

Commission for Environmental Cooperation

Food Matters

Action Kit for Kids & Youth



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

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 www.cec.org/flwy

One Third of all food produced for human consumption goes to waste. In North America 168,000,000 tonnes of food is lost and 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 become a Young Food Hero by registering your group or organization!

www.cec.org/flwy/join-the-youth-movement/

Visit Our Website
www.cec.org/flwy

Talk to Us
514.350.4300

Send us a Message
info@cec.org



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