



FALL QUEST

LEFTOVER MAKEOVER

Your Mission: Create recipes to tackle food waste!

- 1.** Talk about food that is sometimes thrown out instead of being eaten, such as that one carrot at the back of the fridge or that bread that gets a little dry. Have club members do an investigation into what food often gets wasted and why.
- 2.** Talk about recipes you could create to “save” some of this food (also mentioning that if food is spoiled, it needs to be disposed of properly). The [All Taste No Waste Earth Rangers Cookbook](#) can provide some ideas.
- 3. Option 1:**
Have a lunch where club members each bring lunches inspired by the recipes you created as a club, or from their own imagination. Enjoy your lunch and take some photos. Discuss why they chose to bring the dishes they did.

Option 2:
Have club members create meal ideas with at least five of the most wasted food items. See who can create the most creative meal and write down the recipes.
- 4.** Share your recipes with the school or with other people around you. You could even make your own Radical Reduction Revolution cookbook!
- 5.** Fill out the activity report including pictures of your food waste reduction lunch and at least one of your favourite recipes to complete this step of the quest!

Some of the most wasted food items:

Potatoes	Lettuce
Bread	Milk
Rice	Cheese
Bananas	Yogurt
Apples	Eggs

