Mission Card

Food Ranger (child's name) _____

Mission 1

Planning meals means you know exactly what you need so you only buy the food you will use.

Perfect Planner

Mission 2

Know the difference between 'use by' and 'best before'.

Food Detective

Mission 3

Know the best place to store each food type to preserve it for longer.

Super Storer

Mission 4

Know all the foods that can be preserved safely in your freezer – there's more than you think!

Fantastic Freezer

Mission 5

Get creative in the kitchen – there are lots of ways to turn leftovers into delicious meals.

I love Leftovers

My pledge to waste less food

From now on, I am going to waste less food by:

.....

.....

Signed:.....

Date: .....