



**This is how much I am going to  
reduce my food waste**

**#LoveFoodDontWastelt**

**#AgDay365**



**Food waste is a growing problem. The average American family throws away 25% of their food purchased – costing them \$1,600+ per year.**

*AgDay365 is a campaign to help everyone understand and appreciate where their food, fiber, flora and fuel comes from*

### **Love Food! Don't Waste It! Take the Food Waste Challenge**

- 1. Write how you much you are going to reduce food waste on the front of this card.**
- 2. Take a picture of yourself with the front of the card and post it online using the hashtags #LoveFoodDontWastelt and #AgDay365.**
- 3. Email your photo to: [social@americanagriwomen.org](mailto:social@americanagriwomen.org)**
- 4. Follow through with your challenge and post your results.**
- 5. Share your challenge and results with others, encourage them to do their own challenge.**

*We will be scanning the social space for your posts and selecting winners from both the initial post to the #LoveFoodDontWastelt along with your follow-up posts. Not into social media, but want to participate? Take a picture of your card and send to [social@americanagriwomen.org](mailto:social@americanagriwomen.org), follow-up with results to the same e-mail.*

**A project of American Agri-Women**

***Even the smallest improvements reducing food waste can have a big impact on our wallets and our world.  
We will be awarding prizes for the best Food Waste Challenges.***