

**EVERY
YEAR**

1.3 B

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WELCOME TO THE FOOD WASTE CHALLENGE!

Every year over 1.3 billion tons of food is wasted. Food loss greatly impacts the waste of fresh water, land, labor and gas emissions which contributes to global warming and climate change. A big culprit of food waste is surprisingly home cooks as purchased and forgotten foods such as fruits and vegetables quickly expire and must be tossed. As a home cook myself, I want to drastically reduce my food waste imprint and am really excited to take on the challenges this month!

During the next five weeks we will take on five challenges together to reduce our food waste imprint!

Week #1: 4th OF JULY BBQ/PICNIC

Week #2: FOOD AUDIT (Using the app CozZo)

Week 3: MEAL PLANNING AND SHOPPING

Week 4: CREATE A RECIPE

Week 5: COMPOST

I'm excited to take this challenge with all of you. Remember to have fun with your food! Just try not to waste it!



PANDA AMBASSADOR
JULY CHALLENGE



**FOOD
WASTE**

