact of wasting food	5	
Create a comic strip story		All ages	Encourage creativity, drawing and design skills	Encourage story telling and use of dialogue	Address social issues associated with judgment based on appearance		Address environmental impacts of food waste	Address the importance of eating fruits and vegetables		10	
"Ugly" food taste test		All ages					Experiment using senses			5	 
Comic Competition		All ages	Celebrates creativity	Requires preparation of messaging for promotion and presentation						10	
Prepare an "Ugly" food meal		All ages						Learn to cook with fresh produce	Learn how to keep food from getting wasted in the kitchen	10	 
"Ugly" food heroes media project			Use comic strip, animation, or film-making to tell a compelling story	Prepare impactful language to accompany the chosen media	Use your chosen media to address social and environmental issues				Raise awareness about the environmental impact of wasting food	10	
Host a film screening of your work			Design promotional materials	Prepare messaging, promotions and MC notes					Raise awareness about the environmental impact of wasting food	20	

4 Mission Possible: Stop Food Waste at its Source

Kids' Action Kit

Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Food waste detectives inventory and meal plan		All ages			Study human behavior to get to the root of a problem	Calculate money spent on wasted food	Use charts to record observations		Study household behavior to reduce food waste	5	  
Prepare a rescued food meal		All ages						Learn to cook with fresh produce	Learn to cook to prevent food waste	10	  
Share your salvaged meal ideas		All ages	Use drawing or photography to share before and after images of the food you salvaged	Write a description or recipe for your meal and share how you prevented food waste					Promote your food waste prevention creations	5	 




























Youth Action Kit

Your Mission: Getting to the Root of Food Waste	 				Study human behavior to understand root causes of issues and develop solutions		Uses detailed observation, recording and analysis to make conclusions		Study household behavior to reduce food waste	5	 
Food Waste Manifesto	 			Use pointed language to influence behavior	Understand the impact of language on behavior				Promote action on food waste prevention	5	
Before and After Waste Audit	 					Use measurement to weigh and categorize food waste	Use analysis and comparison to understand causation		Measure discards to understand how food waste can be prevented	10	 

5 Garbology

Kids' Action Kit

Youth Action Kit

Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Simple food waste audit		All ages				Use weighing and sorting to measure food waste	Use simple scientific methods to understand a problem		Understand what is getting wasted and why	10	 
Food waste prevention posters		All ages	Use creativity to express an important concept	Use language to influence behavior					Raise awareness about food waste	5	 
Brainstorm food waste prevention ideas		All ages			Uses creative thinking to shift human behavior				Find solutions to food waste	5	 
Second waste audit		All ages			Study impact of posters on human behavior	Use weighing and sorting to measure food waste	Use simple scientific methods to measure the impact of a solution		Study impact of posters on human behavior	10	 
Share your results		All ages	Find creative ways to share information	Use language to encourage behavior change		Express mathematical results clearly and with impact	Explain scientific results clearly and with impact		Raise awareness about solutions	5	 
Categorized Food Waste Audit		All ages				Use measurement and categorization to understand an issue			Understand what is getting wasted and why	10	 
Make posters and share results		All ages	Use creative techniques to raise awareness	Use language to influence behavior					Raise awareness about food waste	5	
Make new bins and labels		All ages	Use carefully thought out design to shift behavior	Use language to influence behavior	Study human behavior to understand an issue				Help others to prevent food waste	10	
Second waste audit		All ages				Use weighing and sorting to measure food waste	Use simple scientific methods to measure impact		Study impact of posters on human behavior	10	 
Measure your greenhouse gas reductions		All ages				Use calculations to measure impact			Calculate your impact on reducing climate change	5	



6 Food Innovators

Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Food Waste- Fighting Popsicles								Learn to prepare healthy snacks	Prevent waste by rescuing food	5	
Promote your earth-saving flavor			Use creativity to share an important message	Use language to share an important message					Promote food waste prevention	5	
Sell your Popsicles as a fundraiser					Support a social cause					5	
Rescue food in another way								Learn to prepare healthy meals	Practice food rescue	5	
Food Preservation Exploration					Research historic means of preserving food				Rescue and preserve food	5	
Make Watermelon Rind Pickle						Practice using recipes, measurement and timing	Learn about the role of acidity in food preservation		Rescue and preserve food	5	
Create a cookbook of food preserva- tion techniques and recipes			Use drawing, photography and design to make the cookbook appealing	Include stories, histories and carefully worded instructions with recipes	Use research to discover historic and common preservation techniques	Use math to test recipes and convert measurements			Share knowledge to promote food waste prevention	10	
Build a solar dehydrator						Use measurements and calculations to prepare and assemble building materials			Use renewable energy to prevent food waste	20	



