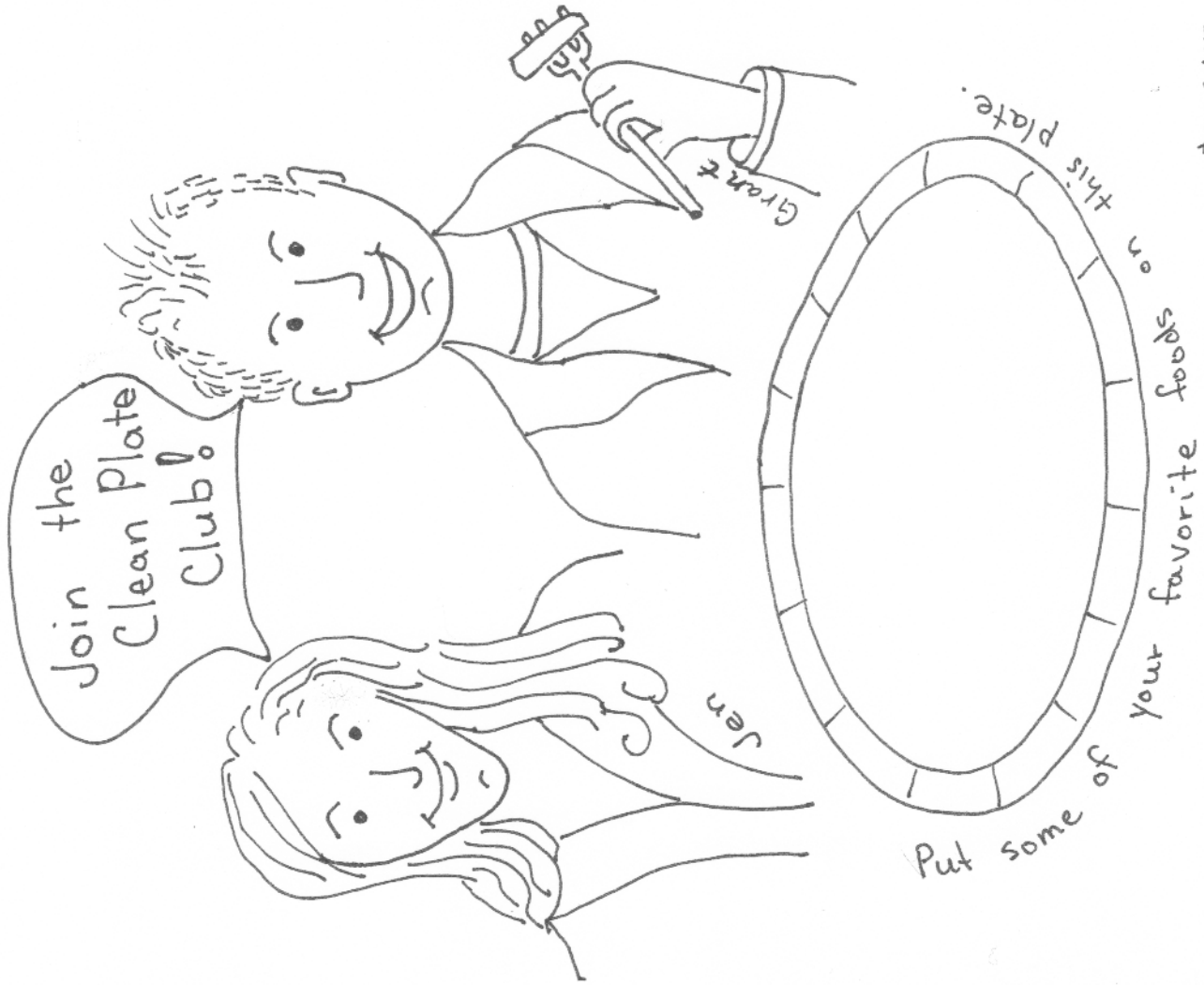


Love your food



erustemeyer

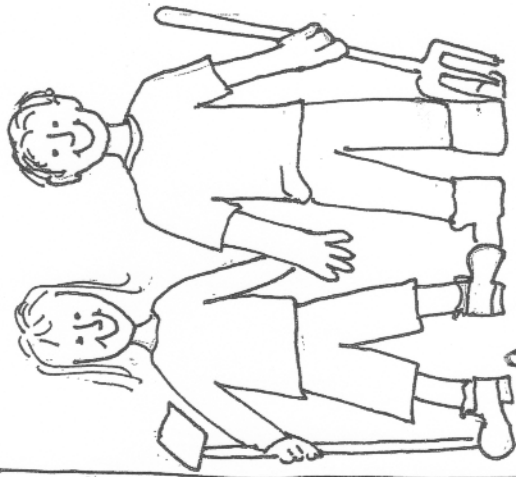


A food waste story coloring book

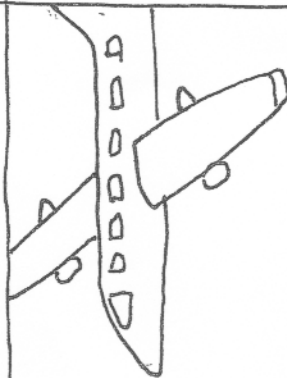
It takes energy to produce our food.



resources



farmers



transportation



stores

chop the vegetables & add to the

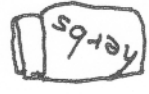


with 1/2c rice or some pasta

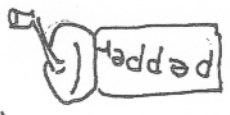


bring to a boil then simmer until cooked

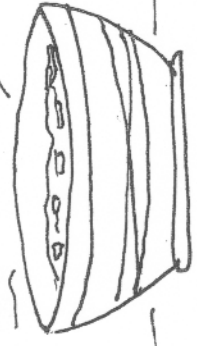
season with



(like basil or oregano)

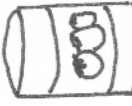



Enjoy your soup! yum. delicious!



