




The 4 Week Food Waste Challenge

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Leftover Love	Identify items nearing the date on their label; make a plan to use them	Ensure you're storing your herbs in water - like flowers!	Create an "Eat First" section in your fridge	Freeze overripe fruit and veggies for smoothies	<u>Find recipes for leftover food</u>	
Smart Shopping	Plan your meals for the week, working to use up what you have first	Make a grocery list and stick to it	Opt for a smaller package of food to ensure you'll use it all at its peak	Challenge yourself to purchase "imperfect" produce out of the bunch	Support a local market and get some seasonal produce	
Share & Educate	Encourage a friend to take this challenge	<u>Complete this Wasted Food Inventory</u>	<u>Check out these Food Waste Facts to share with family & friends</u>	Send a friend your favorite food waste tip	<u>Find out how ASG Food Recovery is Feeding, not Wasting</u>	
Reflection	Identify gaps in your food waste knowledge - fill those gaps!	Follow us on socials to stay up to date on our work	Celebrate your food waste wins and tag us on socials!	<u>Volunteer to help ASG rescue surplus food. Email us</u>	Continue to practice reducing food waste	