



WW2 pack: Food waste worksheet

Try to use the 3Rs at home to make less food waste:

RECYCLE – if you have vegetable peelings why not compost them in the garden at home? Any leftover food / plate scrapings might be collected by your local council in a food waste collection scheme. Check here to see what you can do in your area.

[Food and Compost - Zone \(recycledevon.org\)](http://recycledevon.org)

[Food Waste - Zone \(recycledevon.org\)](http://recycledevon.org)

REUSE – use up leftover food to make other meals. Yesterday's dinner could be today's lunch! Turn brown bananas into a delicious cake or banana bread. Can you find more recipes that use up leftover food? Get creative and search the links below for more ideas:

lovefoodhatewaste.com/recipes

[Have Your Food and Eat It - Recycle Devon](http://recycledevon.org)

REDUCE – planning meals weekly can help your family create a lot less food waste. Why not sit down together and plan out a week of meals? You can find a template on the next page and lots of ideas using an internet search engine.



Meal planner:

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			