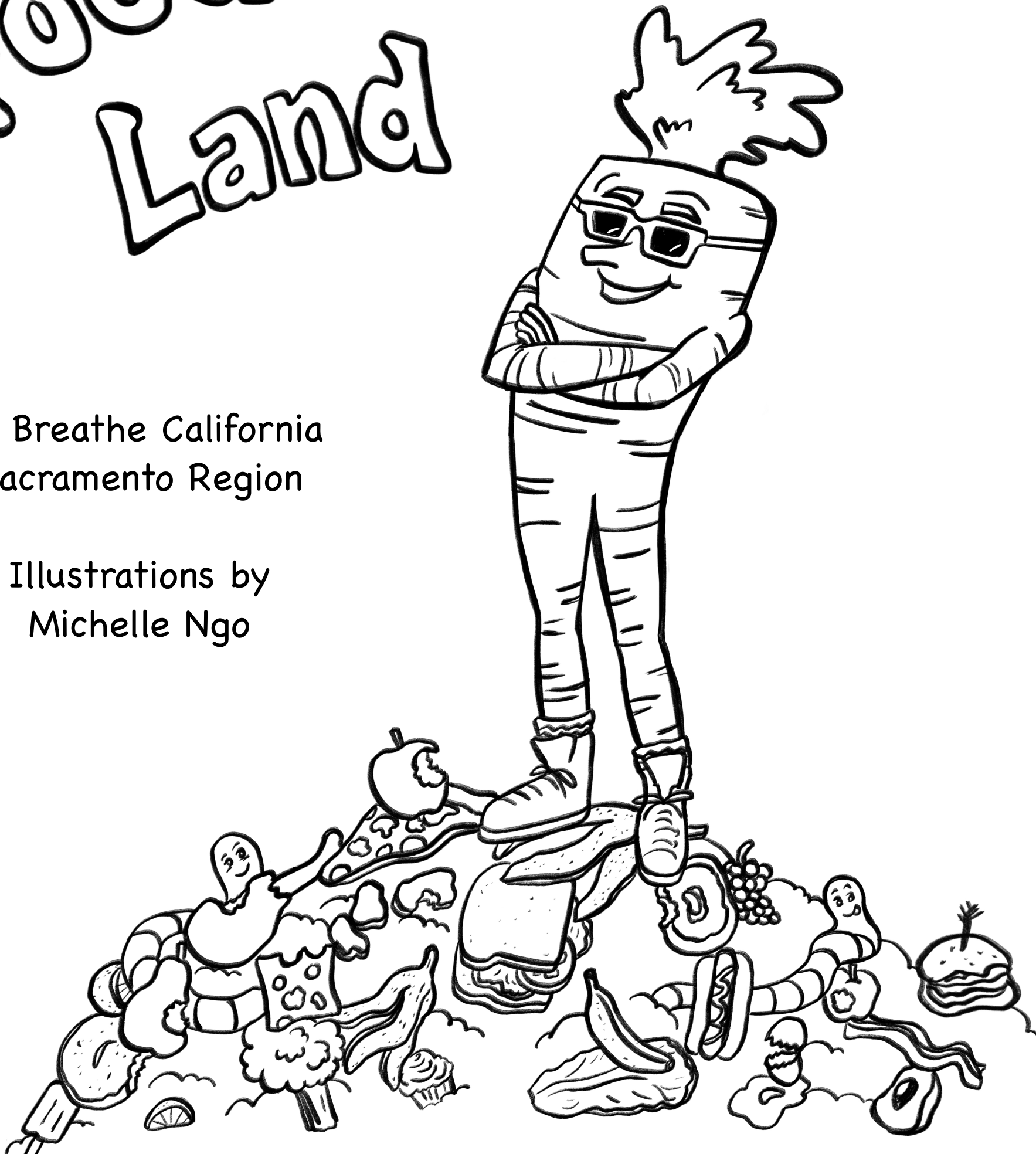


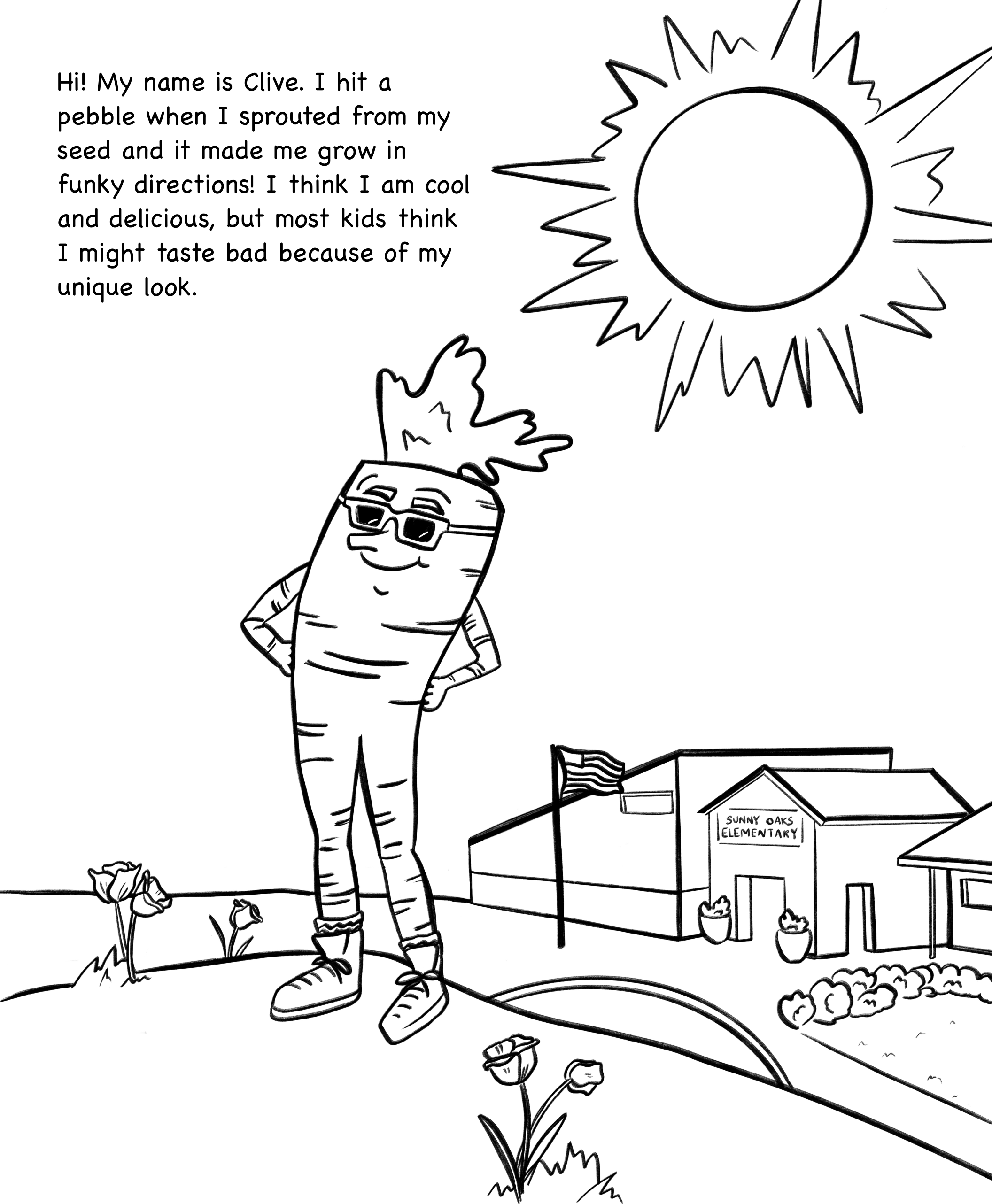
Clive in Food Waste Land

By Breathe California Sacramento Region

