



spoonfuls

2025 Food Waste Challenge

A month of ideas to help reduce your food waste

	SUN	MON	TUE	WED	THU	FRI	SAT
Food Waste 101			01 Determine the best way to keep yourself accountable over the course of the month	02 Take Spoonfuls' Wasted Food Inventory	03 Read two blogs on spoonfuls.org	04 Encourage a friend to take this challenge with you	05
Leftover Love	07	08 Identify items nearing the date on their label; make a plan to use them	09 Ensure you're storing your herbs in water - like flowers!	10 Create an "Eat First" section in your fridge	11 Separate your potatoes and onions	12 Freeze overripe fruit and veggies for smoothies	13
Smart Shopping	14	15 Plan your meals for the week, working to use up what you have first	16 Make a grocery list and stick to it	17 Opt for a smaller package of food to ensure you'll use it all at its peak	18 Challenge yourself to purchase "imperfect" produce out of the bunch	19 Support a local market and get some seasonal produce	20
Speak Up & Out	20	21 Familiarize yourself with Spoonfuls' Advocacy Toolkit	22 Volunteer with one of Spoonfuls' partner organizations	23 Educate yourself on food waste legislation	24 Send a friend your favorite food waste tip	25 Pick one food waste-related issue you can continue to advocate for through the year	26
Reflection	26	27 Repeat your favorite food waste reduction activity from the challenge	28 Identify gaps in your food waste knowledge - fill those gaps!	29 Follow us on socials @spoonfulsfoodrecovery to stay up to date on our food recovery	30 Celebrate your food waste wins and tag us on socials!		

Learn more about the challenge at spoonfuls.org/food-waste-challenge/!