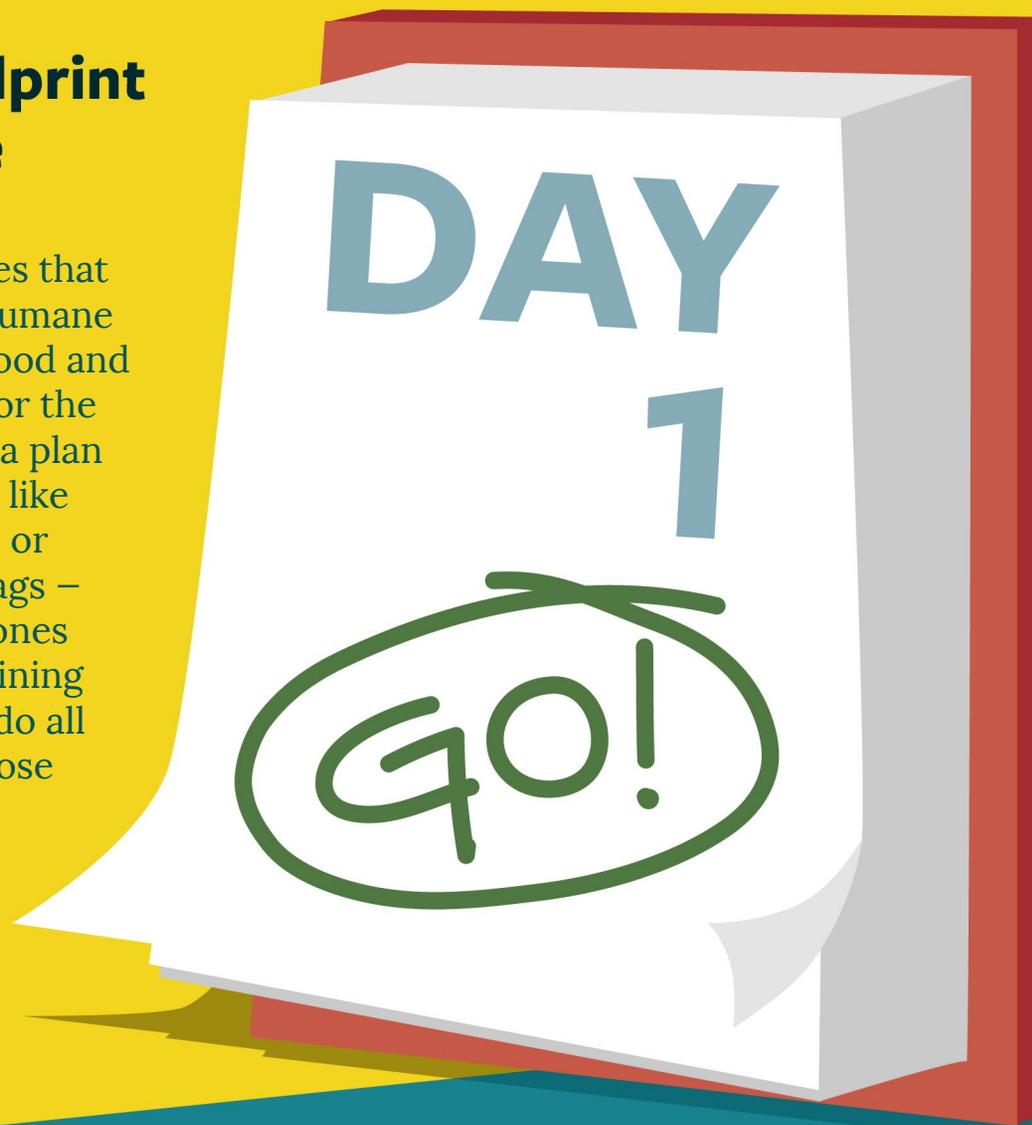




Reduce Your Foodprint 4-Week Challenge

Are you ready to make choices that are healthier for you, more humane towards animals, better for food and farmworkers, and healthier for the environment? We've laid out a plan that includes easy changes – like using a reusable water bottle or swapping a tote for plastic bags – and some more challenging ones – like planting a garden or joining a food policy council. Try to do all of them, or just pick and choose what works for you.

www.foodprint.org



Day 1

EAT VEGETARIAN ONE DAY. Try out Meatless Monday and if it goes well, keep going all year long.



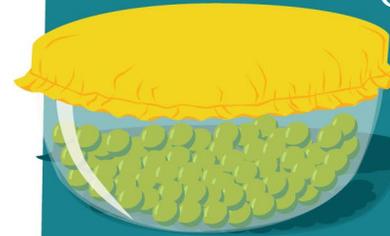
Day 4

EAT PEELS AND SKINS. Make carrot top pesto, potato peel chips and more.



Day 5

EAT YOUR LEFTOVERS. Cut down on food waste by eating everything you cook.



Day 2

SHOP THE FARMERS' MARKET. Support your local economy & eat seasonally.



Day 6

IGNORE THE DATE ON YOUR MILK CONTAINER. Learn what food label dates really mean.



Day 3

PACK A LOW WASTE LUNCH. Skip the packaging, bring any leftovers home.



