

Take Less. Share More.

Recycle Always.

Name _____

30-40% of food in Maine is wasted, while **1 in 5 kids** and **1 in 8 adults** in Maine are food insecure.

For Home: Food Rescue Pledge

I pledge to rescue food to help my planet and my community by doing one or more of the following:

- Using the food recycling site in my community
- Donating food that is in good condition
- Composting at home
- Using food scraps for new recipes instead of throwing them away
- Eating and using all my leftovers
- Talking to people in my community about food recycling
- Sharing my meal cards with my family

Signed: _____

To learn more, visit:

<https://umaine.edu/foodrescuemaine/>



For School: Food Rescue Pledge

I pledge to rescue food to help my planet and my community by doing one or more of the following:

- Take only the food that I know that I can eat in the cafeteria
- Separating my food from my trash after I eat lunch in the cafeteria
- I will pour put my unfinished milk cartons into the liquids disposal
- Separating my food from my trash after I eat snacks in the classroom
- Talking to my friends about food recycling

Signed: _____

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