

Action Kit for Kids

Did you know that about one third of all food produced for people around the world goes to waste?

This is a huge amount, as big as a mountain!

Food waste is what happens in our homes and in stores, restaurants, schools and communities when we throw out perfectly good food. There's nothing wrong with this food, but it's ending up in the landfill, instead of our stomachs, because of decisions we make.

It's time to make that mountain smaller, and you can help at home or at school!

Here you'll find activities to do with your family or classmates!

This booklet belongs to
(write your name)



#ShrinkFoodWaste

#FoodMattersActionKit



COMMISSION FOR
ENVIRONMENTAL
COOPERATION

About you



My name



Where I live (my address)



My city

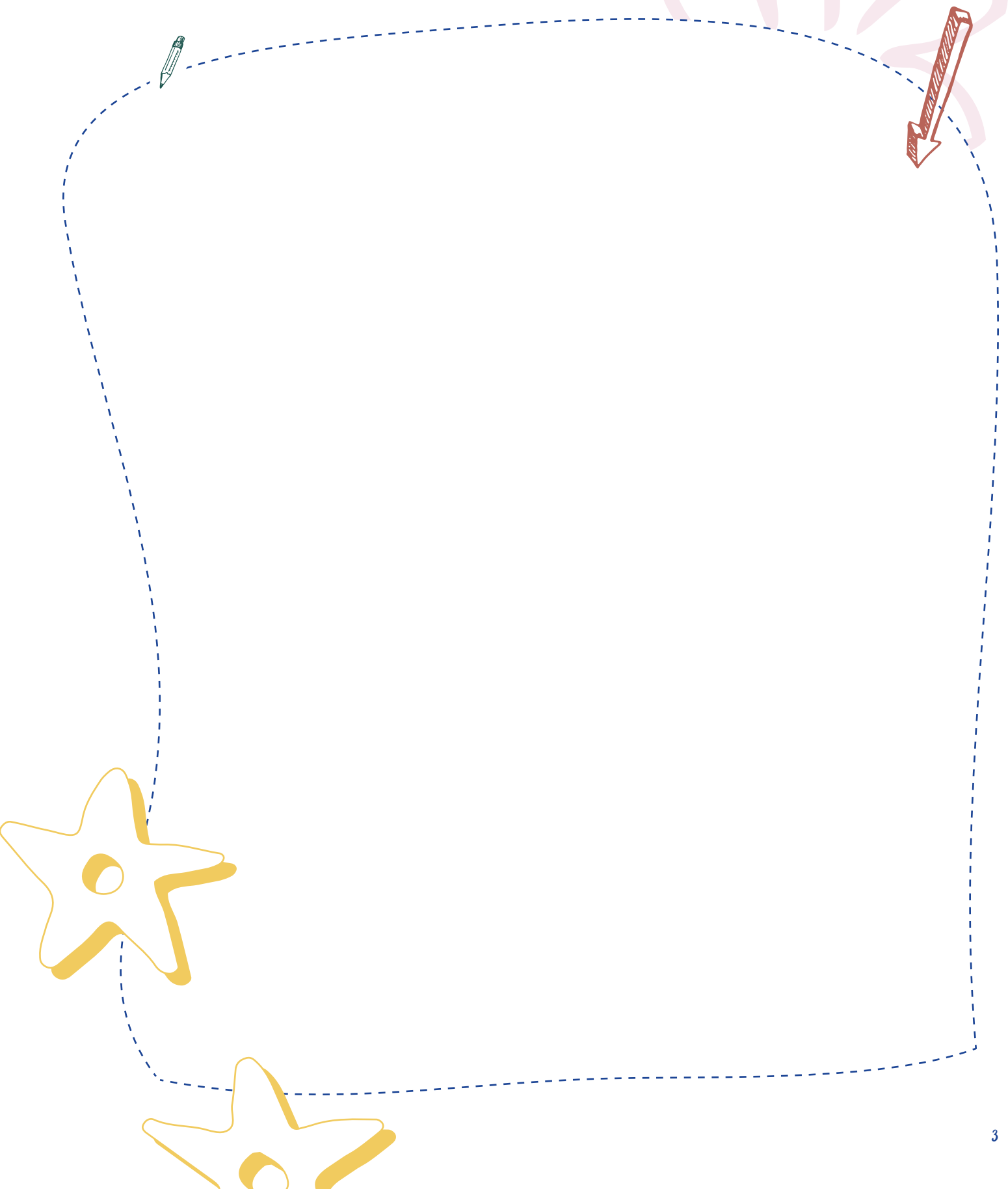


My school

This is my family

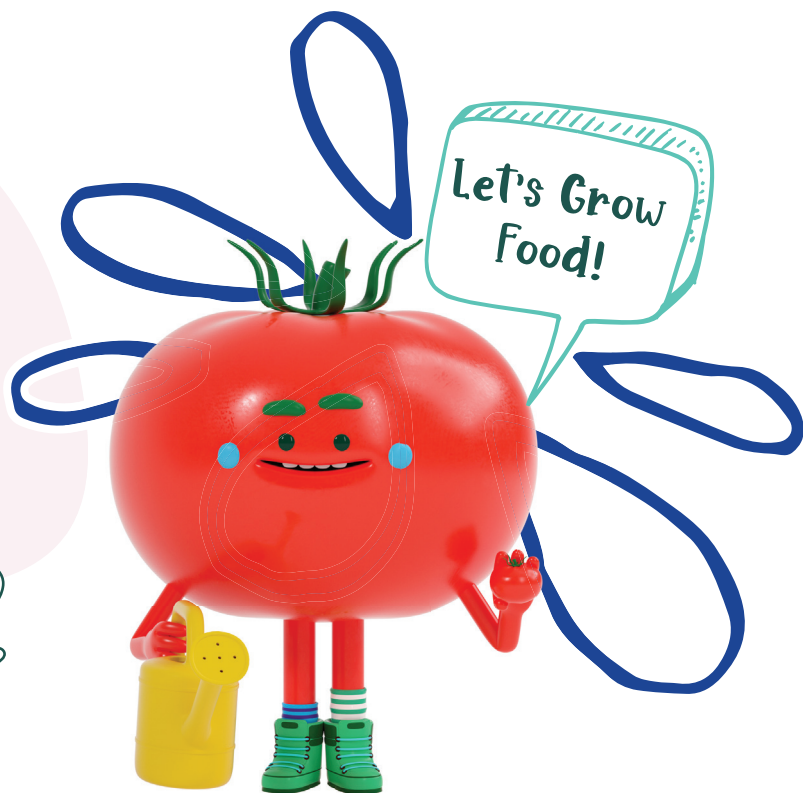


This is my house and my backyard (or front yard)! Draw them!



Activity #1: From Seed to Table

From Seed to Table



Do you know where your food comes from before it gets to the supermarket?

Food grows in gardens and forests. It is fished from oceans and rivers. It is hunted or gathered from the land. But most of our food comes from farms. Sometimes it's a family-run farm or a community garden, and sometimes it's a big commercial farm that stretches farther than the eye can see.

It takes land, proper soil and weather conditions, skills, labor, money and resources to produce the food we eat.

To help understand how much effort it takes to produce the food we eat, let's try to grow our own!



Let's Grow Food!

Time: 30 minutes

Nurturing: 12-16 weeks

Material

You'll Need: Remember to ask your mom/dad, grandparent, brother/sister, or teacher for help:

- Seeds (any edible plant).
- Soil
- Small cups or juice bottles, anything that you don't use and that can be fold into pots.
- Sunlight

Activity #1: From Seed to Table

Making it Happen:

1. Fill pots/cups with soil.
2. Examine your seeds. What shape are they? What color are they? **Draw them in your reserved workspace in this booklet.**
3. Imagine or draw what these little seeds will look like as a plant.
4. Poke a tiny two-seed-deep hole in the soil and place your seed in it and gently top with soil. **Write down how many pots and seeds you plant in your reserved workspace in this booklet.**
5. Label the pot with the name of the seed and the date you planted it.
6. Set the pot on a tray and place in a sunny window.
7. Check daily, keeping soil moist but not soggy. **Check off the days you water your plants so you don't forget!**
8. Take them outside if you have a backyard or at school, or just transplant them in bigger pots. **Draw your backyard pots or wherever you planted your seeds. Draw it in your workspace!**
9. Did you manage to grow something to eat? **Draw it in your workspace!**

