

14 days to

# ZERO FOOD WASTE

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Cook a  
clear-it-  
out dish

Hoard  
glass  
jars

Take  
stock of  
the  
pantry

Create a  
simple  
meal plan

Buy  
less  
food

Choose  
ugly fruit  
and veg

Prep  
after you  
shop

Store  
food  
properly

Cook up  
some  
scraps

Preserve  
some  
food

Give  
food  
away

Watch a  
docu-  
mentary

Dine out  
without  
waste

Stealthily  
recruit  
others

@zerowastechef