



# 2026 Food Waste Challenge

*A month of ideas to help reduce your food waste*

	SUN	MON	TUE	WED	THU	FRI	SAT
Food Waste 101				01  <b>Start <u>Spoonfuls' Wasted Food Inventory</u></b>	02  <b>Read two <u>Food Waste Tips</u> blogs on <a href="https://spoonfuls.org">spoonfuls.org</a></b>	03  <b>Encourage a friend to take this challenge with you</b>	04
Leftover Love	05	06  <b>Identify items nearing the date on their label; make a plan to use them</b>	07  <b>Ensure you're storing your herbs in water – like flowers!</b>	08  <b>Create an "Eat First" section in your fridge</b>	09  <b><u>Learn to preserve local produce</u> with Coastal Foodshed</b>	10  <b>Freeze overripe fruit and veggies for smoothies</b>	11
Smart Shopping	12	13  <b>Plan your meals for the week, working to use up what you have first</b>	14  <b>Make a grocery list and stick to it</b>	15  <b>Opt for a smaller package of food to ensure you'll use it all at its peak</b>	16  <b>Challenge yourself to purchase "imperfect" produce out of the bunch</b>	17  <b>Support a local market and get some seasonal produce</b>	18
Speak Up & Out	19	20  <b>Familiarize yourself with <u>Spoonfuls' Advocacy Toolkit</u></b>	21  <b><u>Sign up for Spoonfuls' Advocacy Alerts</u> to receive timely calls to action</b>	22  <b>Educate yourself on food waste legislation using <u>Divert's Food Waste Legislative Tracker</u></b>	23  <b>Send a friend your favorite food waste tip</b>	24  <b>Pick one food waste-related issue you can continue to advocate around this year</b>	25
Reflection	26	27  <b>Repeat <u>Spoonfuls' Wasted Food Inventory exercise</u></b>	28  <b>Identify gaps in your food waste knowledge – fill those gaps!</b>	29  <b>Follow us on socials <a href="https://twitter.com/spoonfulsfoodrecovery">@spoonfulsfoodrecovery</a> to stay up to date on our work</b>	30  <b>Celebrate your food waste wins and tag us on socials!</b>		

*Learn more about the challenge at [spoonfuls.org/food-waste-challenge/](https://spoonfuls.org/food-waste-challenge/)!*