

NO TASTE FOR FOOD WASTE

How much food do you think is wasted in America each year? 5%? 10%? More? Let's take a WebQuest to find out.

Part 1: The Statistics

Visit the infographic located at www.easyhomemeals.com/tips/food-waste-infographic and answer the following questions:

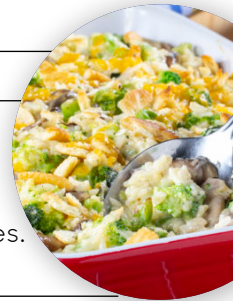
1. How many pounds of food per person in the United States are thrown out every year? _____
2. What is the #1 component found in America's landfills? _____
3. List two negative effects of throwing away so much food:
 - a. _____
 - b. _____



Part 2: The Solution

Now visit www.prnewswire.com/news-releases/how-to-reduce-food-waste-over-the-holidays-video-300751737.html?tc=eml_cleartime and answer the following:

1. List three ways purchasing and eating frozen and refrigerated foods can help reduce food waste:
 - a. _____
 - b. _____
 - c. _____
2. Name two methods that help keep frozen foods fresh longer. How do you think that can help reduce food waste?
 - a. _____
 - b. _____



Part 3: Four Steps to Food Safety

Visit www.easyhomemeals.com/tips/food-safety-resources, and read about four core practices for food safety to help reduce food waste. Describe one way you can follow each of the core practices.

1. Shop: _____
2. Chill: _____
3. Thaw: _____
4. Cook: _____

Part 4: Track It

Now, use this chart to track how much food your family wastes in one week. **Be sure to ask everyone in the family how much they think they wasted, and then average the total.** At the end of the week, bring this activity sheet back to class and brainstorm with your teacher and classmates how frozen foods and storing, handling, and cooking food properly can help reduce waste.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

For more information about how to reduce food waste, go to easyhomemeals.com/easy-ways-frozen-food-can-reduce-food-waste