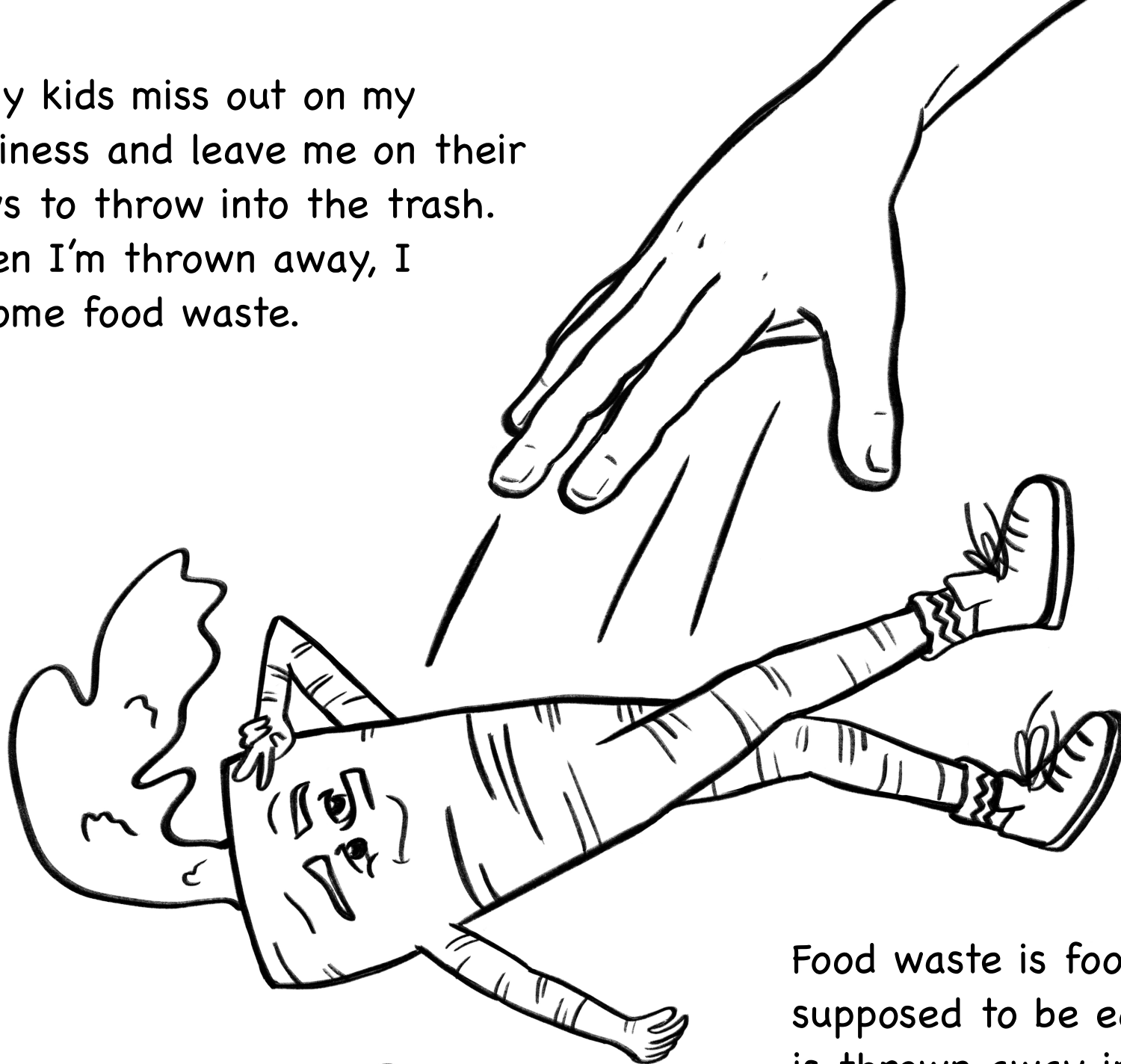
Illustrations by
Michelle Ngo



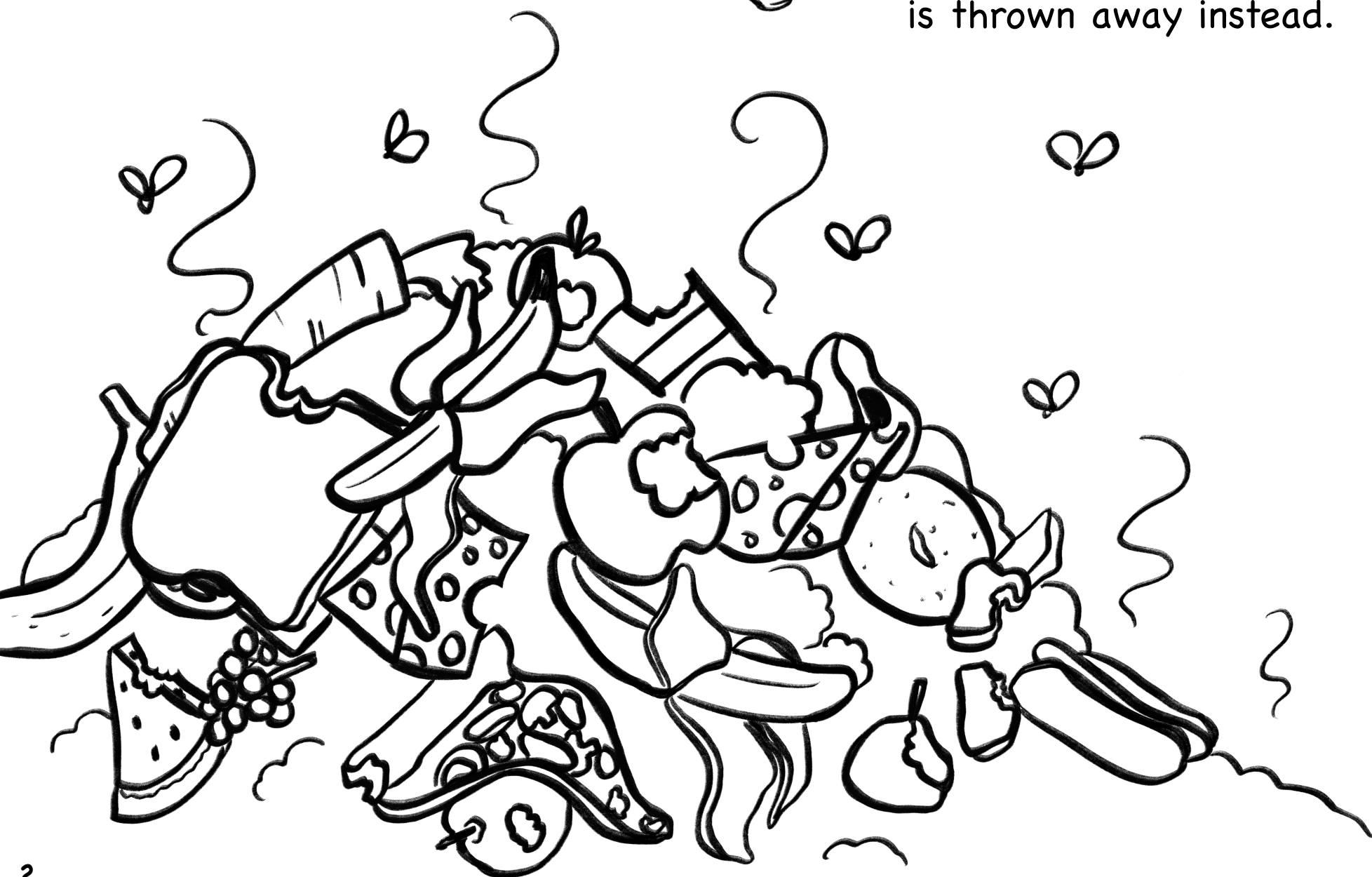
Hi! My name is Clive. I hit a pebble when I sprouted from my seed and it made me grow in funky directions! I think I am cool and delicious, but most kids think I might taste bad because of my unique look.

