

# OUR FAMILY FOOD WASTE PLEDGE

*Taking a Food Waste Pledge will not only help you prevent needless contribution to household waste, but it can also help you become more aware of how much you are buying and actually using to help you ultimately spend less and buy only what you and your family can eat rather than throwing out food after it spoils.*

*Take the pledge today!*

- 1. We will take only what we think we will eat knowing we can come back for seconds, share a portion with others or take leftovers home.**
- 2. We will use our five senses to determine if something has gone bad and not solely rely on expiration or use by dates. *Smell, taste, touch, listen, look.***
- 3. We will accept the answer to not buy more of something we're asking for if we already have similar food at home. (this one's for the kids especially!)**
- 4. We will check for leftovers before making or buying a new meal (really helpful for lunches!).**
- 5. We will try to buy in bulk whenever we can, but will be reasonable about it and only buy what we think we can eat before it goes bad or split portions with a friend or family member.**
- 6. When I want a snack I will look for fruit & veggie or other perishable options instead of instinctively opening the pantry first.**
- 7. We will meal plan and buy just what we need to prepare that week or two week's meals.**
- 8. We will compost as much as we can and if we don't know what we can compost we will find out.**
- 9. We will be realistic about our purchases. *Stocking up when items are on sale is great but not so great if you end up throwing things away before our family can eat them.***
- 10. We will designate at least one day a week as our "use-it-up" day to use up leftovers and give the main cook(s) a day off from cooking!**

X \_\_\_\_\_

X \_\_\_\_\_

X \_\_\_\_\_

X \_\_\_\_\_

X \_\_\_\_\_

X \_\_\_\_\_

Agreed on this day and year: \_\_\_\_\_