

CHALLENGE TO BECOME A ZERO-WASTE CONSUMER

1.



Choose 7 days to measure how much food waste do you produce at home.

2.



Commit to change and list 7 actions to reverse and reduce food waste.

1st WEEK

FOOD WASTE PRODUCED
DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7

3.



Make the commitment to reduce your food waste by 50% to 100%.

2nd WEEK

FOOD WASTE PRODUCED	FOOD SAVED
DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	

Total amount of food waste recovered