

Reduce your

Foodprint

Help the planet, save money, and have fun doing it.



Kid-Sized Foodprint

Kids And Food

Kids with their developing taste buds can be very selective about the foods they eat. Add their ever changing appetites and you have the possibility of half eaten meals and discarded snacks. Here are a few suggestions to help reduce the amount of food that goes to waste in your family.

Serve Smaller Portions

Cut fruits into smaller sizes and reserve the uneaten pieces for a future snack or to be incorporated into smoothies, pancakes, or fruit salads. Buy smaller, kid-sized varieties of fruits and vegetables.

Support the culture of 2nd and 3rd helpings. Smaller helpings will mean less food waste. They can always come back for more! When serving your child, ask if they are small, medium or large hungry. It's a good practice for adults too!

Show How It's Done

By not throwing food away yourself, and talking about what your family can do with leftovers you can help your child appreciate the value of food. Make buying, preparing, and growing food fun! They won't want to waste something they helped to create.

Likes And Dislikes

Some kids won't eat anything that has more than one ingredient. Instead of salads, try vegetable platters. They can stack the vegetables on a plate "so they don't touch". Encourage your child to make the dip. Vegetables that are not eaten can be used the next day, put into lunches, or incorporated into omelettes, soups, etc.

School Lunches

Kids often don't eat all of their school lunch. Instead of throwing it out, ask that they bring it home. It can be eaten as a snack before supper.

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