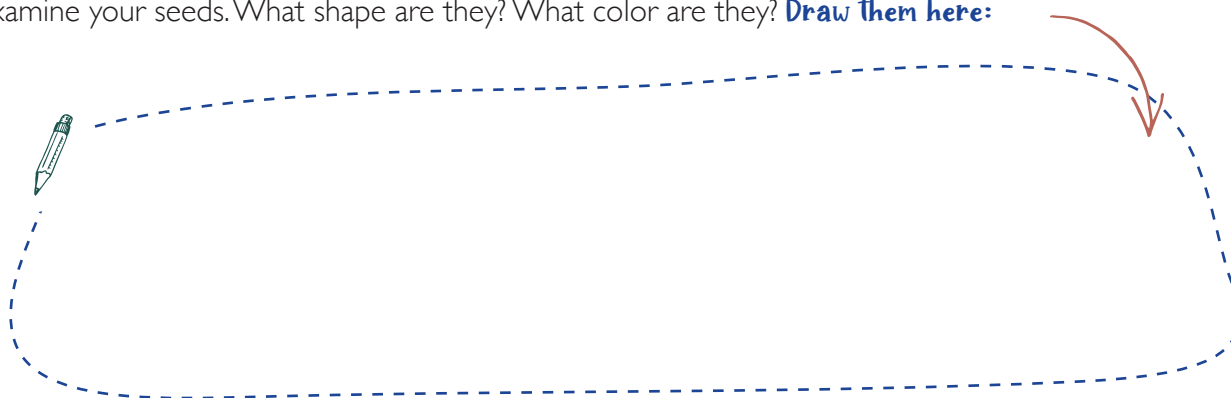
Woohoo Success!



Activity #1 workspace: From Seed to Table



1. Fill pots/cups with soil.
2. Examine your seeds. What shape are they? What color are they? **Draw them here:**



3. Imagine or draw what these little seeds will look like as a plant.
4. Poke a tiny two-seed-deep hole in the soil and place one seed in it and gently top with soil. **Write down how many pots and seeds you plant here:**



Plant Name



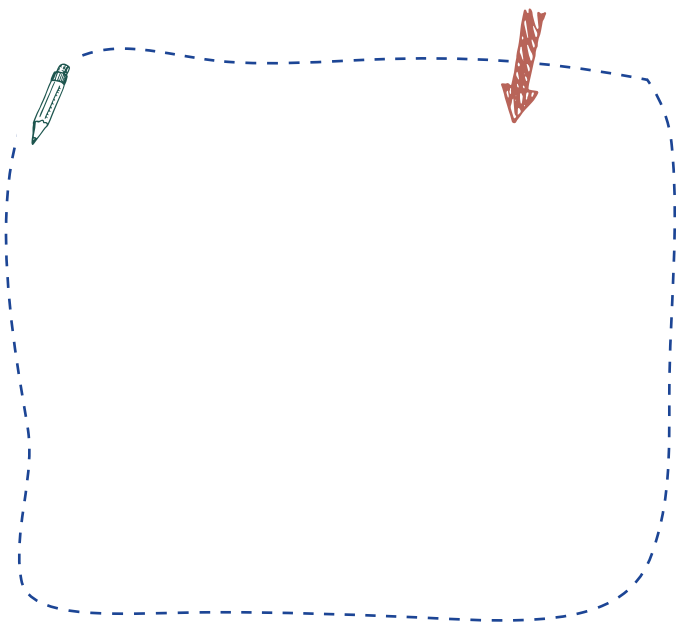
Number

5. Label the pot with the name of the seed and the date you planted it.
6. Set the pot on a tray and place in a sunny window.
7. Water the soil gently, so you don't wash away the seed. Check all your plants daily, keeping soil moist but not soggy. **Water the soil gently, so you don't wash away the seed. Check all your plants daily, keeping soil moist but not soggy.**

