

# 30 DAY FOOD WASTE CHALLENGE

|  |  |   |  |   |                                       |
|--|--|---|--|---|---------------------------------------|
| <b>1</b> Learn to preserve produce         | <b>2</b> Buy ugly fruits and veggies     | <b>3</b> Declutter your fridge              | <b>4</b> Properly store your produce       | <b>5</b> Save your leftovers                | <b>6</b> Eat the skin of your produce |
| <b>7</b> Make a smoothie w/ stalks         | <b>8</b> Make a stock from extra bits    | <b>9</b> Flavor your water with fruit peels | <b>10</b> Eat on a smaller plate           | <b>11</b> Freeze uneaten leftovers          | <b>12</b> Start a compost pile        |
| <b>13</b> Use coffee grounds as fertilizer | <b>14</b> Use old avocado on your skin   | <b>15</b> Keep a log of your food waste     | <b>16</b> Take stock of your perishables   | <b>17</b> Make meal using only leftovers    | <b>18</b> Share with others or donate |
| <b>19</b> Store dry foods in containers    | <b>20</b> Feed scraps to animals         | <b>21</b> Soonest to expire on top shelf    | <b>22</b> Make fried rice with veggie bits | <b>23</b> Delay next grocery trip by 3 days | <b>24</b> Shop on a full stomach      |
| <b>25</b> Learn about "best by" dates      | <b>26</b> See how long food really lasts | <b>27</b> Mark date you buy or cook food    | <b>28</b> Buy clearance produce            | <b>29</b> Use orange peels in cleaner       | <b>30</b> Use stale bread as crumbs   |

**COMPLETE ALL 30 ITEMS IN THE NEXT 30 DAYS. CLICK ON EACH BOX FOR HELPFUL LINKS.**

**SHARE YOUR RESULTS USING [#30DAYFOODWASTECHALLENGE](#) AND TAG [@ONETHIRD.IO](#)**

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FOOD WASTE PREVENTION

[onethird.io/foodwastechallenge](https://onethird.io/foodwastechallenge)