Day 7

START A STOCK BAG. Freeze veggie scraps like onion, garlic & carrot peels to make stock.



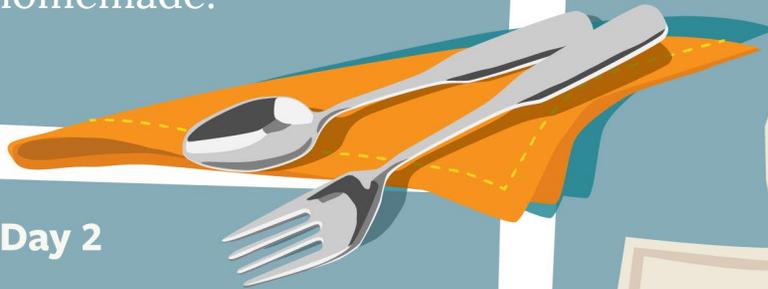
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WEEK 1 Start Off Easy

Day 1

MEAL PLAN FOR THE WEEK.

Change from takeout to homemade.



Day 2

CREATE A REUSABLE LUNCH KIT.

Keep reusable silverware, straw, napkin & plate at work.



Day 3

SWITCH TO A REUSABLE COFFEE CUP.

Skip that paper coffee cup.

Day 4

BRING A REUSABLE SHOPPING TOTE.

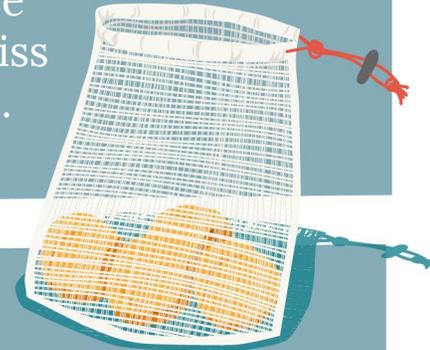
Say no to plastic bags.



Day 5

DIY REUSABLE PRODUCE BAGS, BOWL COVERS & TOTES.

Reuse old fabric and kiss plastic goodbye.



Day 6

GET A WATER FILTER FOR YOUR HOME SINK.

Stop buying plastic water bottles.



Day 7

GO HOMEMADE.

Make your own food to avoid additives and food packaging that come with industrial processed food.



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WEEK 2 Make Simple Swaps

Day 1

MEAL PLAN FOR THE NEXT MONTH. Focus on recipes that use every part of your ingredients.



Day 2

COMMIT TO COMPOST.

Collect scraps for municipal collection or DIY with a home compost bin.

Day 3

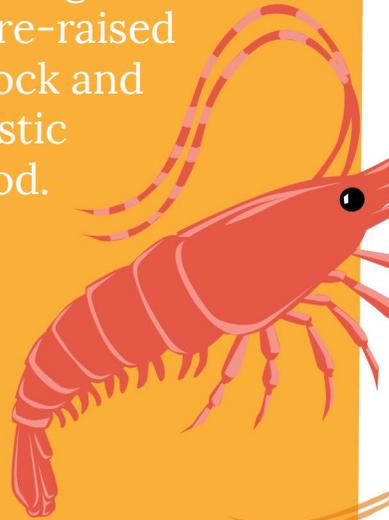
BUY IN BULK.

Cut out packaging by using the bulk bins.



Day 4

EAT LESS – AND BETTER – SEAFOOD & MEAT. Look for certified grassfed and pasture-raised livestock and domestic seafood.



Day 5

KONDO YOUR KITCHEN. Clean out expired foods & buy only what you need.



Day 6

SHOP LABELS THAT HELP FARMWORKERS. Look for Food Justice Certified or Fair Trade.



Day 7

MAKE A “USE IT FIRST” BOX IN YOUR FRIDGE. Organize the fridge like a grocer to reduce spoilage.

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WEEK 3 Start Planning for the Long Haul

Day 1

JOIN A CSA OR FOOD CO-OP. Be part of a better system and shop your values.



Day 2

GET INVOLVED IN FOOD POLICY. Join a food policy council or call your local rep.



Day 3

ASK STORES TO CARRY WHAT YOU WANT. Request more sustainable options & less packaging at your grocery store or coffee shop.

Day 4

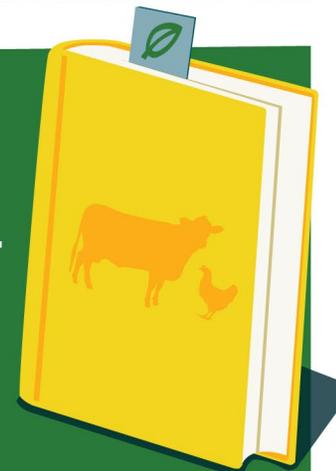
START A GARDEN. If you don't have a yard or alley, start small with an easy first step: windowsill herbs!

Day 5

SUPPORT ORGANIZATIONS THAT HELP FARMWORKERS. Check out United Farm Workers, Food Chain Workers Alliance & Coalition of Immokalee Workers.

Day 6

EDUCATE YOURSELF ABOUT THE SYSTEM. Start by reading a book from our list of top picks.



Day 7

SIGN UP FOR INFORMATION. Learn more from FoodPrint's weekly email.



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WEEK 4 Look At Bigger Changes