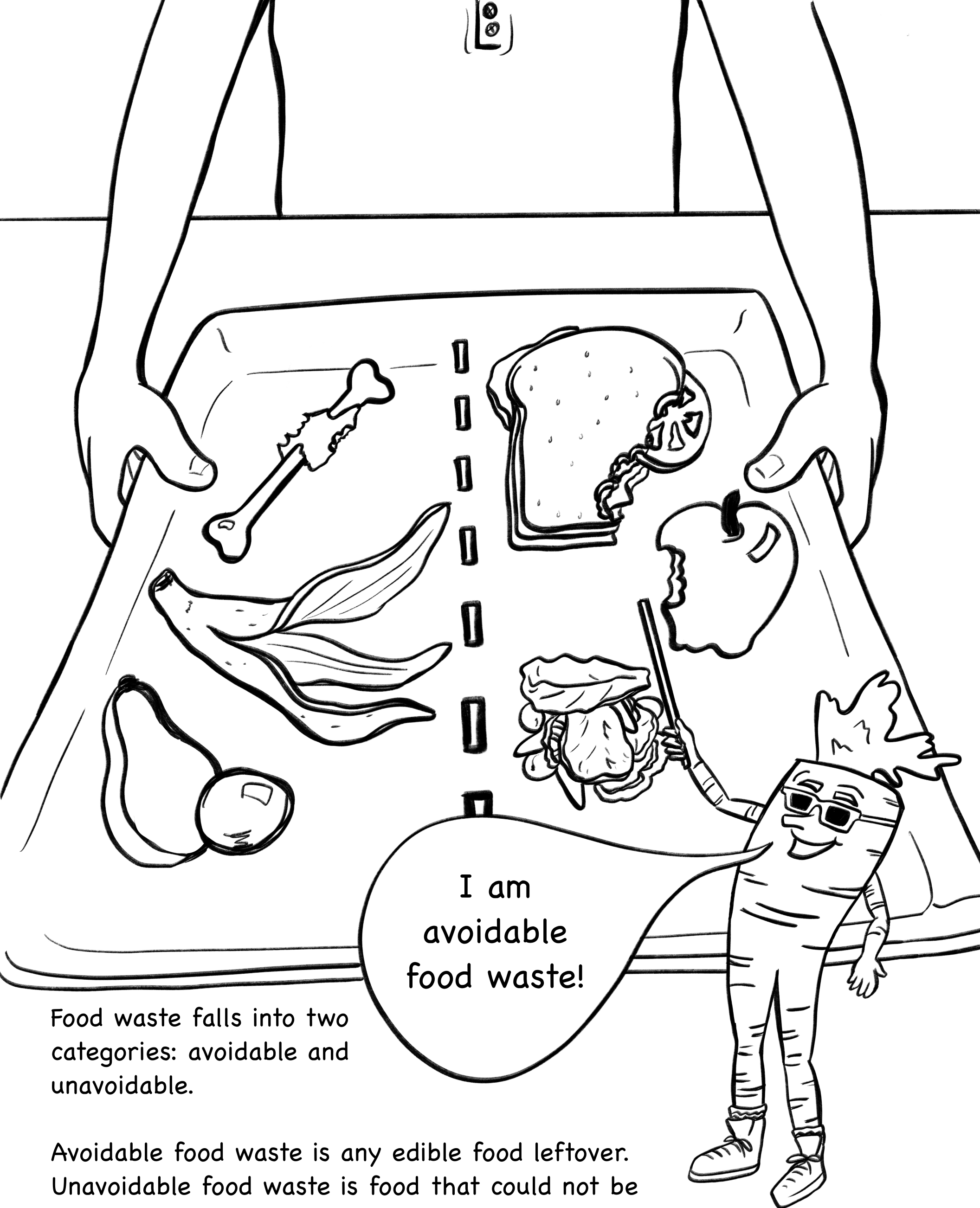


Many kids miss out on my
tastiness and leave me on their
trays to throw into the trash.
When I'm thrown away, I
become food waste.



Food waste is food that is
supposed to be eaten but
is thrown away instead.





I am
avoidable
food waste!

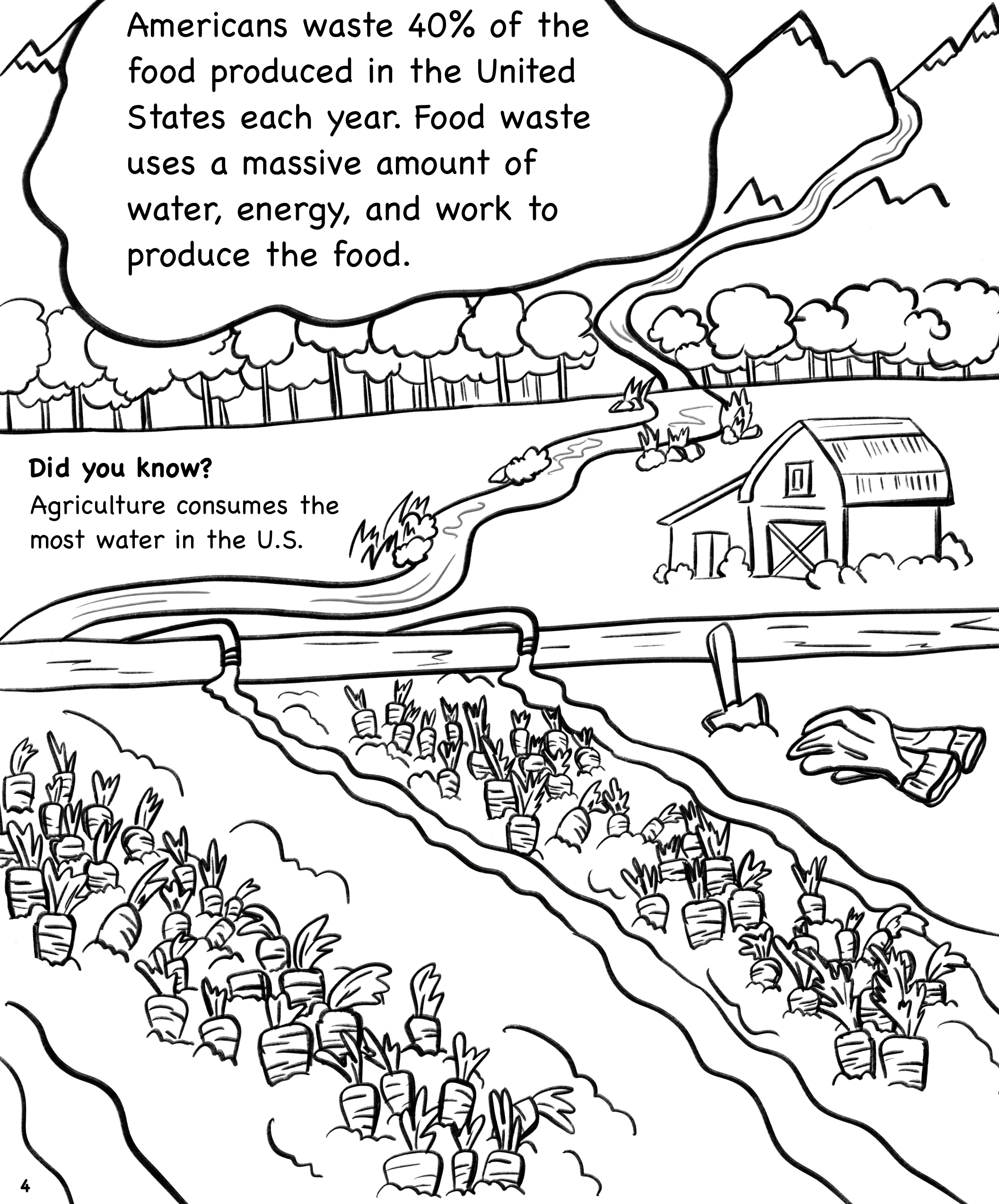
Food waste falls into two categories: avoidable and unavoidable.

