



Three Ingredients Saved from the Trash

OBJECTIVE

Identify situations of **food waste** on a daily basis and develop simple strategies to take **advantage of food**, reducing losses and promoting a more sustainable diet.

YOUR MISSION

For **3 days**, observe the food that is most often wasted in your home.

Then, choose **three ingredients** and find a **way to use them**.

Step 1 — Watch for waste

During the 3 days, record:

- What food was most wasted?
- At what point did this happen? (leftovers, spoiled food, parts not used)

REGISTRATION:

Step 2 — Choose the ingredients

Name the **three ingredients** you have decided to save:

1.

2.

3.



Step 3 – Give Them a New Life

Write down how you used each ingredient:

Ingredient	What did you do to take advantage of it?

Step 4 - Compare waste

Reflect and answer:

- How much did you waste **before** this challenge?
- How much did you waste **during** these 3 days?

COMPARISON:

FINAL REFLECTION

What did you learn from this challenge about food waste and your choices in the kitchen?



FOODWISELAB TIP

Making use of leftovers, using forgotten parts of food and planning meals are simple steps that help **reduce waste**, save money and protect the planet.