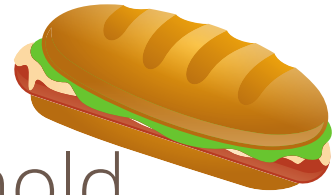


Take Less. Share More. Recycle Always.

Name _____



25%

of all household
trash is food.

Save money and keep food out of the trash by
composting or donating unwanted food.

A large, light gray rectangular area with a torn top edge and punch holes, intended for drawing or writing.

TABLE TALK:

What is your favorite
meal to eat for lunch at
school?

Write about why you
enjoy it, or draw a
picture to the left.



Take Less. Share More. Recycle Always.

Name _____

1 out of **5**

kids in Maine do not have enough food to eat each day

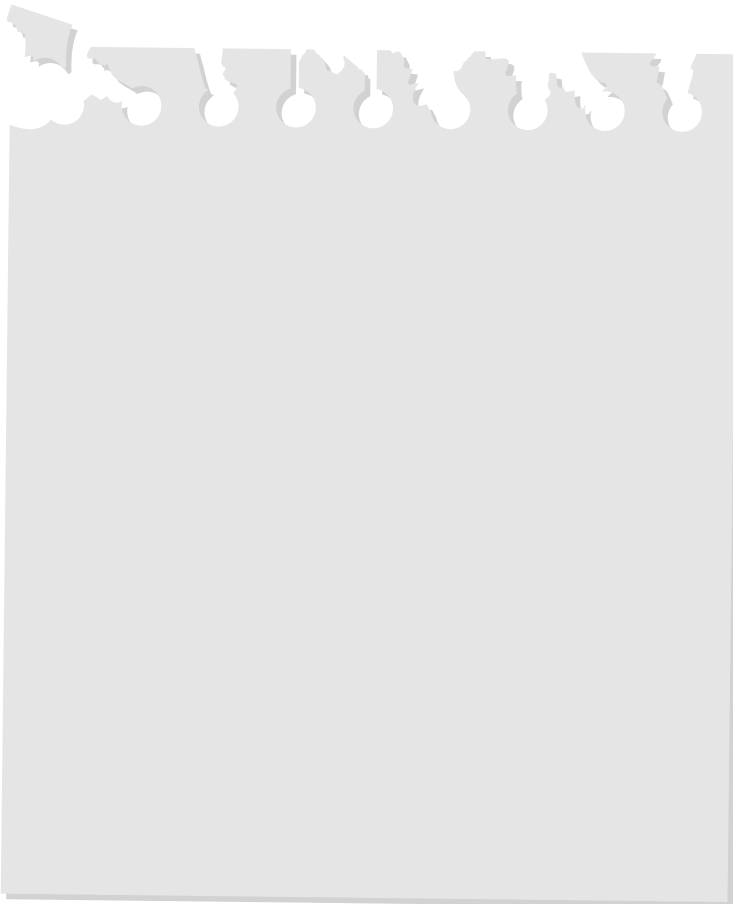
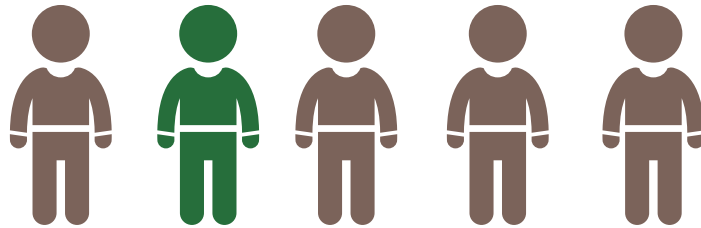


TABLE TALK:

How does your school or community help get food to people who need it?

Make a list or draw pictures to show the ways your school helps feed kids.



Take Less. Share More. Recycle Always.

Name _____

Maine K-12 schools throw away nearly

7 million pounds

of food each year!

That's the same
weight as

106

**Humpback
Whales!**

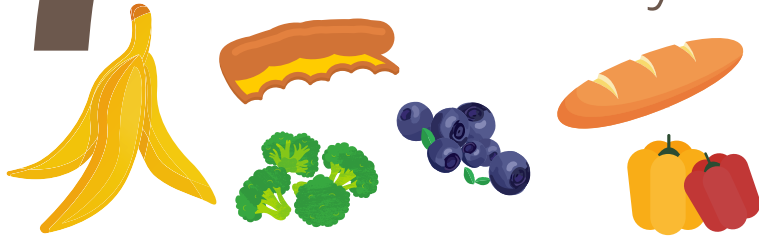


TABLE TALK:

Should food ever belong in
the trash?

Why or why not?

Write your answer in the
space to the right.



Take Less. Share More. Recycle Always.

Name _____

BE A FOOD WASTE SUPERHERO!

Rescue your uneaten food and food scraps from the trash by following steps 1-4 of the Food Recovery Hierarchy.



~~FOOD RECOVERY HIERARCHY~~

1. WASTE LESS FOOD
2. FEED HUNGRY PEOPLE
3. FEED ANIMALS
4. DIGEST OR COMPOST
5. BURN OR LANDFILL

TABLE TALK:

Why is rescuing food good for the planet and people?

Discuss at home, and make a list or draw pictures to show why it is important to save food.

To learn more, visit:
<https://umaine.edu/foodrescuemaine/>