Avoidable food waste is any edible food leftover. Unavoidable food waste is food that could not be eaten, like bones and peels.

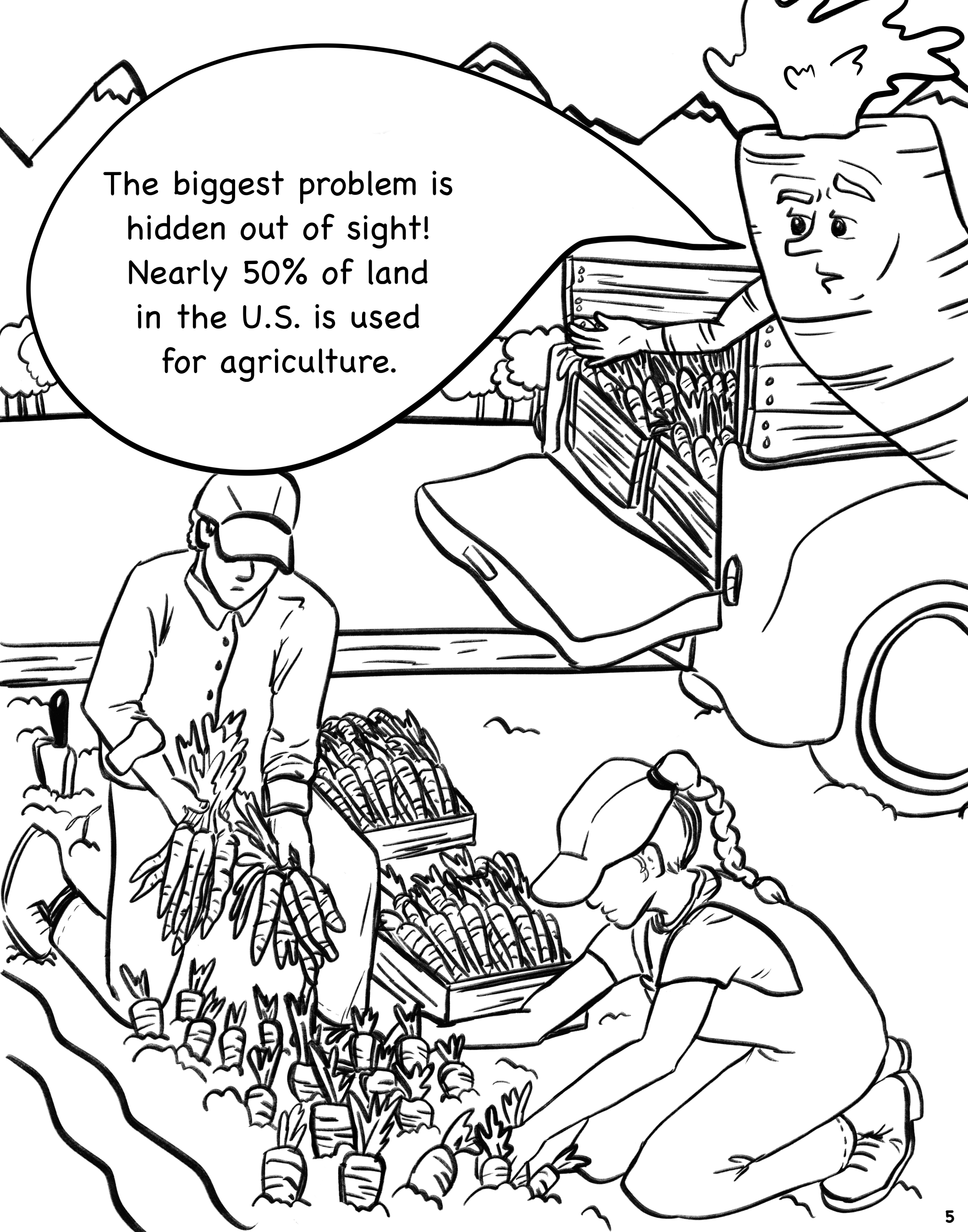
Americans waste 40% of the food produced in the United States each year. Food waste uses a massive amount of water, energy, and work to produce the food.

