



# GET SMARTER: THE CHALLENGE IS ON!

## What and why?

Whether it's moldy cheese, limp celery or long lost leftovers, chances are you wasted food this week. Take the challenge to learn what food goes to waste in your household. Then use our tips and resources to make small shifts in your habits: ideas on how to shop for, prepare and store food to save time and money and keep the valuable resources used to produce and distribute food from going to waste. Because our food is too good to waste.

## What to do

- Find a 4-week period on the calendar to dedicate to taking the challenge. Is 4 weeks too much? Try doing just 1 week! 4 weeks not enough? Do 6!
- Enlist your household to be on board. Get everyone to participate!
- Recruit your book club, HOA, neighborhood block or church group. Spread the knowledge and change the way the world around you thinks about wasting food. You can make a real difference!

## What you need

- A bucket and lid for your wasted food
- Our "Score Card" worksheet
- A small kitchen scale (optional)

## Week 1:

### Do as you normally do.

- At the start of your first week, collect ALL wasted food into your bucket.
- What goes in the bucket: anything that was at one time edible: plate scrapings, rotten arugula, restaurant leftovers, stale bread — even if you plan to compost it!

- Don't include inedible items like eggshells, corn cobs and coffee grounds.
- At the end of the week, record the amount of wasted food (weight or volume) on the Score Card; now you can compost or trash the bucket's contents.

## Weeks 2 - 4:

### Practice using SMART tools.

- During each week, save and record your wasted food.
- Find SMART tools on our website and implement a new tool each week.
- Keep notes on the Score Card as to what works to reduce wasted food in your home and what doesn't.

## Share on social media!

- Take photos of the meals you've made with food that might have been wasted and post on Instagram!
- Share tips on Facebook and send friends to [RethinkWasteProject.org/FoodWaste](https://RethinkWasteProject.org/FoodWaste) to inspire them to get started.
- Challenge family and co-workers to join you -- and share their own results.



# SCORE CARD

We're so glad you're up for the challenge! To make it as easy as possible, use this worksheet to keep track of your progress. Record either weight or volume of wasted food. During weeks 2-4, implement the SMART tool that is mentioned. Notice as time passes what works to help you reduce food waste and what doesn't.

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## WEEK 1: Get SMARTER — Do What You Normally Do

Weight or Volume of wasted food \_\_\_\_\_

What went to waste and why:

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2

## WEEK 2: Shop SMARTER and Start using "Eat First" Basket

Weight or Volume of wasted food \_\_\_\_\_

What went to waste and why:

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## WEEK 3: Prep SMARTER

Weight or Volume of wasted food \_\_\_\_\_

What went to waste and why:

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## WEEK 4: Store It SMARTER

Weight or Volume of wasted food \_\_\_\_\_

What went to waste and why:

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**“ WOW! WHAT A GREAT CHALLENGE. I WAS SURPRISED AT MY FIRST WEEK OF DATA ON HOW MUCH I WASTED AND PROUD OF MYSELF FOR THE IMPROVEMENTS. FOR ME, THE 'EAT FIRST' BIN IS WHAT MADE THE BIGGEST DIFFERENCE. ”**