



# Waste Less Challenge

**Focus Area:** Well-Being

**Objective:** To reduce the amount of food your household wastes week-to-week

**Length of Challenge:** Three weeks (can be shortened or extended)

**Materials Needed:**

- Waste Less Tracker
- Prizes (highly recommended)

**Directions:**

- Use the “Waste Less Tracker” to complete the outlined steps.
  - Week 1: You’ll work to clean out your pantry, freezer and refrigerator.
  - Weeks 2-3: You’ll plan, shop and store foods to keep your food waste to a minimum.

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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