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

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

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

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

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

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

START A STOCK BAG. Freeze veggie scraps like onion, garlic & carrot peels to make stock.
MEAL PLAN FOR THE WEEK.
Change from takeout to homemade.

CREATE A REUSABLE LUNCH KIT. Keep reusable silverware, straw, napkin & plate at work.

SWITCH TO A REUSABLE COFFEE CUP. Skip that paper coffee cup.

DIY REUSABLE PRODUCE BAGS, BOWL COVERS & TOTES. Reuse old fabric and kiss plastic goodbye.

GET A WATER FILTER FOR YOUR HOME SINK. Stop buying plastic water bottles.

GO HOMEMADE. Make your own food to avoid additives and food packaging that come with industrial processed food.
MEAL PLAN FOR THE NEXT MONTH. Focus on recipes that use every part of your ingredients.

DAY 1

DAY 2

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

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

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

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

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

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

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