



Almost Zero Waste Week

OBJECTIVE

Understand how **food waste** happens on a daily basis and try simple strategies to **reduce it**, saving resources, money and protecting the environment.

YOUR MISSION

For **7 days**, observe, intervene and compare habits related to food waste in your home.

Step 1 – Observe

Throughout the week, it identifies:

- What food is most often wasted?

Step 2 – Choose three foods

Select **three foods** that usually end up in the trash:

1.

2.

3.

Step 3 – Give them a second life

For each food, find a way to **use it**:

Food	What happened before	What you did now

(e.g., leftovers → soup / ripe fruit → smoothie / crusty bread → toast or breadcrumbs)



Step 4 — Evaluate at the end of the week

Reflect and answer:

- How much food waste have you been able to reduce?

- Which habits were easiest to maintain?

- What was more difficult?

FINAL REFLECTION

What impact do you think these changes could have:

- in the environment? _____
- in your family's budget? _____

FOODWISELAB TIP

Reducing waste starts with **attention, planning and creativity**. Small repeated changes make a big difference over time.