



challenge guidelines

Stop wasting valuable resources used to produce food, save money, and have fun!

by making small shifts
in how we shop, store and prepare food,
we can keep the valuable resources
used to produce and distribute food
from going to waste.



your mission: Measure the amount of food your family throws away for **six weeks** using the provided hanging scale and bucket. Try new strategies and tools to help shift your habits and ways you think about food.

how it works: Using the provided hanging scale and bucket, record how much food you throw away at the end of each week on the provided worksheet .

weeks 1 & 2: For the first two weeks, don't use any of the new tools—just measure what you would normally throw away. This will give you a good idea of how much food your household usually wastes.

week 3: Use the **EAT FIRST** prompt in your pantry or fridge.

week 4: Try the **MEALS IN MIND** shopping list the next time you go to the store.

week 5: Take care of your food with **PREP NOW, EAT LATER & SMART STORAGE.**

week 6: Use the tools that work best for your family!

After Week 6, email mgcc@macgrove.org to share your food waste story and to return your materials.

support: You can find week-by-week information, ideas and recipes macgrove.org/foodwaste. MGCC is here for you, too—you can always contact us with questions at mgcc@macgrove.org or **(651) 695-4000**.

how to measure your food waste:

step 1: Place wasted food items in the bucket as you find them.

step 2: When the bucket is full at the end of the week, attach bucket to hanging scale.

step 3: Record the weight (in pounds) on the challenge worksheet.

step 4: Toss wasted food items in organics recycling bin

step 5: Repeat.

frequently asked questions

Should I weigh apple cores, chicken bones and potato peels?

Nope! We're only interested in PREVENTABLE food waste. So, if you wouldn't normally eat it—don't measure it.

preventable food waste *n.* food item thrown away that was edible prior to disposal.

My apples are bad! Should I cut the core out before weighing them?

In this case, just weigh the entire apple. You're welcome.

Do you really want me to dump this sour milk in the bucket?

Goodness, no. We'll give you a pass on beverages—wasted milk and juice don't need to be measured. But we **DO** want you to measure your forgotten soup and abandoned salsa.

Is it really that bad to throw food away? I put it in the compost anyway.

Yes! When you toss it, you're tossing all the resources that went into growing it, processing it, and transporting it.

Why am I doing this again?

You'll never look at forgotten leftovers the same way again! You're trying new ways to think about wasted food, and you'll learn which tools and habit changes are easiest and most natural for your family. After you finish the challenge, we'll use your feedback to help others start reducing their wasted food, too. Plus, it's fun!