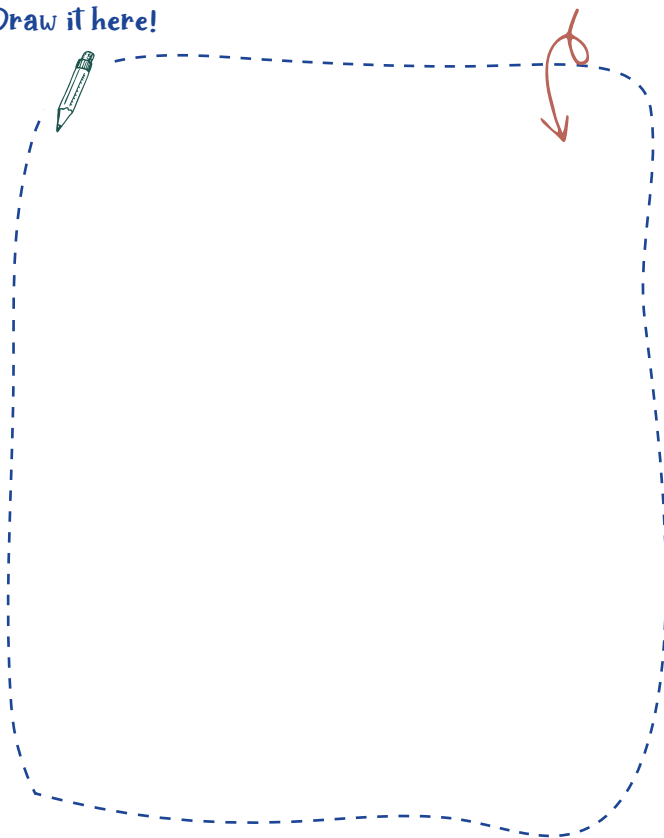
Check off the days you water your plants so you don't forget!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

8. It can take anywhere from 2 to 12 days for different seeds to germinate. When your seedling has three or four sets of leaves and there is no chance of frost, you can transplant it to a sunny location outside. Or just transplant them in bigger pots. **Draw your backyard pots or wherever you planted your seeds.**

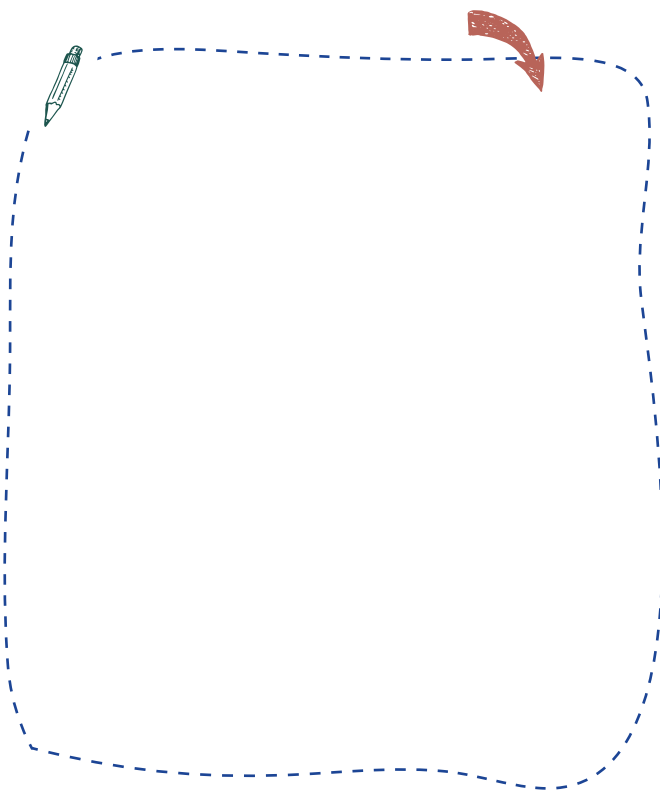


9. Did you manage to grow something to eat?
Draw it here!



What did you learn? You can answer these questions like a story

Draw it or tell it here, or on another sheet if it doesn't fit!



How long did each of the seeds take to sprout?



Did some grow better than others? Why do you think that was?



How has this activity changed the way you think about your food and where it comes from?



