



FOOD WASTE BITES, BITE BACK

The #BiteBack Toolkit

Get Started

Make the Pledge to strive for zero food waste for 30 days (and beyond!).

Recruit others to join you. Your efforts will be made stronger by having buddies at home, work, and school .

Advocate create a food waste committee at your work or school to educate and create resource to reduce food waste

Connect like us on facebook and join our mailing list for tips and tricks. We are always free to answer any questions

What you might need

Journal for recording wasted food

Waste bin solely for food waste and scale

Five or more “go to” recipes with shopping lists

Reusable airtight containers for fridge, freezer, pantry

Masking tape and markers for labeling

Possible source for composting

Temperature gauge, and other food preservation tools

Printable worksheets from WRR

Support!

Steps to Success

Clean, Organize, Inventory fridge, freezer, and pantry. Check the temperature to ensure food preservation. Organize foods where they go best. Place nearly expired foods where you will see them (“Eat Me First” container helps!)

Record and Calculate Journal the food waste you generate (don’t forget the food when you eat out!) this will become a learning tool! Also make a separate container for wasted food. Weigh it at the end of each week.

Meal Plan Utilize your “go-to” recipes if needed. Plan in a night for leftover buffet to use up nearly expiring foods. Shop in your pantry first, plan recipes around what you have. Be realistic about how often you cook at home, portion size, and what you will and won’t eat

Store food properly Make sure to label and date everything. Also practice FIFO (first in, first out) to keep older food in easy access

Get Creative! Find uses for every bit and scrap of food. Creative recipes or freezing, canning, or fermenting! If possible donate food that you won’t eat first (friends and family, or food banks) or supplement (responsibly) your pets’ diets. As a last result compost or vermiculture!

30-Day #TakeaBiteChallenge



**I,
pledge to be conscious of my
personal food waste habits and
take action reduce my food
waste this month and beyond.**



signed:

date:

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signed:

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Eat Me

First



WASATCH
RESOURCE
RECOVERY

**FOOD WASTE BITES
BITE BACK!**

#TakeABiteChallenge

Eat Me

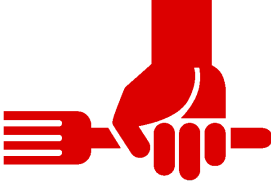

First



WASATCH
RESOURCE
RECOVERY

**FOOD WASTE BITES
BITE BACK!**

#TakeABiteChallenge

<p>monday meals</p> <p>leftovers</p> <p>food waste <i>(what / why / how much)</i></p>	<p>tuesday meals</p> <p>leftovers</p> <p>food waste <i>(what / why / how much)</i></p>	<p>wednesday meals</p> <p>leftovers</p> <p>food waste <i>(what / why / how much)</i></p>	<p>thursday meals</p> <p>leftovers</p> <p>food waste <i>(what / why / how much)</i></p>	<p>friday meals</p> <p>leftovers</p> <p>food waste <i>(what / why / how much)</i></p>	<p>saturday meals</p> <p>leftovers</p> <p>food waste <i>(what / why / how much)</i></p>
<p>notes <i>what worked, didn't work, patterns, insights, next week goals, ideas</i></p> <p>food waste bites! bite back!</p>  <p>#TakeABiteChallenge</p> <p>WASATCH RESOURCE RECOVERY</p>  <p>this weeks total food waste </p> <h1>FOOD WASTE TRACKER</h1>					

WHAT'S IN MY FRIDGE?



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food waste bites!
bite back!
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WHAT'S IN MY FREEZER?



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food waste bites!
bite back!
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WHAT'S IN MY PANTRY?



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food waste bites!
bite back!
#TakeABiteChallenge

