

# FOOD REVIVAL CHALLENGE

## Recycle, Flavour and Fight Waste!

You will unleash your creativity in the kitchen, turn "ugly" fruits and veggies into a tasty snack, and just maybe become a pro at organizing your fridge. It's not simply about saving food—it's about seeing how you can turn what you already have into something amazing. By engaging in these activities, you will help reduce food waste, save money, and do something wonderful for the planet. Let's prove that a little food revival goes a long way, and it's way more exciting than just chucking things out!

## Food Rescue Challenge

### Activity 1: Leftover Makeover

- Search your fridge for leftovers or items nearing expiration. Get creative and turn them into a delicious new meal.

### Activity 2: Ugly But Tasty

- Use imperfect or near-expiration fruits or vegetables to make a snack or meal. Celebrate the beauty of reducing waste by creating something tasty.

### Activity 3: Portion Power

- Serve only what you can eat and avoid leaving food on your plate. Be mindful of portions to help reduce food waste.

### Activity 4: Clean Out the Fridge

- Clean out your fridge and reorganize it. Move other older items to the front and plan meals around them.



The challenge is completed when all group members complete the three activities and document their efforts with photos or notes.



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