

Are you passionate about reducing food waste? Do you enjoy making TikToks? We need your help!

In collaboration with the City of Chicago, the [Wasted Food Action Alliance](#) is partnering with [Save the Food FL](#) to celebrate **Food Waste Prevention Week (April 4-8)**. The goal of Food Waste Prevention Week is to educate the public about reducing food waste at home, at work, and in their communities to support a healthier environment and help families save money.

TikTok Content (hashtags listed below)

The Wasted Food Action Alliance is asking you to create one (or both!) of the following TikToks to spread awareness about wasted food:

1. Tons of money is spent each year on food that ends up going to waste. That money could be used by you (or your family) on many things. Do some research and calculations, then let us know what you'd spend that extra money on.
 - First, please share this statement: "According to the American Journal of Agricultural Economics, the average American household spends about \$1,900 on food that ends up being wasted."
 - Then, answer this question: What could you (or your family) spend that money on instead?

Here are a few examples:

- "My family and I could go on a trip for spring break to _____."
 - "That much money could cover 6 months of gas for my family."
 - "I could buy 126 Tamagotchis with that much money! Or 5 Nintendo Switches plus the new Kirby game!" (Be creative and funny! We'd love to hear about your collections and hobbies)
2. Show us what your family does to reduce wasted food! If you feel that your family isn't currently doing anything to cut back on food waste, try to come up with something simple you could do to change that (see examples below). Showing others that anyone can take small steps to reduce wasted food will be very inspirational!
 - First, share a statement like this (feel free to change it up): "April 4th-8th is Food Waste Prevention Week, so I wanted to show you what [I do/my family does] to reduce wasted food."
 - Then, show us what you've got!

Check out an example TikTok made by the Wasted Food Action Alliance's Sustainability Program Associate [here](#).

Food waste reduction can look like many things. Here are a few ideas to get you excited:

- Show us how you compost (commercial pick-up or in your backyard!) or what you do with your extra food scraps (e.g. Does your family save them for animal feed? For your garden?)
- Show us how you pack/eat your lunch to reduce the amount of food you're wasting (e.g. Do you bring home your leftovers so the person who packs your lunch can see what you're not eating and make adjustments accordingly? Do you save your leftovers for an afterschool snack?)
- Show us how you make use of produce or other food items that are close to going bad (e.g. Does your family have any go-to meals/dishes that use up these items? Does your family freeze certain items? Do you or any of your family members have tips for making food last longer in the fridge?)
- Show us how you plan for grocery shopping trips (e.g. Does your family meal plan/prep? Do you tell your family to buy less of something if you notice it often goes uneaten?)

**Don't forget to use these hashtags when sharing your TikToks:
#foodwastepreventionweek #wastedfoodaction #foodmatters
#sustainability #fyp (plus any others you think would be helpful)**

Feel free to use any popular TikTok sounds you think would be relevant or funny (but appropriate!). Also, please encourage your friends and family to make their own TikToks to spread the word about wasted food even further.

Once you've posted your TikTok, please copy and paste its sharing link into an email addressed to wastedfoodaction@gmail.com. Send your completed TikToks to us by the evening of April 3rd if possible, but we're happy to share anything that is sent our way before the end of Food Waste Prevention Week (April 8th)!

Don't forget to follow the Wasted Food Action Alliance on Twitter (@wastedfoodaa) to see your TikToks being shared during Food Waste Prevention Week (April 4-8)!