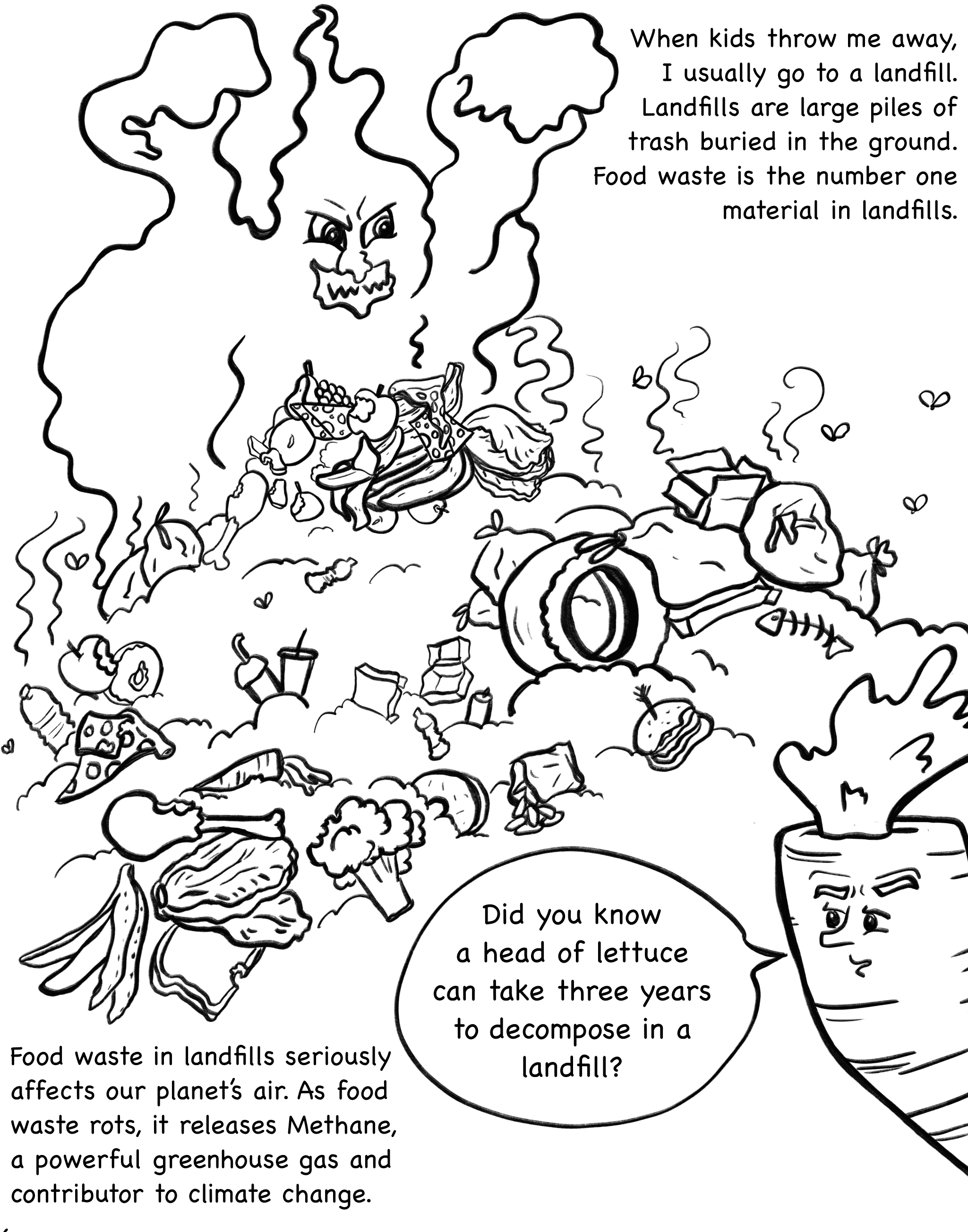
Did you know?

Agriculture consumes the most water in the U.S.



The biggest problem is
hidden out of sight!
Nearly 50% of land
in the U.S. is used
for agriculture.

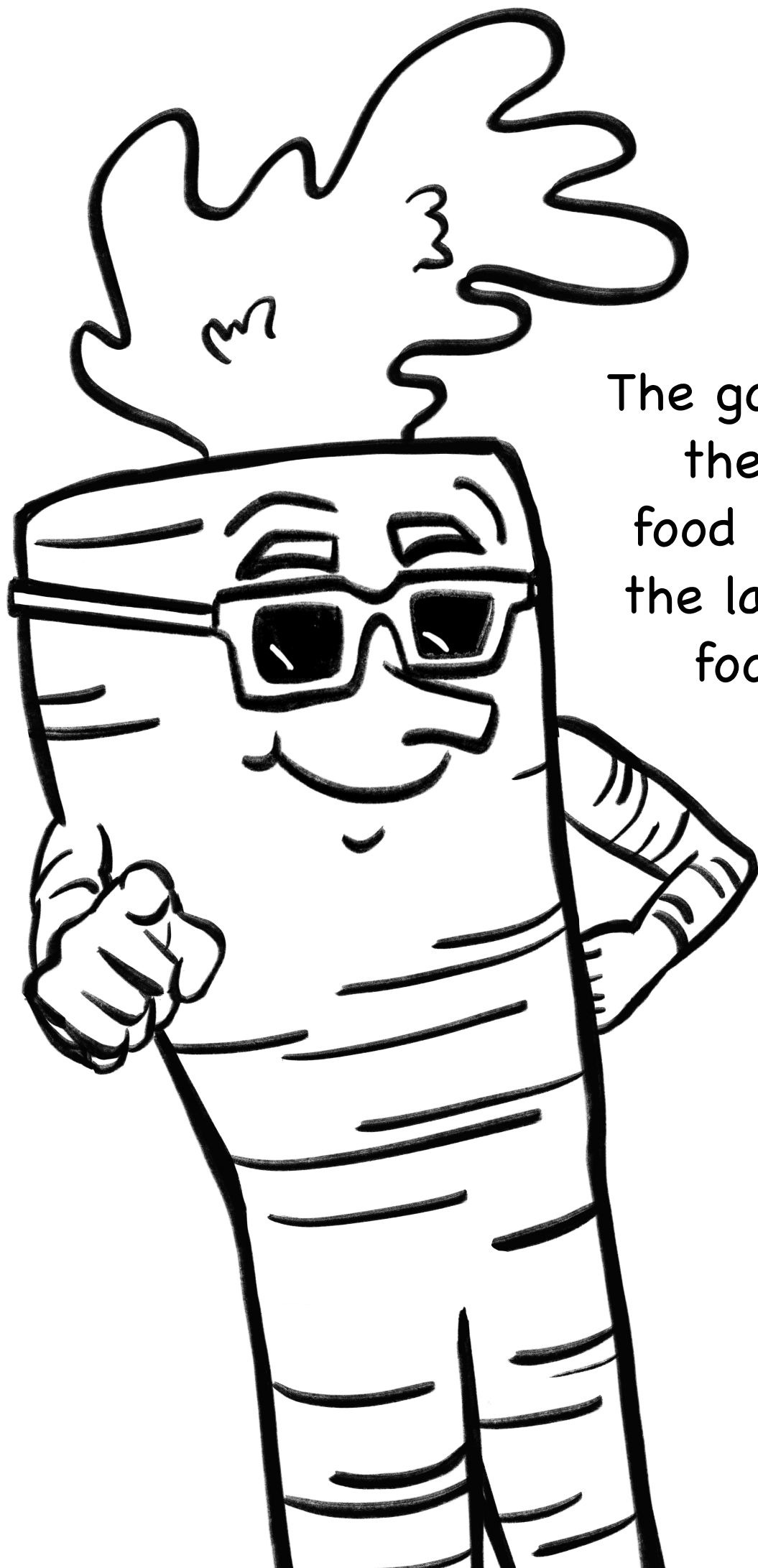




When kids throw me away,
I usually go to a landfill.
Landfills are large piles of
trash buried in the ground.
Food waste is the number one
material in landfills.