P.S. You can add leftover meat or chicken, too.

Rescue Soup Recipe

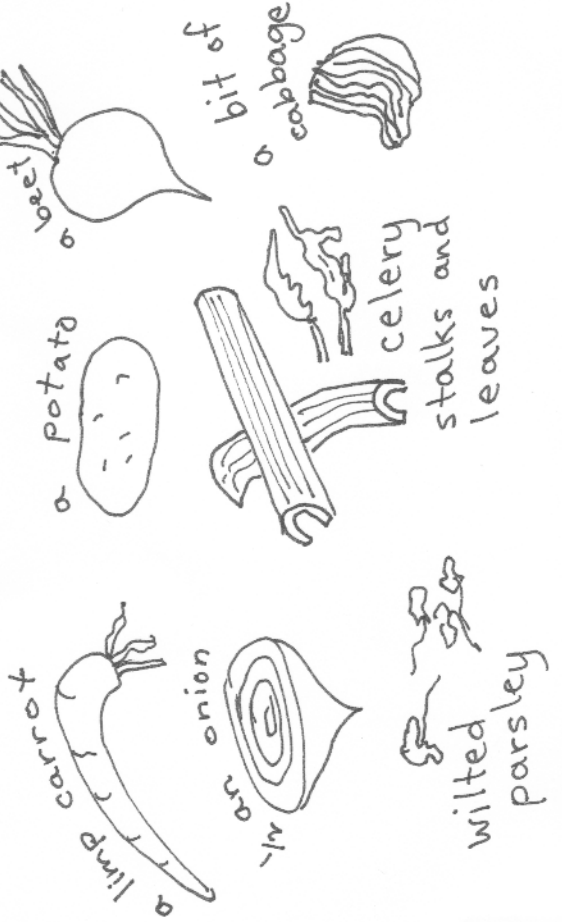
put  chopped tomatoes
and 2 or  or more of bouillon
or vegetable stock in a



big

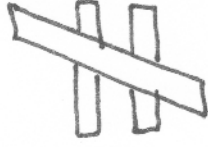
rescue some tired or

lonely vegetables in your fridge



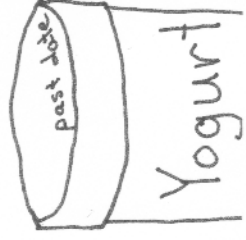
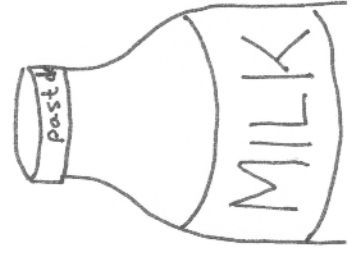
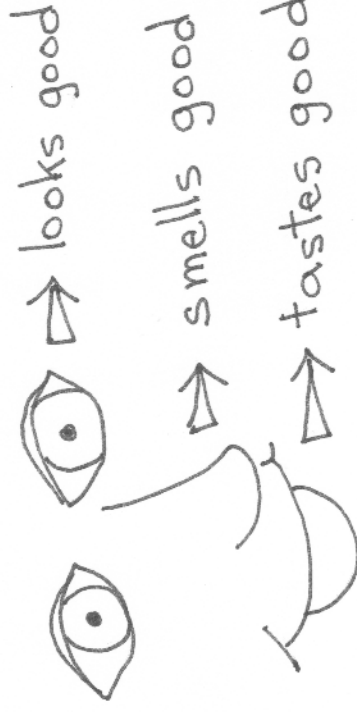
Did you know?

past
"best before"
dates

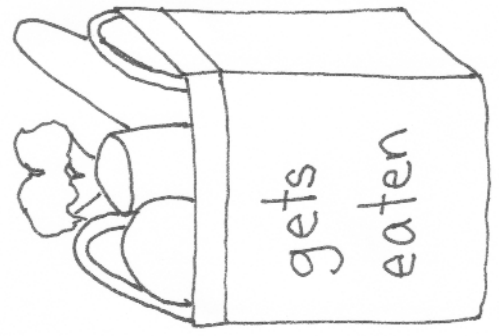
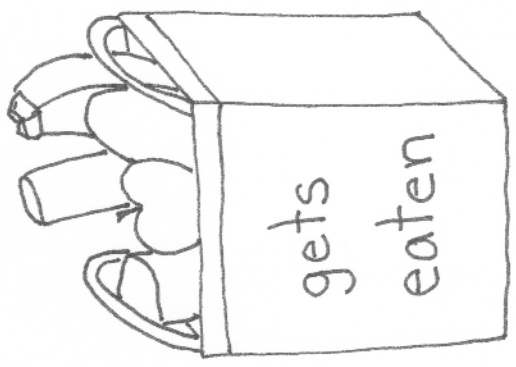
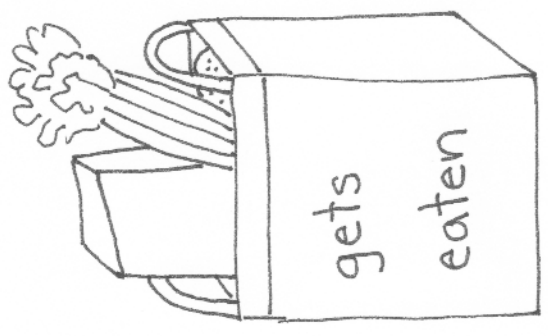


unsafe
to
eat

Your senses help you decide



People waste a lot of food at home.



wasted = 25%

Wonky fruits and vegetables still taste delicious.



ALL these taste great - not just the perfect ones!