



Secret Mission to Save Food, Money and the Planet

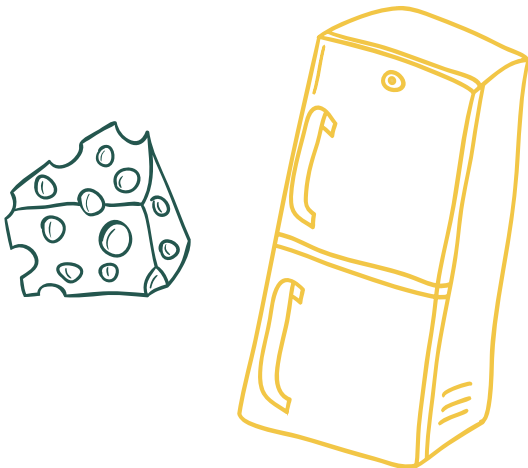
Investigate where
food is being
wasted at home

Sometimes we buy food but never get around to eating it. Maybe it was on sale and we bought too much. Maybe we didn't make a plan for the food we have. Sometimes we throw food out because of the expiry and best-before dates.²⁷ Or sometimes we forget about food in the back of the refrigerator. Now is the chance for you to be part of the solution and help your family save food and money.

Food Waste Detectives

Time: 1-2 hours

Calling all food-waste detectives! Your mission is to prevent food waste at home by "shopping" from your kitchen with your family. Save money and the planet by making your next meal with food you already have instead of buying more!





Food Detective List



Food Product	Quantity	Where is it stored?	Cost	State of the Food (freshness, etc.)
Fruit				
eg: Apples	5	Fridge	3.99	Brown spots forming
Vegetables				
Dairy				
Meat/ Protein				
Carbohydrate/ Staples				
Other				



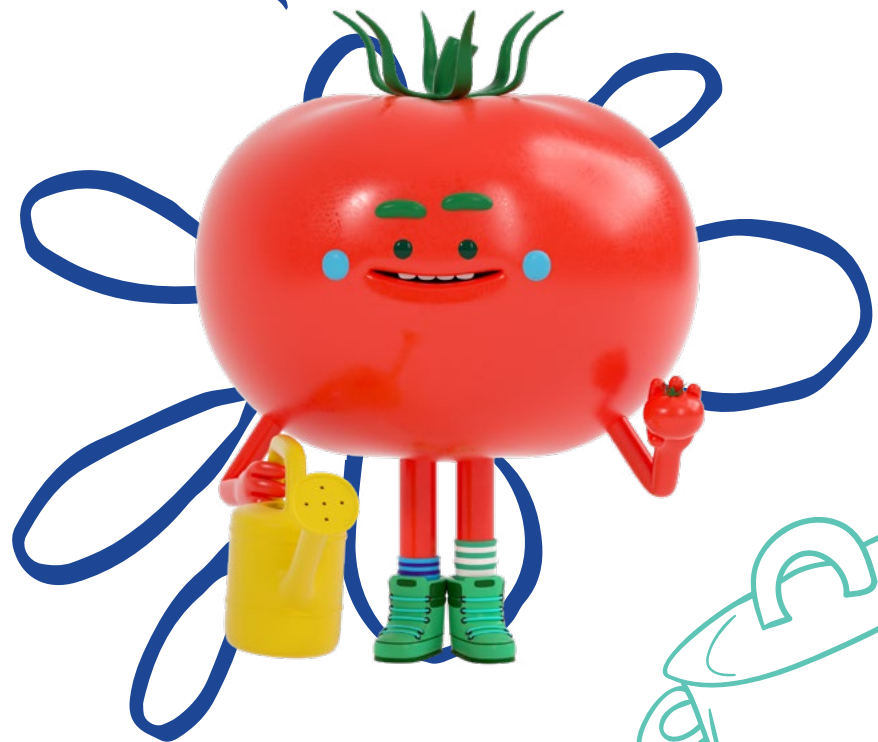
Making it Happen:

1. Find food in your kitchen that needs to be eaten.
2. Look for food that is wilting, spotting or near its expiry date.
3. Add the food to your food inventory list. Does it smell okay? Can it be saved?
4. Make sure food is properly stored in the refrigerator (fruits and vegetables in the crisper, dairy on the top shelf and meat on the lower shelf).²⁸
5. Freeze food that is still good but that you don't plan to eat right away.
6. Share your food detective list with your family and friends.
7. Develop a meal plan based on ingredients you have and share it with your family. Need ideas for how to prepare your ingredients? Enter them at Supercook.com²⁹ for recipe and meal ideas.

CLAIM
Claim 5 Grower-Chef, Rescuer, or Systems Thinker points

Did you know?

Almost half of the food waste produced across North America comes from our own kitchens. Learning shopping, storage and cooking tips to reduce food waste at home makes a huge difference.



Want to do More?

CLAIM
10 Grower-Chef or Innovator points

- It's time for a feast! Select items from each of your food inventories and prepare a meal.
- Share your inventory list and menu. Take before and after pictures of your salvaged ingredients and the meal you prepared. Share on Twitter or Instagram using #FoodMattersActionKit.
- See how often you can shop from your kitchen, saving food, money, preventing food waste and helping to save the planet!

CLAIM
5 Food Influencer points

²⁷Health Canada (2012). Best Before and Expiration Dates on Foods- What do they mean? <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2012/13660a-eng.php?_ga=1.232986716.339146496.1415224617>

²⁸Save the Food (2018). Where to Store Food. <<https://cswd.net/wp-content/uploads/CSWD-SAVE-THE-FOOD-Fridge-Guide-horizontal.jpg>>

²⁹Super Cook. <<https://www.supercook.com/#/recipes>>