Activity #2: More Than Just Food



Just Food

Experimenting with food scraps as a useful material

Corn is more than just a commodity. From the Hopis of Northeast Arizona to the Tzotzil Maya of Mexico to the Haudenosaunee people living across Canada and the United States, corn has cultural and spiritual importance for many Indigenous peoples.

Of the hundreds of native corn varieties, we now commonly cultivate only 12, and the rest are at risk of becoming extinct. Conserving corn varieties is also about preserving and celebrating cultural identities, the land, biodiversity and Indigenous traditions.

Corn-husk Creation

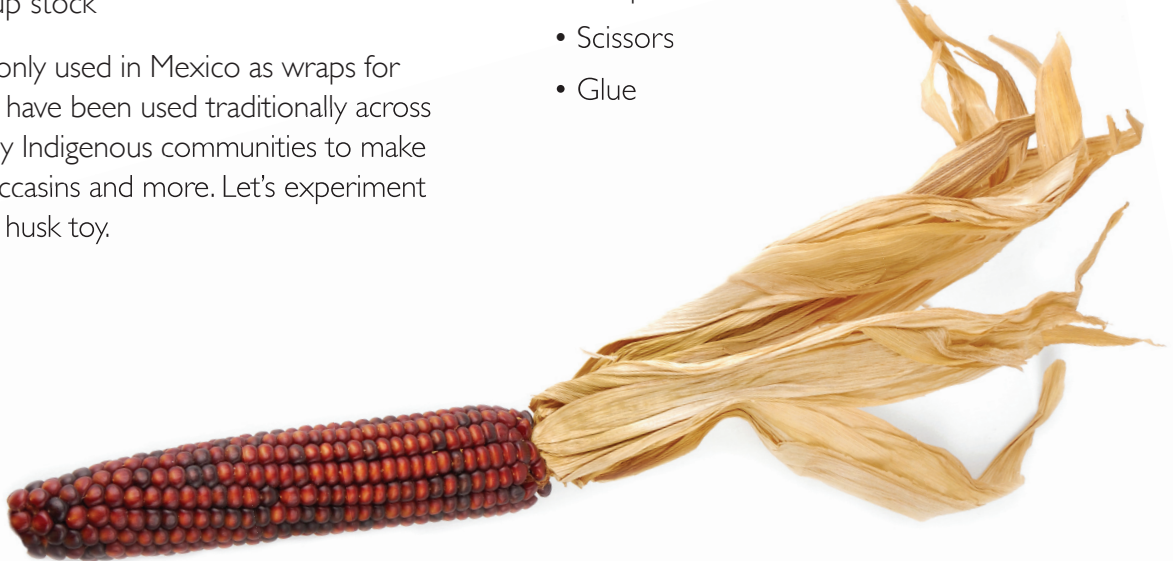
Preparation: 30 minutes

So much of the corn plant (stalks, husks, cobs) never get eaten and appear to have no use. Yet, cobs can be ground into feed for animals or made into delicious soup stock

Husks are commonly used in Mexico as wraps for corn tamales and have been used traditionally across North America by Indigenous communities to make baskets, mats, moccasins and more. Let's experiment by making a corn husk toy.

You'll Need:

- Corn husks (dry husks under a weight to flatten overnight)
- Yarn or string
- Cloth/paper towel
- Scrap fabric/cloth, markers, buttons for decorating
- Scissors
- Glue

