

APRIL 2022



SUN

MON

TUE

WED

THU

FRI

SAT



Celebrate Earth Month with Food Rescue Hero®

3 Eat local! Buying produce meat, and dairy from local farmers helps mitigate the CO2 emissions caused by importing your food to the grocery store. Plus you support your community!

4 Meal plan. Planning out what to eat each day helps ensure you purchase the proper amounts and don't wind up with leftover ingredients! *Pro tip: plan meals that use the same ingredients in a week!*

5 Check your fridge temperature. It should be between 0-5°F for optimal preservation.

6 Use a grocery list. Write out exactly what you need to mitigate impulse purchases, which often leads to too much food and not enough time to eat it before it goes bad!

7 Keep the oldest food at the front of your fridge. This way, the first things you see when you open the fridge are the ones that need to be eaten right away!

1 Welcome to Earth Month! We'll be celebrating with different tips you can easily implement to help the planet! Look ahead and see which you can start doing, and imagine the impact we can make - together!

2 Calculate your foodprint! Food habits have a big impact in ways we sometimes don't realize! Use these calculators to identify areas you can improve your diet + the earth.

9 Eat your leftovers. Food is the #1 material in landfills - we can change that. Don't let your takeout from last night or the meals you cooked go to waste!

10 Purchase a local CSA share! Community supported agriculture lets you purchase produce from local farmers, mitigating emissions from regular food import!

11 Compost your organic waste. Whether you subscribe to a composting service, use your local community bin, or have one in your backyard, check out online guides for what items can be composted!

12 Do a trash audit. Go through your trash and see what the common items are that you throw out most frequently. Reduce purchasing these items!

13 Eat the edges. Instead of peeling apples, potatoes, and even bread crusts, keep them on! Not only are you reducing food waste, but these edges typically have vital nutrients your body needs.

14 Pack a lunch. Purchasing lunch at work includes lots of plastic or styrofoam packaging. Instead, make a quick lunch (even the night before!) using reusable tupperware containers.

15 Store your produce properly. Ever wonder if apples should go in the fridge or in the fruit bowl? Check out this list of where your fruits and veggies belong!

16 Bring a reusable water bottle. One of the easiest changes to implement! Stop purchasing cases of plastic water bottles, and invest in a reusable one to bring with you everywhere!

17 Bring your reusable bags. When grocery shopping this week, trade out the store's single-use plastic bags for a couple of sturdy cloth ones!

18 #MeatFreeMonday. Commit to swapping all meat today for protein packed alternatives like tofu, tempeh, seitan, and beans!

19 Swap your car for a reduced carbon commute. Plan ahead to bus, bike, walk, or carpool today!



20 Make banana bread. Don't toss out those brown bananas or soft apples! Make lemonade out of lemons ... er, delicious bread out of undesirable fruits.

21 Purchase products with limited or recyclable packaging. Switching to shampoo & conditioner bars, laundry detergent sheets, or toothpaste tablets are small ways to reduce single-use packaging!

22 EARTH DAY. Avoid single use plastics such as water bottles, straws, plastic Q-tips, disposable cutlery and dishes, and plastic bags.



23 Consider your clothes. Purchase clothing secondhand, avoid synthetic fabrics (these are mostly made of plastic, which is oil!) and be sure to recycle or sell your old clothing!

24 Pickle your veggies to prolong their lifespan. A simple mixture of water, vinegar, sugar, and salt packs loads of flavor to onion, carrots, cabbage, and more!

25 Order your coffee with dairy-free alternatives. Plant-based milks come from crops that use fewer chemicals on the soil - not to mention cows are the top producers of methane emissions in the U.S.!

26 Learn how to create a food recovery program in your community. Sign up for our FREE webinar to learn what goes into starting a local program.

27 Stop Food Waste Day Use your veggie scraps & cuttings to make vegetable stock, a soup, or stir fry!



28 Superhero Day Be a #FoodRescueHero! Download the app in your city and tag our partners during your first rescue.



29 Arbor Day Plant a tree (or any other vegetation outside)!



30 Spread the word. Earth Month doesn't end in April! These are small steps we can implement every day to treat our planet better & avoid contributing to waste!