7 Food Rescue & Sharing

Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Present food sharing celebrations			Creatively present what you learned	Learn to research and present	Learn about other cultures traditions around food sharing					5	
Make stone soup								Learn to make healthy soup	Rescue food	5	
Attend a harvest festival					Learn about cultural relationships to harvest and food preparation					5	
Start a soup making club		All ages			Learn about supporting other community members through food rescue	Learn to use measurements to cook for large groups		Learn to make healthy soup	Make a habit of rescuing food	10	
Mini Disco Soup Party		All ages						Learn to make healthy soup	Rescue food to eat	5	
Mega Disco Soup Party			Use art, photography and design to promote your event	Prepare a media release		Estimate attendance, measure rescued food, cook for quantities		Learn to make healthy soup	Rescue food and promote food waste prevention	20	

Kid's Action Kit















Youth Action Kit



8 Get Composting!

Kid's Action Kit

Youth Action Kit

Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Understand- ing edible and unavoidable food waste							Understand compost and organic material		Understand compost and organic material	5	
Start a worm composter							Understand the role of worms in breaking down plant material		Compost organic waste instead of sending it to landfill	10	
Build an out- door composter		All ages					Learn about decomposition and the nutrient cycle in nature		Compost all your organic waste	10	
Build your own composter		All ages					Learn about decomposition and the nutrient cycle in nature		Compost all your organic waste	10	
Start a community compost program				Develop plans to gain permission and promotional materials to clearly define how your program works	Research local regulations around community composting	Calculate estimates for numbers of participants, food waste to be processed, employee work hours, and fees charged for your services	Understand the biology behind maintaining healthy compost		Grow composting in your community	20	 



9 Where does it all go?



Kids' Action Kit

Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Study existing bins		All ages	Share results creatively	Use language to articulate findings	Study human behavior to solve a problem		Use observation to study a problem			5	
Design your own green bins and labels		All ages	Use creativity to design a better bin				Translate findings into workable solutions		Help improve diversion	5	
Conduct before-and- after waste audits		All ages				Measure and sort waste	Study waste to understand behavior and impact of design		Test your impact	10	
Share this activity with a pen pal		All ages	Use photography or drawings to share designs	Write with pen pals, possibly in another language	Explore other places, discover different in designs		Learn how design influences behavior			5	
Share your bin designs on social media		All ages	Use photography or drawings to share designs	Use language to articulate your design thinking and impact					Promote good environmental design	5	

Youth Action Kit














Map out your local waste system					Develop research, interview, and mapping skills					10	
Do the math						Research, calculate, and estimate quantities of waste managed in various facilities				5	
Create an infographic			Use art and design to express systems in a clear and impactful way						Promote understanding of local waste systems	5	
Develop system improvements and present recommendations					Use research, design, and presentation skills, influence decision- makers				Improve sustainability in your local waste system	10	
Zero waste challenge		All ages			Use self- reflection and analysis				Grow sustainable habits	10	

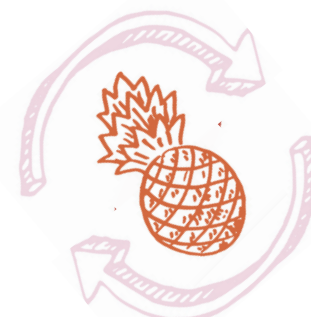


10 Closing the Loop: Towards a just and sustainable food system

Kids' Action Kit

Youth Action Kit

Activities	Duration (30 mins to 1 day or Multi-day)	Designed For ages: (kids, youth, all ages)	Art	Language	Social studies, history & geography	Math	Science & technology	Health	Environment	Claim this many points	Counts towards any of these badges:
Play the Race to the Heart of the Circular Economy Game		All ages			Use creative thinking to find uses for everyday food waste materials	Counting	Use creative thinking to find uses for all types of food waste materials		Learn about circular systems thinking	5	
Invite a food entrepreneur to play		All ages			Use creative thinking to find uses for everyday food waste materials and learn to influence a public figure				Explore circular systems thinking with a local business	10	
Trash to Treasure - Support a local business in seeking food waste solutions					Combine your skills to learn about a business and help them seek effective food waste solutions	Combine your skills to learn about a business and help them seek effective food waste solutions			Explore circular economy thinking with a local business	10	
Feature a Food Waste Hero in a blog				Share the story of a successful food waste innovator					Promote circular systems thinking	10	
Feature a Food Waste Hero with an awards event				Combine your skills to organize an impactful event					Promote circular systems thinking	10	



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

