FOOD WASTE

Illinois EPA encourages families to engage with their children on the topic of food waste. Re-think your approach to food waste at home! The following activities are attached:

Family Food Feud: Hang the Family Food Feud scorecard in your kitchen. Each family member will add 1 tally mark (1 point) every time they throw food in the garbage. For example, if you throw out part of your breakfast and don't eat all of your afternoon snack, that's 2 points for the day. The goal is to have the least amount of points at the end! It does <u>not</u> count as a point if you compost the food, save it for later or give it to someone else to eat.

Waste Matching Game: Cut the cards out at home and lay them face-down to play a classic matching game. The person with the most pairs at the end wins!

DID YOU KNOW?

~ **38 million tons of food waste are generated annually in the U.S.**

~ **22% of landfill waste in the U.S. is food**

~ **Food rots in landfills and creates the greenhouse gas methane, which is more powerful than C02 in terms of global warming**

~ **Landfills are the third-largest source of human-related methane emissions in the U.S.**

~ **Landfill life expectancy in Illinois is approximately 21 years (at 2018 disposal rates)**

~ **Composting centers only account for 8.9% of total U.S. waste**

~ **Only 9% of waste processed at composting centers is food (91% is yard trimmings)**

WHAT CAN YOU DO?

Plan ahead and shop wisely for the amount of food you need at home ~ Get creative with cooking and food storage to prevent waste ~ Freeze food your family is not able to eat in a timely manner ~ Find a local compost center that accepts food scraps, or create a compost bin at home ~ Help your child(ren) decide the right amount of food to pack for school lunches.

This packet was created to supplement Illinois EPA and University of Illinois Urbana-Champaign's Where Does My Food Go? curriculum for fifth/sixth graders, found on the following web site: https://pathways.mste.illinois.edu/curriculum/food-waste.

Illinois Environmental Protection Agency

🥕 Family Food Feud! 🍉

Family member #1:

_____

WEEK 1:   Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

WEEK 2:   Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

TOTAL: _____

Family member #2:

_____

WEEK 1:   Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

WEEK 2:   Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

TOTAL: _____

Family member #3:

_____

WEEK 1:   Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

WEEK 2:   Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

TOTAL: _____

Family member #4:

_____

WEEK 1:   Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

WEEK 2:   Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

TOTAL: _____

Family member #5:

_____

WEEK 1:   Monday _____

                 Tuesday _____

                 Wednesday _____

                 Thursday _____

                 Friday _____

WEEK 2:   Monday _____

                 Tuesday _____

                 Wednesday _____

                 Thursday _____

                 Friday _____

TOTAL: _____

Family member #6:

_____

WEEK 1:   Monday _____

                 Tuesday _____

                 Wednesday _____

                 Thursday _____

                 Friday _____

WEEK 2:   Monday _____

                 Tuesday _____

                 Wednesday _____

                 Thursday _____

                 Friday _____

TOTAL: _____

Family member #7:

_____

WEEK 1:   Monday _____

                 Tuesday _____

                 Wednesday _____

                 Thursday _____

                 Friday _____

WEEK 2:   Monday _____

                 Tuesday _____

                 Wednesday _____

                 Thursday _____

                 Friday _____

TOTAL: _____

Family member #8:

_____

WEEK 1:   Monday _____

                 Tuesday _____

                 Wednesday _____

                 Thursday _____

                 Friday _____

WEEK 2:   Monday _____

                 Tuesday _____

                 Wednesday _____

                 Thursday _____

                 Friday _____

TOTAL: _____

compost	*compost*	compost	compost
compost	*compost*	compost	compost
compost	*compost*	*compost*	*compost*
compost	*compost*	*compost*	*compost*

recycle	*recycle*	*recycle*	*recycle*
recycle, reuse	*recycle, reuse*	*recycle, reuse*	*recycle, reuse*
recycle, reuse	*recycle, reuse*	*recycle*	*recycle*
recycle	*recycle*	*recycle*	*recycle*

reuse	*reuse*	*reuse, recycle*	*reuse, recycle*
reuse	*reuse*	*reuse*	*reuse*
reuse	*reuse*	*reuse*	*reuse*
reuse	*reuse*	*reuse*	*reuse*

landfill or compost facility (not backyard compost)	*landfill or compost facility (not backyard compost)*	*landfill or compost facility (not backyard compost)*	*landfill or compost facility (not backyard compost)*
landfill, reuse	*landfill, reuse*	*landfill*	*landfill*
Landfill	*Landfill*	*Landfill*	*Landfill*
Landfill	*Landfill*	*Landfill*	*Landfill*