

FOOD MATTERS

Action Kit for Kids & Youth

Inspiring Youth Across North America to Prevent Food Waste and Help Save our Planet

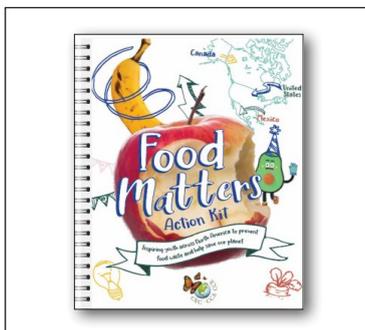
The Food Matters Action Kit is a free digital activity book designed to educate children and youth about the growing problem of food waste and inspire them to help prevent it. Featuring 20 easy-to-follow activities and ideas for dozens more, the Action Kit is suitable for any setting where young people gather to learn—from schools and clubs to youth groups and summer camps. Through fun and engaging activities like building a do-it-yourself composter and creating “ugly food” heroes, the Action Kit is accessible and relevant to kids and youth of today. Find out more at www3.cec.org/flwy



Activities specifically designed for children and youth aged 5-25 make learning about food waste fun, accessible and effective



One third of all food produced for human consumption goes to waste. In North America 168,000,000 tonnes of food is wasted each year



Free download available in English, French or Spanish



Educating children and youth about the impacts of food waste can have far-reaching benefits

Foster Change! The Food Matters Action Kit helps kids and youth form new habits and skills that carry into adulthood and can be passed on to others at home, school or in the broader community.

- 1 Knowledge is Power
- 2 Shift Behavior
- 3 Spread the Word

You can join the youth movement by registering your organization!
<http://www3.cec.org/flwy/join-the-youth-movement/>



Visit Our Website

www3.cec.org/flwy



Talk to Us

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