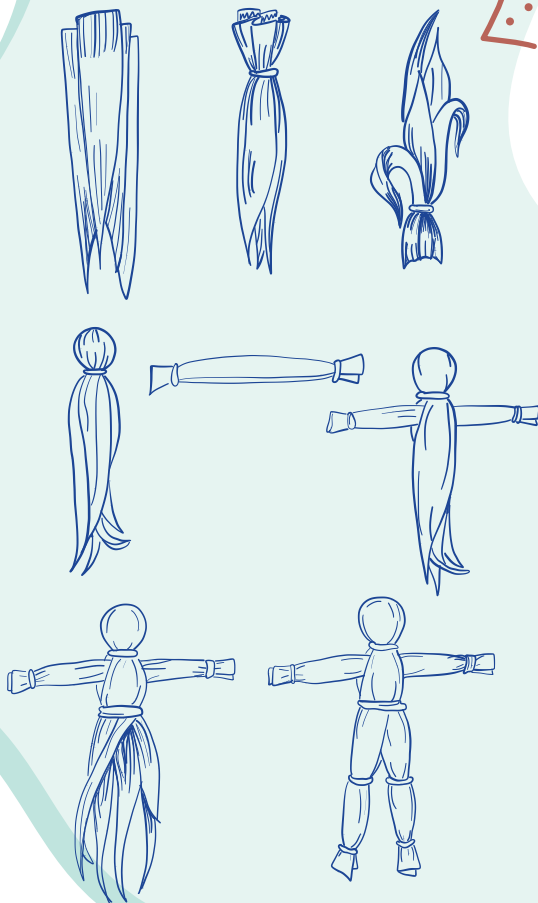


Activity #2: More Than Just Food

Making it Happen:

1. Soak husks in warm water for 10–15 minutes to soften.
2. Pat dry.
3. Follow the illustrations to craft your own corn husk character.
4. For a skirt, trim husks evenly. To make pants, separate bottom of husk to make legs and tie husks at knees and ankles.
5. Add accessories to your craft: a superhero cape, mask, traditional outfit, hat or hair using yarn or string. **Draw it in your workspace!**

Not everything has to go in the trash - let's do some crafts!

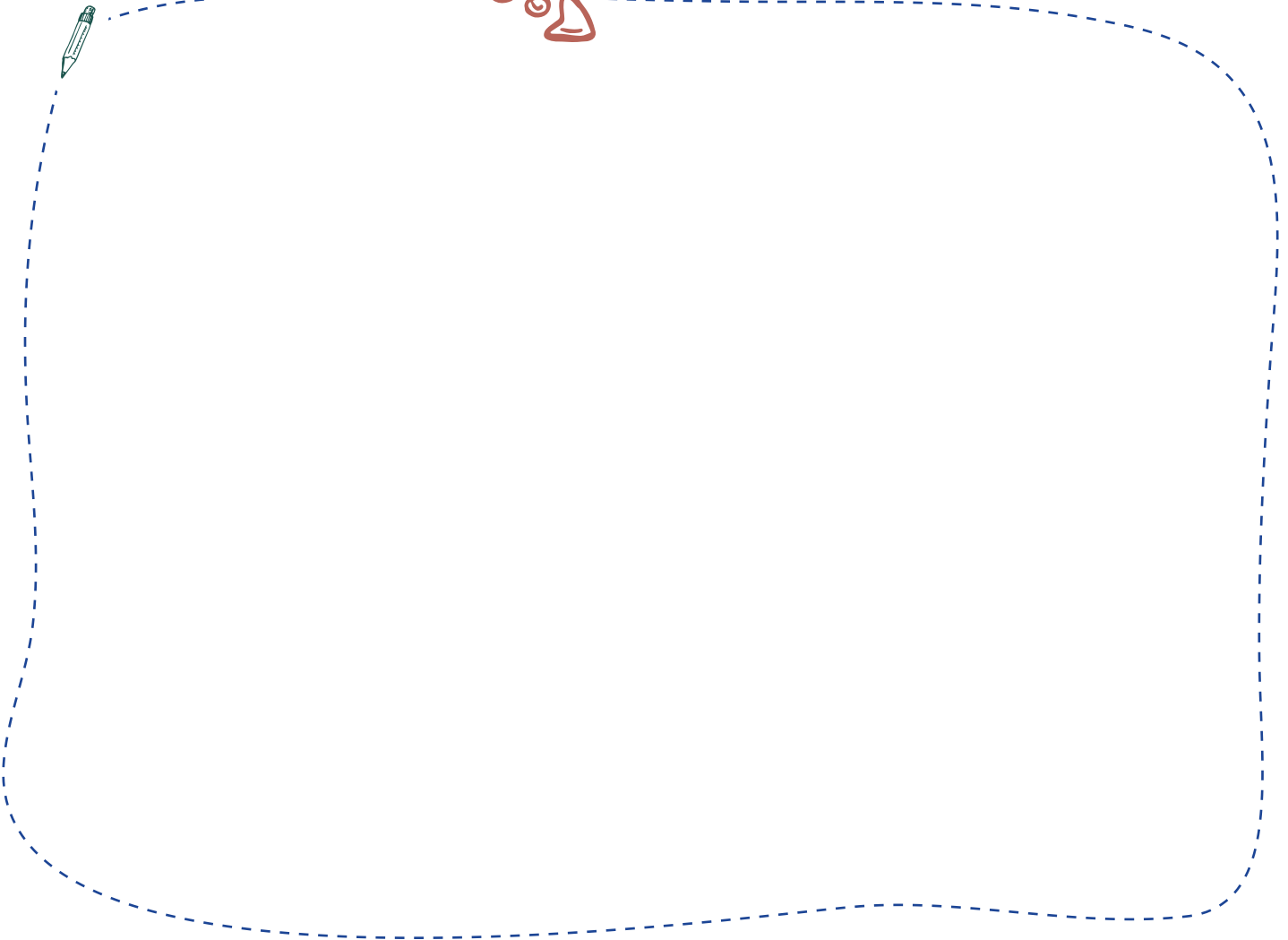
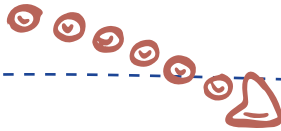


