Waste Less, Eat Well
SCORECARD
Your Journey toward a Waste Free Kitchen

Name_____ **County**_____

Action	Daily	Weekly	Monthly
One night a week have a "Leftover Night" Or Eat leftovers for lunch			
Turn leftovers into a new meal!			
Freeze leftovers!			
Shop with a grocery list. Use what you have before you shop for more.			
Read the SCFCL Lesson "*Reading & Understanding Food Labels*". You can find a obtain at http://www.scfcl.com/2026-education-lessons			
Read the SCFCL Lesson "*Food Product Dating Understanding Labels, Reducing Waste, and Staying Safe*". You can obtain a copy at http://www.scfcl.com/2026-education-lessons			
See what edible items you throw out in a week and make a plan to reduce.			
Read the SCFCL Lesson "*Reducing Food Waste*". You can find a obtain at http://www.scfcl.com/2026-education-lessons			
Plan meals for the week.			
Make a meal out of unused ingredients			
Cook the right portion size with no leftovers			
Eat food past the best before date if it looks and smells okay!			
Make a meal that helps you use food that might have been tossed.			
TOTAL			

1-3 = Great Start!
4-6 = Keep Going!
7-10 = Keep it up!
11-13 = You're a Food Waste Superstar!

Prevent food waste in your home! Complete as many activities as you can to practice new ways to reduce waste and save money.

Bring this form October 22 to State Meeting or send to Pat Breznay by October 1
6 Valhalla Court, Columbia, SC 29229, pbreznay@sc.rr.com, 803.736.6535

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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