How does the Food: Too Good to Waste Challenge work?

The Challenge runs for four weeks. Weeks 1 and 2 will help you discover how much food you typically waste. In weeks 3 and 4 you will use our SMART tips and the toolkit to reduce wasted food in your home.

Each week, use the provided container to collect all edible food that goes uneaten. This includes spoiled food, table scraps, uneaten leftovers and all other PREVENTABLE food waste. This challenge does not track non-edible food waste such as banana peels, carrot tops, or egg shells – please compost or discard them as usual.

At the end of each week, record the volume of wasted food you collected on the last page of this packet. Then empty your container and start collecting for the next week.

Tips for taking the Challenge

- Explain the challenge to everyone in your household and ask for participation.
- Except for the new strategies you try in weeks 3 and 4, keep your usual routine as much as possible during the challenge. For example, unless you regularly clean out your freezer, do not clean it throughout the challenge.
- If you fill the container before a week is over, empty it and keep collecting. Make sure you include the entire amount in “Total Volume.”

In weeks 3 and 4, it’s time to start saving! Use the “Eat First” bin, shopping lists, freezer labels, and food storage guide from the toolkit. Also, use all of the SMART tips that you can from the next page to reduce your wasted food. During these final two weeks, see how much wasted food you can prevent and how much money you can save.

At the end of the fourth week, go online to submit your results or mail them in. Participants will be entered into a drawing for one of several $50 gift certificates to the grocery store of your choice!