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Reduce Your Foodprint 4-Week Challenge *2021 Edition*

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? Even though the coronavirus pandemic has changed the way we shop, dine out and gather in public, 2021 can still include a commitment to reducing your foodprint. 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, with the constraints of the pandemic world in mind. Try to do all of them, or just pick and choose what works for you.

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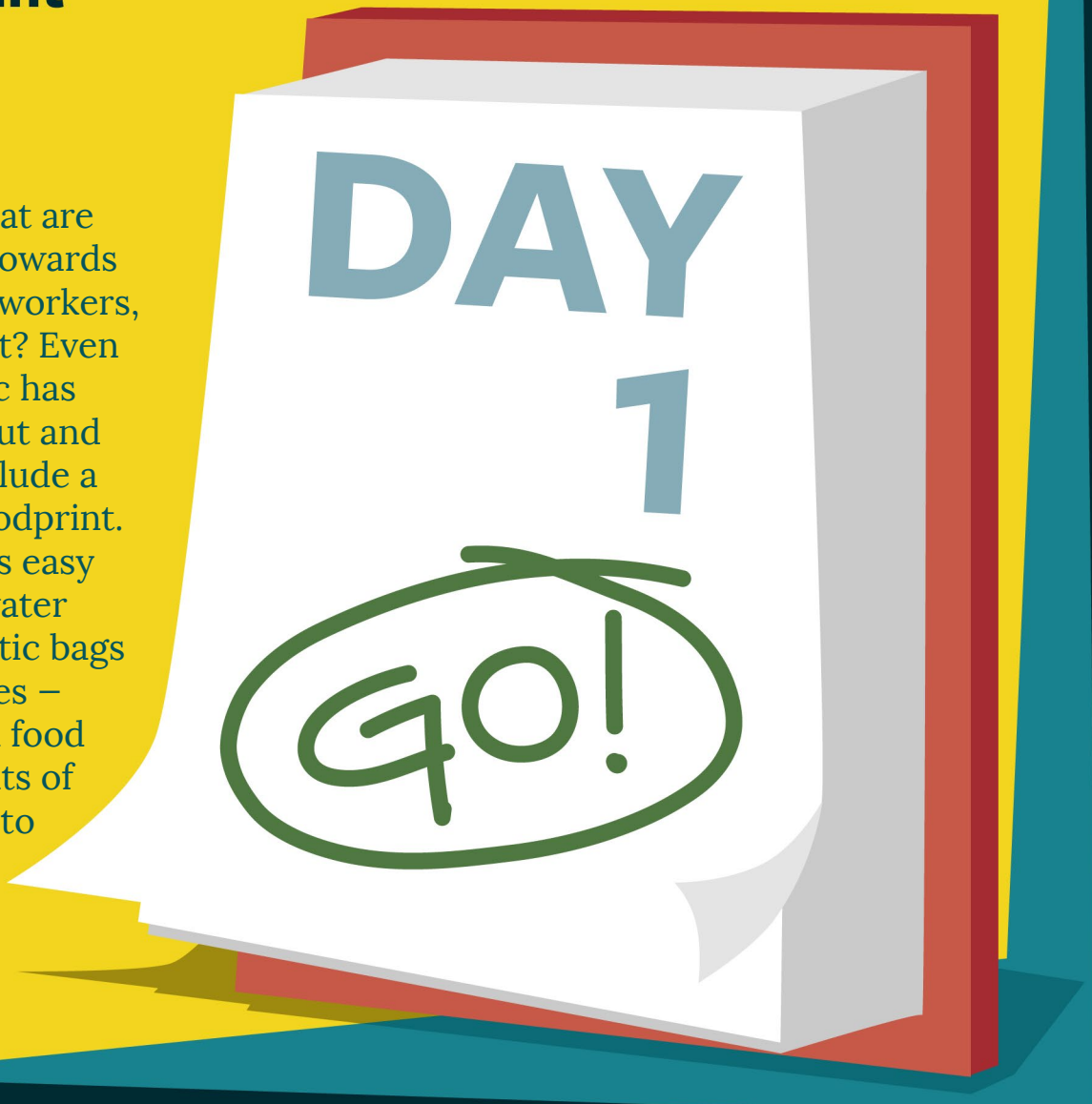


Day 1

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

Day 2

SHOP THE FARMERS' MARKET OR CHOOSE LOCAL PRODUCERS WHEN FOOD SHOPPING ONLINE. Support local, seasonal food.

Day 3

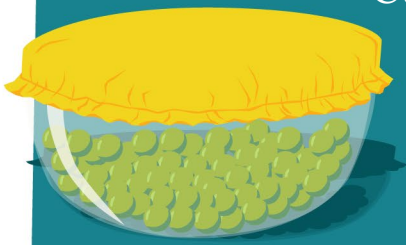
IF YOU PACK A LUNCH, MAKE IT LOW WASTE. Skip the packaging, bring any leftovers home.

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 6

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

Day 7

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

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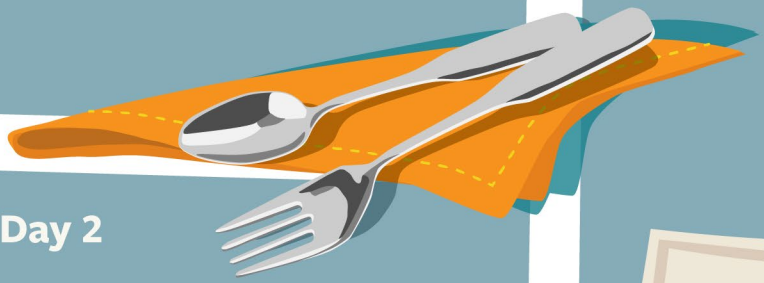
WEEK 1 Start Off Easy

Day 1

MEAL PLAN FOR THE WEEK.
Change from takeout to homemade.



Day 2

CREATE A REUSABLE EATING-OUT KIT FOR PICNICS, OUTDOOR GATHERINGS & DINING OUT. Keep reusable silverware, straw, napkin & plate in an easy to carry bag.

Day 3

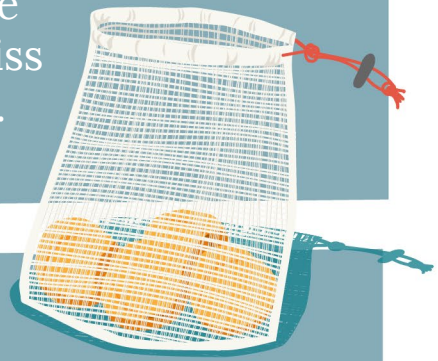
SWITCH TO A REUSABLE COFFEE CUP WHERE POSSIBLE. Skip that paper coffee cup.

Day 4

BRING A REUSABLE SHOPPING TOTE.
Say no to plastic bags as much as you can.

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 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. You can make calls, send emails or write letters from home to support food issues you care about.

Day 3

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

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