

READY FOR ACTION?



You've learned a lot about food waste and food safety. Now use what you've learned to make a difference.

Part 1: Fact Check

First, read the following statements about food safety practices for frozen and refrigerated foods. Write down whether you think the statements are true or false.

1. _____ It's safe to refreeze frozen food after it's been thawed.
2. _____ Freezer temperatures should not rise above 0° F.
3. _____ The safest way to thaw frozen food is in a refrigerator that is set to a temperature less than 40° F.
4. _____ It's important to follow the packaged cooking instructions for optimal food safety and quality.
5. _____ Most frozen food needs to be thawed before cooking.

Part 2: Join the Fight Against Food Waste

Now turn what you've learned into a public service announcement (PSA) about how frozen and refrigerated foods can help us reduce the food waste problem. Answer the questions below to help you organize your thoughts.

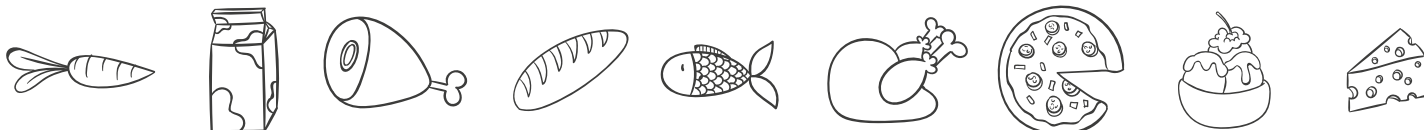
1. Who is your audience? Your family, your peers, the general public?

2. How will you grab your audience's attention? A joke, a statistic, a short personal story, music?

3. What are the main points you want to cover?

4. What is your call-to-action for your audience? Leave them with a goal!

TIP: Most public service announcements are around 30 seconds long, with between 5 and 7 sentences. Be concise! Now, write your PSA on the back of this sheet or on a separate sheet of paper and share it with the class!



For more information about how to reduce food waste, go to
[easyhomemeals.com/easy-ways-frozen-food-can-reduce-food-waste](https://www.easyhomemeals.com/easy-ways-frozen-food-can-reduce-food-waste)

