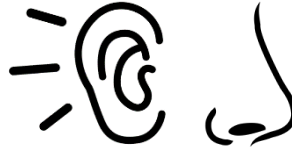


Use your Scientist Eyes, Ears, and Nose



Date	What food did I throw away at home?	Why
<i>Sample</i>	<input checked="" type="checkbox"/> Meat <input type="checkbox"/> Vegetable <input checked="" type="checkbox"/> Fruit <input checked="" type="checkbox"/> Breads /Grains <input checked="" type="checkbox"/> Beverage (milk, fruit juice, soda) <input type="checkbox"/> Other _____	I saw mold. My banana was black. The milk smelled sour. I heard my mom say it was expired. I was full. I didn't like the taste.
Day 1	<input type="checkbox"/> Meat <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Breads /Grains <input type="checkbox"/> Beverage (milk, fruit juice, soda) <input type="checkbox"/> Other _____	
Day 2	<input type="checkbox"/> Meat <input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Breads /Grains <input type="checkbox"/> Beverage (milk, fruit juice, soda) <input type="checkbox"/> Other _____	

“Best By” “Sell By” and “Best If Used By” dates are not expiration dates. The food may still be good to eat. Ask an adult. Use your eyes, ears, and nose.

Name: _____ My solution for reducing food waste at home. I will

I shared with my family that we can reduce waste by avoiding these items.

Single-use items or utensils include:



Knives, forks, spoons, chopsticks Cocktail picks, splash sticks, stirrers, straws Cold beverage cup lids Sauce or condiment packets, sachets, or containers

My family is saving money and helping reduce plastic pollution. We take reusable bags when we go shopping.



NO
Single-use Plastic Carryout Bags

8¢ fee
Large Paper Carryout Bags
Made with 40% recycled content

8¢ fee
Thick Reusable Plastic Carryout Bags
Made with 40% recycled content and a minimum of 2.25 mil thick film

Fee optional
Green or Brown Compostable Bags
Any green or brown tinted film bags **must** be compostable

We use the Spokane Waste and Recycle Directory to find out how to put our waste in the right place and help protect our drinking water and river.



Family member signature (optional) _____.