

HANDPRINTS FOR ACTION

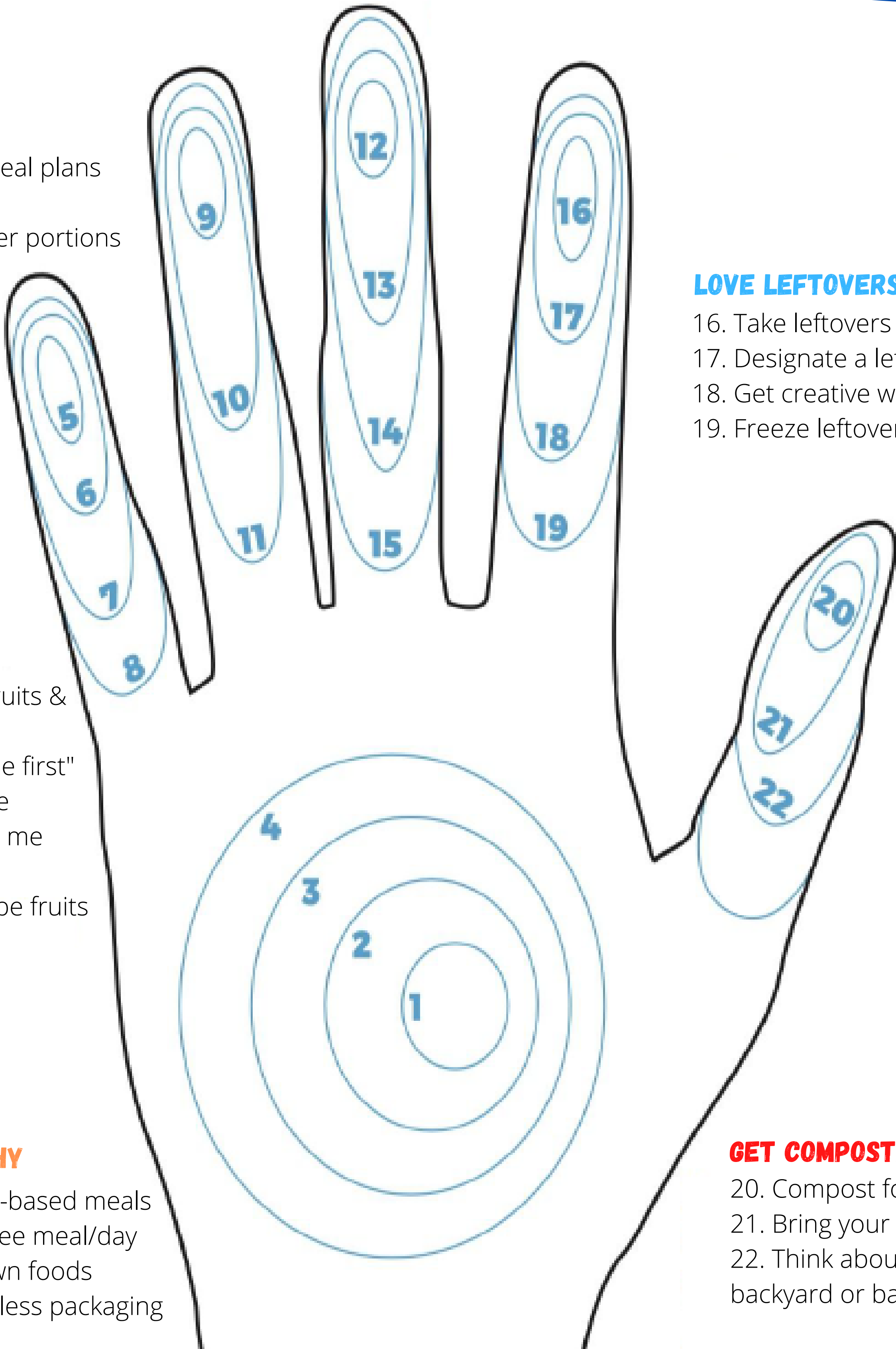
CHECK DATES

12. Learn about "use-by" dates
13. Learn about "best-before" dates
14. Learn where to store food in your fridge
15. Spread the word with family & friends

“
IF FOOTPRINTS ARE WHAT WE
UNAVOIDABLY TAKE, HANDPRINTS ARE
WHAT WE INTENTIONALLY GIVE!
- SIERRA CLUB ”

GET SMART

9. Help make meal plans
10. Get cooking
11. Ask for smaller portions



BE MINDFUL

5. Buy "funny" fruits & veggies
6. Create "eat me first" bin for the fridge
7. Snack on "eat me first" items
8. Freeze overripe fruits for smoothies

LOVE LEFTOVERS

16. Take leftovers for lunch
17. Designate a leftover night
18. Get creative with leftovers
19. Freeze leftovers to enjoy again

CHOOSE HEALTHY

1. Eat more plant-based meals
2. Have a meat free meal/day
3. Eat locally grown foods
4. Eat foods with less packaging

GET COMPOSTING

20. Compost food scraps
21. Bring your green bin to the curb
22. Think about making your own backyard or balcony compost bin

TOP FOOD WASTE FACTS

One-third of all food produced in the world – approximately 1.3 billion tonnes – is lost or wasted every year - *United Nations (FAO)*.

Globally, if food waste could be represented as its own country, it would be the third largest greenhouse gas emitter, behind China and the U.S - *United Nations*.

58% of food produced in Canada is lost or wasted each year, equalling 35.5 million tonnes. This is equivalent to the weight of almost 95 CN Towers - *Second Harvest*.

A quarter of the world's freshwater supply is used to grow food that is never eaten - *World Resources Institute*.

The average Canadian household throws out 140 kilograms of wasted food per year - at a cost of more than \$1,100 per year!
- *Love Food Hate Waste Canada*.

Organics wasted in a landfill produce methane gas which is 25 times more damaging to the environment than carbon dioxide
- *Second Harvest*.

Canada's 2.2 million tonnes of avoidable household food waste is equivalent to 9.8 million tonnes of CO₂, or 2.1 million more cars on the road - *Love Food Hate Waste Canada*.



VOCABULARY

Food Loss is the food that doesn't make it to our grocery stores because of issues during production or processing. For example: food that rots in the field or in storage, and food that is damaged because of pests or bad weather
- *CEC Food Matters Action Kit*.

Food Waste happens in our grocery stores, homes, and restaurants. Food waste often occurs because of our behaviours. For example: stores stock more than they can sell, restaurants serve big portions, and at home, food may spoil before we get around to eating it - *CEC Food Matters Action Kit*.

Ecological Footprints measure how fast we consume resources and generate waste, compared to how fast nature can absorb our waste and generate new resources - *Global Footprint Network*.

'Foodprints' are the result of everything it takes to get food from the farm to our plate - *foodprint.org*.

Global Warming is when the average surface temperature on Earth is slowly increasing. This trend is known as global warming
- *kidsbritannica.com*.

Greenhouse Gases - the greenhouse effect is a warming of Earth's surface and the air above it. It is caused by gases in the air that trap energy from the Sun. These heat-trapping gases are called greenhouse gases. The most common greenhouse gases are water vapor, carbon dioxide, and methane - *kidsbritannica.com*.

Drawdown is the act, process, or result of reducing or depleting - *thefreedictionary.com*. In terms of the environment, Drawdown is the point in time when the level of GHGs in the atmosphere begin to decline year after year.