



Waste Less Tracker

DIRECTIONS: Your goal is to use up foods that you've already purchased and create as little food waste as possible. (It may not be possible to achieve 100% trash-free, but just do your best!) **At the end of the challenge, let us know you participated [HERE](#).**

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|---|---|--|--|---|
| Week 1 | a) Clean out your pantry. | Throw away expired items. Set aside items that will go bad soon. (You'll use these later!) | Pantry items I need to use soon: | |
| | b) Clean out your freezer. | Throw away freezer-burned items. Make note of frozen foods that need to be used soon. | Freezer foods I need to use soon: (Want to stay organized? Make a list of all the items you currently have in your freezer & post it on your fridge for future reference.) | |
| | c) Clean out your fridge. | Throw away all spoiled and expired items. Make note of fresh foods that need to be used soon. | Fresh foods I need to use soon: | |
| Now that you've cleaned out your kitchen spaces, aim to complete steps A-D below each week to keep your food waste to a minimum! | | | | |
| | a) <u>Plan meals & snacks</u> using expiring ingredients. Reference your notes from Week 1. | b) Make a Grocery List. Only buy what you need for the week! Be sure to check your pantry, fridge and freezer for what you already have on hand. | c) Store your food properly. Use the FoodKeeper App for more on how to store foods to maintain freshness and quality. | d) Save fresh foods that are going bad. Use them up or freeze them for later. |
| Week 2 | | | | |
| Week 3 | | | | |



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