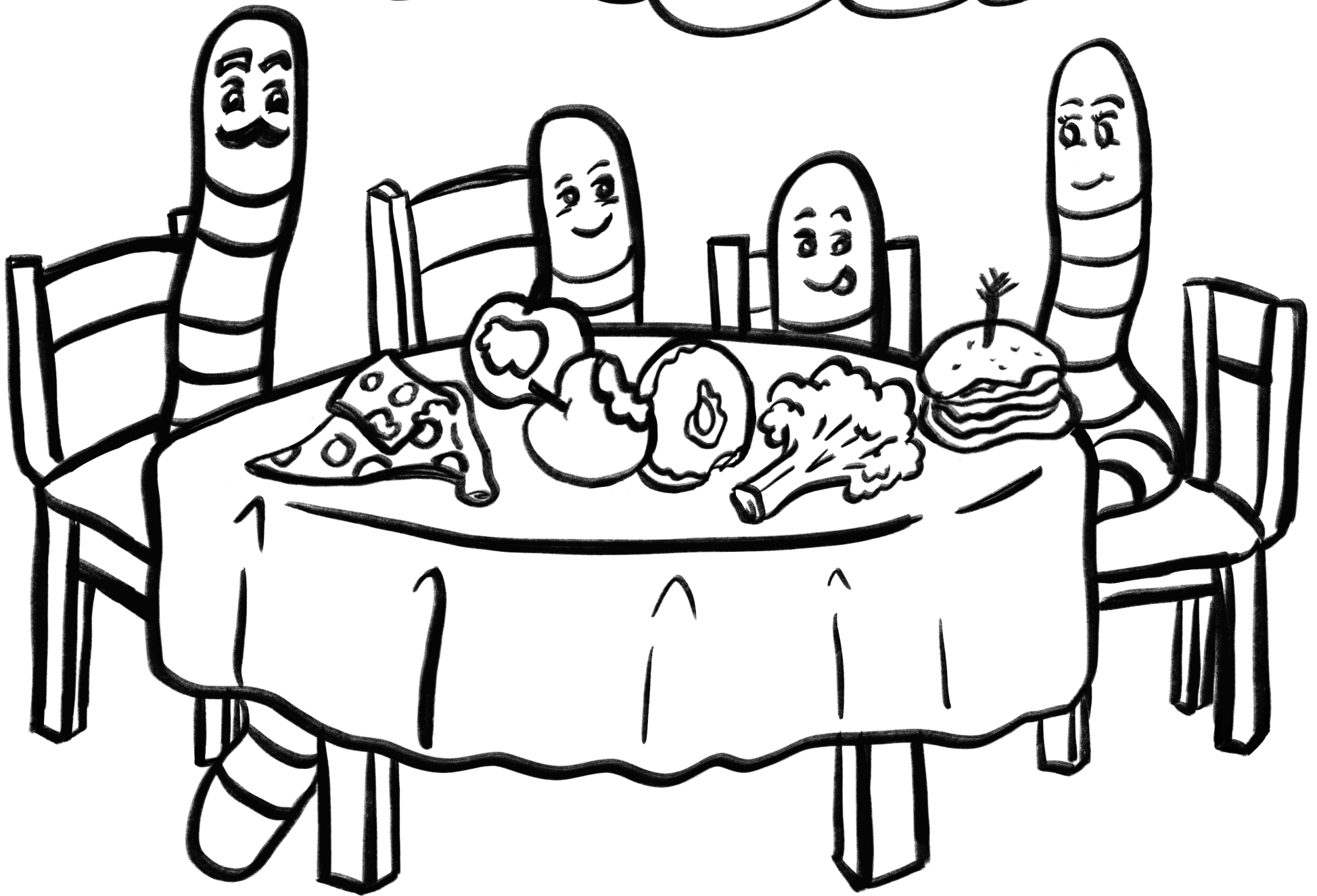
Did you know
a head of lettuce
can take three years
to decompose in a
landfill?

Food waste in landfills seriously
affects our planet's air. As food
waste rots, it releases Methane,
a powerful greenhouse gas and
contributor to climate change.



The good news is YOU have
the power to prevent
food waste from entering
the landfill by eating your
food and composting
the rest!

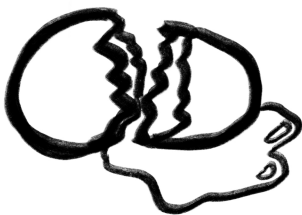
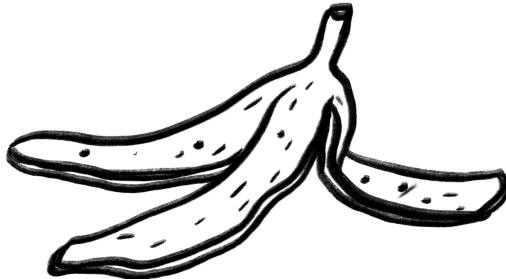
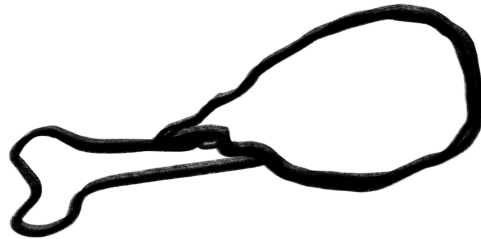
What is compost?



