

R squared ~ Riya Patel and Rishika Nahata
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Jericho High School

We, Rishika Nahata and Riya Patel, take on the pledge of decreasing **FOOD WASTE!**





How many times have you done this because you are “too full?” We think we are guilty of this, and we realized that there are actually a lot of **negatives in wasting food**. We learned about many simple ways on how we can decrease the amount of valuable food going down the drain.

The first step is realizing how **grateful you are to have food in your plate** and understand that you are very lucky, since a huge proportion of the human population don't get the chance to eat a full, nutritious three meals.

There are many effortless ways to decrease the amount of food going to waste. For instance, we all must **start shopping smart and realistically**; we can't buy too much food that just ends up in the trash because we could not finish it or it expired.

Also, make sure to **only take the amount of food you are going to eat**. Leftovers on your plate should not go to waste, but should end up in your tummy instead!

In order to follow through with our pledge and minimize food waste in our homes, we decided to **save and eat leftovers** and **store food in the proper places**. Today both of us ate leftovers from last night's dinner, after storing them in the refrigerator. Instead of throwing that perfectly yummy food in the garbage and making a new meal, we ate the food and it filled our stomachs just as if fresh food would. It is also important to store your food in the right places because if you forget to put an item in the fridge, pantry, or freezer, it can spoil and you will have to throw it away in the end.

Overall, we took this pledge to truly try to make a difference in our community and world as a whole. Food waste is a huge issue and we want to address it as well as raise awareness so that we aren't guilty of not giving it to people who are in need of healthy meals.





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rsquaredpgc How many times have you thrown your dinner out because you are "too full?" We think we are guilty of this, and we realized that there are actually a lot of negatives in wasting food. We learned about many simple ways on how we can decrease the amount of valuable food going down the drain. We, Rishika Nahata and Riya Patel, take on the pledge of decreasing FOOD WASTE! We encourage you to follow us and the "LOVE FOOD, HATE WASTE" 🍅 movement. @turninggreenorg @endovershoot #PGC2017 #movethedate



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