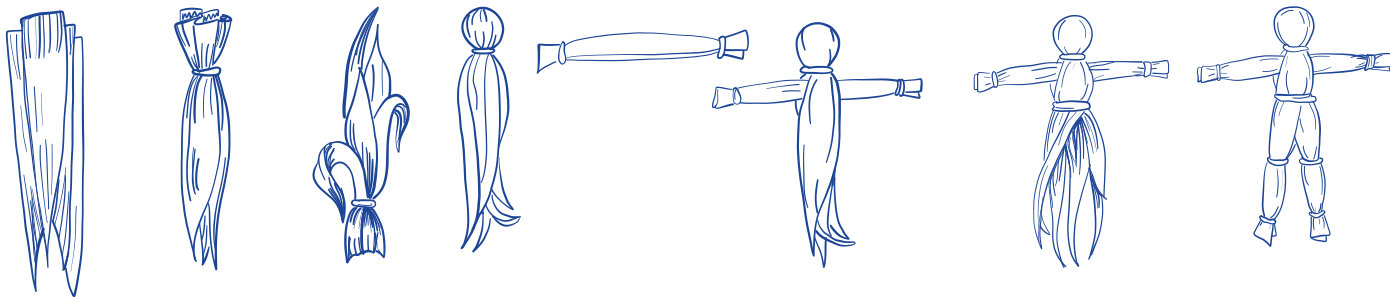
Activity #2 workspace: More Than Just Food



1. Soak husks in warm water for 10–15 minutes to soften.
2. Pat dry.
3. Follow the illustrations to craft your own corn husk character.
4. For a skirt, trim husks evenly. To make pants, separate bottom of husk to make legs and tie husks at knees and ankles.
5. Add accessories to your craft: a superhero cape, mask, traditional outfit, hat or hair using yarn or string.

Draw your character here!





Want to do More?

Weigh husks before starting to measure food waste prevented

Write down what you avoided wasting here

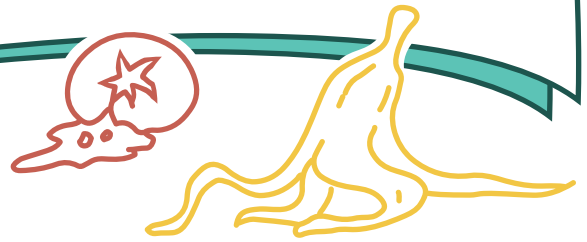


Experiment to see what else you can make out of corn husks. Rope? A basket?

Use your imagination!



Let's All Shrink Food Waste Mountain!



Save food. Save the planet.

Share your work and these activities with your family, friends and classmates. Show them what you've done!

You can watch our videos for other activities here:

<http://www.cec.org/flwy>

Become a Young Food Hero! Sign up today with your family, or teacher and classmates!

<http://www.cec.org/flwy/join-the-youth-movement/>

Plus, share news and photos about your achievements with everyone in the anti-food waste community.

At home or school,
we can help too!



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