



HELLO!

OzHarvest is a food rescue charity that stops good food going to waste and makes sure it gets to people in need. It helps protect the environment as when food ends up in landfill it creates a powerful greenhouse gas called methane which can lead to climate change.

There is enough food in the world to feed everyone, but millions of people still go hungry every day. In Australia 1 in 5 school children go to bed or school hungry every day.

In Australia, over five million tonnes of food ends up in landfill each year – that's enough food to fill more than 9,000 Olympic size swimming pools!

Half of all food wasted comes from our homes and we regularly waste one in five shopping bags of food.

Reducing food waste at home is something we can all do!

Find out more at fightfoodwaste.org

QUICK QUIZ

AFTER THE OZHARVEST PRESENTATION, READ THE INTRODUCTION, AND ANSWER THIS QUICK QUIZ:

1. Why is food waste bad for the environment?

Answer: _____

2. How many children go to bed or school without eating breakfast?

Answer: _____

3. How many tonnes of food goes to waste in Australia each year?

Answer: _____

4. Where does half of all the food wasted come from?

Answer: _____

WORD SEARCH

O	Z	D	A	Q	T	S	E	S	F	O	O	D	M	T
D	F	C	M	I	F	U	H	T	S	J	T	V	H	R
H	N	C	O	O	K	S	X	O	Z	V	A	E	Y	E
R	S	O	X	A	J	T	X	R	N	H	N	G	T	S
T	H	M	Q	V	R	A	O	E	U	M	A	E	C	C
X	O	M	T	F	E	I	Z	U	T	J	I	T	Y	U
X	P	U	M	R	C	N	H	Y	R	Z	U	A	B	E
G	L	N	R	E	Y	A	A	K	I	W	Q	B	C	G
Q	A	I	E	E	C	B	R	L	T	A	J	L	T	N
R	N	T	U	Z	L	I	V	D	I	S	N	E	N	F
R	D	Y	S	E	E	L	E	Z	O	T	B	S	L	B
S	F	I	E	R	Y	I	S	U	N	E	J	R	O	U
C	I	D	D	J	T	T	T	O	N	L	E	D	O	J
I	L	W	R	N	S	Y	P	Q	W	T	Z	E	K	M
P	L	L	E	F	T	O	V	E	R	S	H	A	R	E

FIND THE FOLLOWING WORDS IN THE WORD SEARCH:

- | | | |
|-------------|-------------|------------------|
| ▪ COMMUNITY | ▪ LOOK | ▪ SHARE |
| ▪ COOK | ▪ NUTRITION | ▪ SHOP |
| ▪ FOOD | ▪ OZHARVEST | ▪ STORE |
| ▪ FREEZER | ▪ RECYCLE | ▪ SUSTAINABILITY |
| ▪ LANDFILL | ▪ RESCUE | ▪ VEGETABLES |
| ▪ LEFTOVERS | ▪ REUSE | ▪ WASTE |

LOVE WONKY FRUIT & VEG

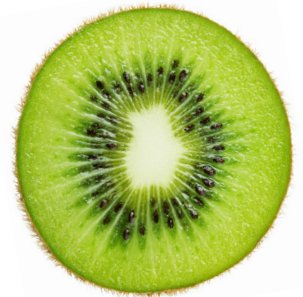


DID YOU KNOW?

Nearly half of all fruit and vegetables produced do not even make it to supermarkets as they are the wrong shape or size! They may look a bit different, but still taste the same.

Why should they go to waste?

Circle the wonky fruit and veg.



FACT FINDER

OzHarvest has launched a campaign called **FIGHT FOOD WASTE** to help people reduce their food waste at home.

Go to fightfoodwaste.org and learn more about fighting food waste to answer the questions below:

1. How much food is wasted globally?

2. What happens when food is left to rot in landfill?

3. How much does food waste cost Australia each year?

4. What are some of the reasons people waste food at home?

FACT FINDER

1. What are the four words that can help you save food at home?

-
-
-
-

2. Wasting food wastes everything. Can you name the six things that go to waste when we waste food?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

SAVE THE FOOD DIARY

Over the next week keep a diary of all the food that might have gone to waste in your home. Write a list of the food items, why they were going to be thrown away and how you stopped them going to waste.

Use the internet to help you find creative ways to use up food that might otherwise be wasted. OzHarvest has a section called 'Wasty recipes' on their website. Go to:

<https://www.ozharvest.org/fight-food-waste/wasty-recipes/>

ASK YOUR PARENTS TO GET INVOLVED AND SEE HOW MUCH FOOD YOU CAN SAVE!

When you have completed the diary, discuss in class the different ways you saved food from going to waste. See how creative you can get!

SAVE THE FOOD DIARY

DAY	FOOD TYPE	REASON	SOLUTION
MONDAY	1 x banana	It went brown and squishy	Made it into a smoothie
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

USE IT UP!

Did you know that food waste in your home is mostly avoidable?

Encourage your family to dedicate one night of the week to a **'USE IT UP'** dinner. Get your family involved to create a dinner recipe using only what ingredients you have in the house – no shopping required!

If you need some ideas, type the ingredients you have into google and see what recipes come up or create your own!

Take a photo or draw a picture on the next page and show the class your creation.



MY 'USE IT UP' DINNER!

A large, empty rectangular box with a thick black border, designed for a child to draw their 'USE IT UP' dinner. The box is oriented vertically and occupies most of the page below the title.

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