

MY SAVE THE FOOD PLEDGE



I believe food is too good to waste and pledge to:

- Only take the food that I will eat
- Finish the food I take
- Tell my family what foods I like in my lunch
- Teach my friends and family about the importance of not wasting food

Signed: _____

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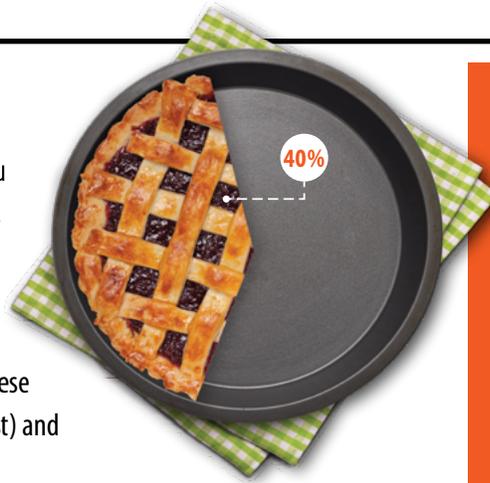
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An estimated 40% of food in the United States goes to waste, and you

can see this play out daily in DPS lunchrooms. All too often sandwiches sent from home go untouched, salad bar choices barely get noticed, and prepackaged snacks are never even opened. Instead, students simply toss these perfectly edible items in the trash (or compost) and head outside to recess.

This New Years, Denver Recycles is asking students and their families to take the **My Save the Food Pledge** and commit to reducing their food waste. Reducing food waste saves money, and prevents food from taking up space at the landfill and creating harmful climate changing gases as it decomposes.



Students can work with their families to:

- Discuss what foods they like in their lunch.
- Help make their lunch — they are more likely to eat what they make.
- Pack reusable containers in their lunch and bring home all uneaten food.
- Purchase locally grown produce, which will stay fresh longer and will more likely be eaten.
- Pack cut pieces of fruit rather than whole fruits, which they are more likely to throw away.
- Eat lunch box leftovers as a snack later.
- Limit the amount of food they take from the school salad bar to only what they can eat.

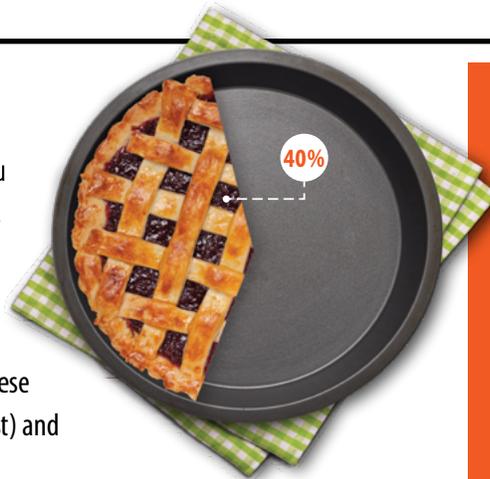


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