

# WELCOME TO MONTH

## THE FOUR INITIATIVES:

The four initiatives of the Food and Agriculture Organization of the United Nations focuses on creating a healthier nation!

### #1: DON'T WASTE FOOD

Majority of food ends up in landfills. It is detrimental to the environment and is costly.

### #2: PRODUCE MORE, WITH LESS

Make your ingredients go farther, for example don't throw away your radish greens, enjoy them in a salad!

### #3: ADOPT A MORE HEALTHY AND SUSTAINABLE DIET

Creating a more sustainable diet creates a healthier planet and healthier YOU!

### #4: ADVOCATE FOR #ZEROHUNGER

821 million people in the world are malnourished. Lets support our community to end hunger!



**COMPLETE 18 OUT OF 24 TOTAL CHALLENGES BY THE END OF FOOD MONTH. YOU CAN PICK AND CHOOSE ANY 18 CHALLENGES DURING THE FOUR WEEKS.**

**CHECK OFF THE TRACKER BELOW FOR YOUR OWN OWN PERSONAL USE. (NOTE: THIS TRACKER IS ONLY FOR YOUR PERSONAL USE AND WILL NOT BE UPLOADED OR TURNED IN)**

**BE SURE TO FILL OUT THE COMPLETION SURVEY AT THE END OF THE FOOD MONTH CHALLENGE TO RECEIVE YOUR 50 POINTS AND TO BE ENTERED INTO A DRAWING FOR A CHANCE TO WIN A PRIZE!**

## INITIATIVE #1: DON'T WASTE FOOD



Participate in **SLC's Compost Program**. There is no additional fee and is offered the majority of the year for compostable yard and vegetative (fruit and vegetable) waste.

**Clean, organize, and inventory the fridge, freezer, and pantry.** Store properly and date.

**Use an app** such as Supercook, All Recipes, and Big Oven to use up leftover foods.

**Keep a food waste diary** and keep track of wasted food for the week.

**Create your own challenge** to reduce food waste.

**Donate to the Food Drive.**

Complete 18 of the 24  
Total Challenges

## INITIATIVE #2: PRODUCE MORE, WITH LESS



**Support local farmers** in your area that are producing more, with less!

**Make dinner** for your whole family with just 3 ingredients!

**Meal prep!** This is a great way to make more food with less time.

**Get yourself reusable storage bags** to cut down your carbon footprint!

**Create your own challenge** to produce more, with less.

**Donate to the Food Drive.**

Complete 18 of the 24  
Total Challenges

## INITIATIVE #3: ADOPT A MORE HEALTHY & SUSTAINABLE DIET



**Watch This Ted Talk** on Sustainable Seafood.

**Eat a fruit or vegetable that is in season.**

Commit to one meatless meal OR on your next grocery trip, purchase grass-fed beef, free-range poultry, cage-free eggs or wild-caught fish.

**Shop at your local farmer's market.**

**Create your own challenge** to adopt a more healthy and sustainable diet.

**Donate to the Food Drive.**

Complete 18 of the 24  
Total Challenges

## INITIATIVE #4: ADVOCATE FOR #ZEROHUNGER



The United Nation has challenged the world to rethink zero hunger and make it not an idea, but a reality. It is possible and it can be achieved. **Watch this video** that United Nations has created.

Search out a neighbor, friend or a stranger that may be struggling financially and deliver a meal to them.

Community Organizations work tirelessly to help those who have food insecurity. **Donate one hour of your time to one of those community organizations.**

**Find your local community garden** and help others grow by volunteering at one of the gardens near you!

**Create your own challenge** to advocate for #ZEROHUNGER.

**Donate to the Food Drive.**

Complete 18 of the 24  
Total Challenges

Questions or Concerns? Contact us at [myhealthylifestyles@slco.org](mailto:myhealthylifestyles@slco.org)