Just like how the forest recycles leaves and plants back into the ground through decomposition, we can recycle our food! Compost is decomposed organic matter (think: food waste, leaves, and grass clippings). Worms eat and help breakdown the organic matter into healthy soil that can go back into the ground to grow more food!

Colorful Compost

Activity: In order to compost, you need to first know what food waste is! Color the items below that can be composted. Put an "X" through the items that have to go to the landfill.

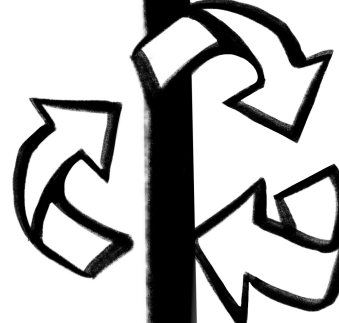
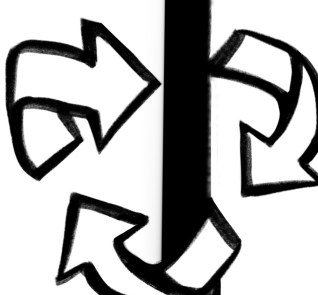


Word Search



D	R	C	B	M	A	U	D	Y	R	R	M	B	H	T
E	E	H	L	U	N	A	V	O	I	D	A	B	L	E
C	C	M	G	I	G	K	M	W	J	H	T	J	I	B
O	Y	E	R	F	M	T	T	B	C	Z	T	T	V	R
M	C	T	E	W	O	A	I	C	X	O	R	O	V	E
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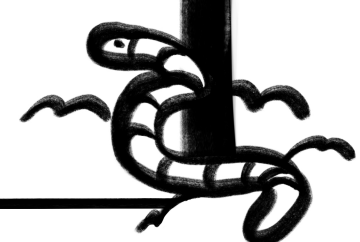
COMPOST



Food waste
Avoidable
Unavoidable
Resources

Landfill
Decompose
Greenhouse gas
Methane

Climate change
Compost
Recycle
Worms

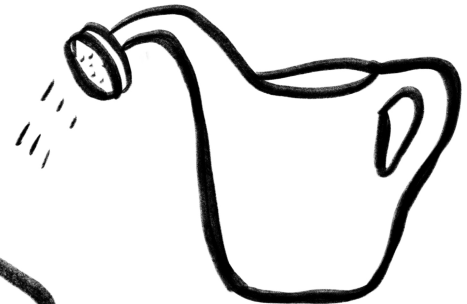
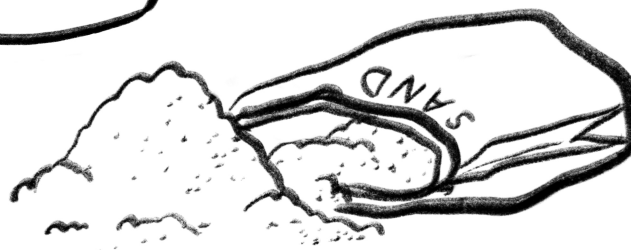
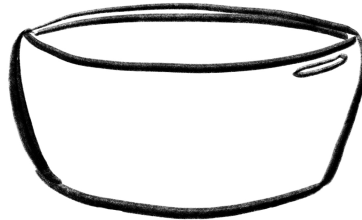


Indoor Gardening with Kitchen Food Scraps



What you need:

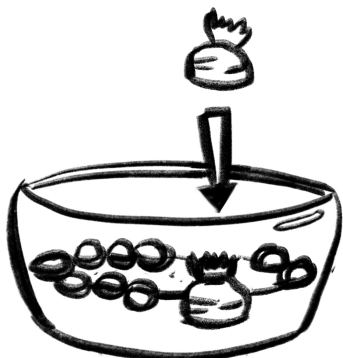
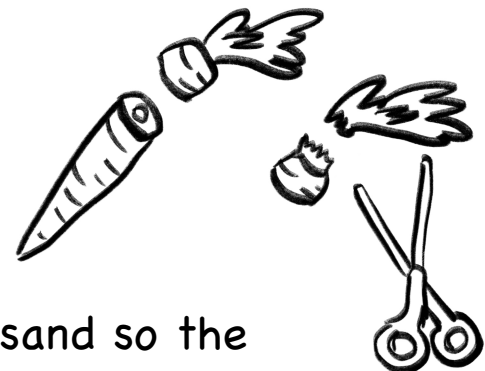
- 2-3 carrot tops, cut 1" from the top
- Shallow bowl
- Pebbles (optional)
- Sand
- Water



1. Ask an adult to help you regrow carrots from the top of the plants.

2. Fill a shallow bowl about 1/2" deep with sand. Feel free to decorate the edges of the sand with pebbles.

3. Carefully trim off any leaves from the carrot top so they're no longer than 1/2".

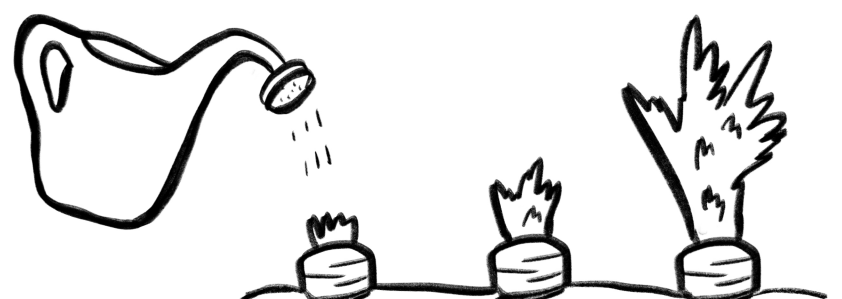


4. Push the carrot tops into the sand so the bottoms are close to the bottom of the bowl.

5. Fill the bowl with warm water to the top of the sand.

6. Leave the bowl in a sunny area.

7. Water the carrot tops every day to make sure they do not dry out.



8. Leaves should start sprouting within a week. After a few weeks, the plants should be quite tall!

