



Nature Days

Food Buster Checklist

- Remind your family about cutting down on food waste.
- Work with your parents to think up new ways to use leftover food in the fridge for lunches, snacks or another dinner. Have a **Leftovers Challenge** one day every week- try using a website like [Recipes | Love Food Hate Waste](#) for recipes using leftover food in your fridge. See who can come up with the best recipe for a family cook off!
- Only take a portion of food which you will fully use, like milk in cereal, so that it is not wasted down the drain or thrown in the bin.
- Have a **No Binned Food** day in your home- challenge yourself and your family to put no food in the bin from your lunchbox or plates for an entire day each week.
- Talk to your parents about buying food made or grown locally, to cut down on the air miles of the food you eat. (This means the pollution caused when they are transported from far away on boats or aeroplanes). Talk to them about using local markets or farmers supplying local food like eggs, fruit or vegetables and try using more food growing in the season rather than imported food from far off countries.
- Talk to your family about eating more vegetables and think about eating a little less meat at times during your week. Even though farming is not always good for the environment, especially in other parts of the world, Irish farmers are working very hard to help the environment in many ways on their farms. So, chat to your family and maybe start to research this area more together before making any drastic changes to your diet or the food you eat together. You could again think about shopping for farm products from local and Irish farmers.