

A photograph of fresh green leaves on the left and a slice of white bread on the right, both resting on a light-colored wooden surface.

DEAR PARENTS,

Today, your child learned about food waste and the importance of conserving resources. They discussed the water, labor, energy, and other resources that go into making food and different ways they can prevent food from being tossed. In the US we throw away 40% of our food every year! We have challenged your child to prevent that waste by accomplishing four challenges listed on the other side of this card. We hope you will support them in putting their knowledge to action!

I Love A Clean San Diego Education Team

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COMPLETE ALL FOUR!!



Create an "Eat Me First" bin in your refrigerator to avoid expiration.

Start with a smaller portion of food on your plate. If you're still hungry, then get seconds.

Make fruits and veggies a part of every meal.

I challenge myself to...
