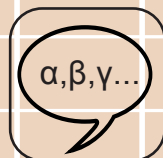


Easy tips to reduce food waste at home

Behavioral change of families with children to reduce food waste with easy advices and information

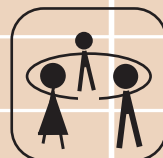
Board Game is included



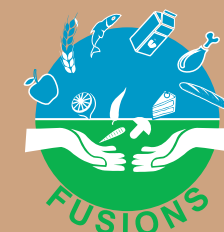
Language Speech
Reading



Thinking Learning
enriching general knowledge



Sociability
Socio-emotional development



ANAT LIKI
S.A.

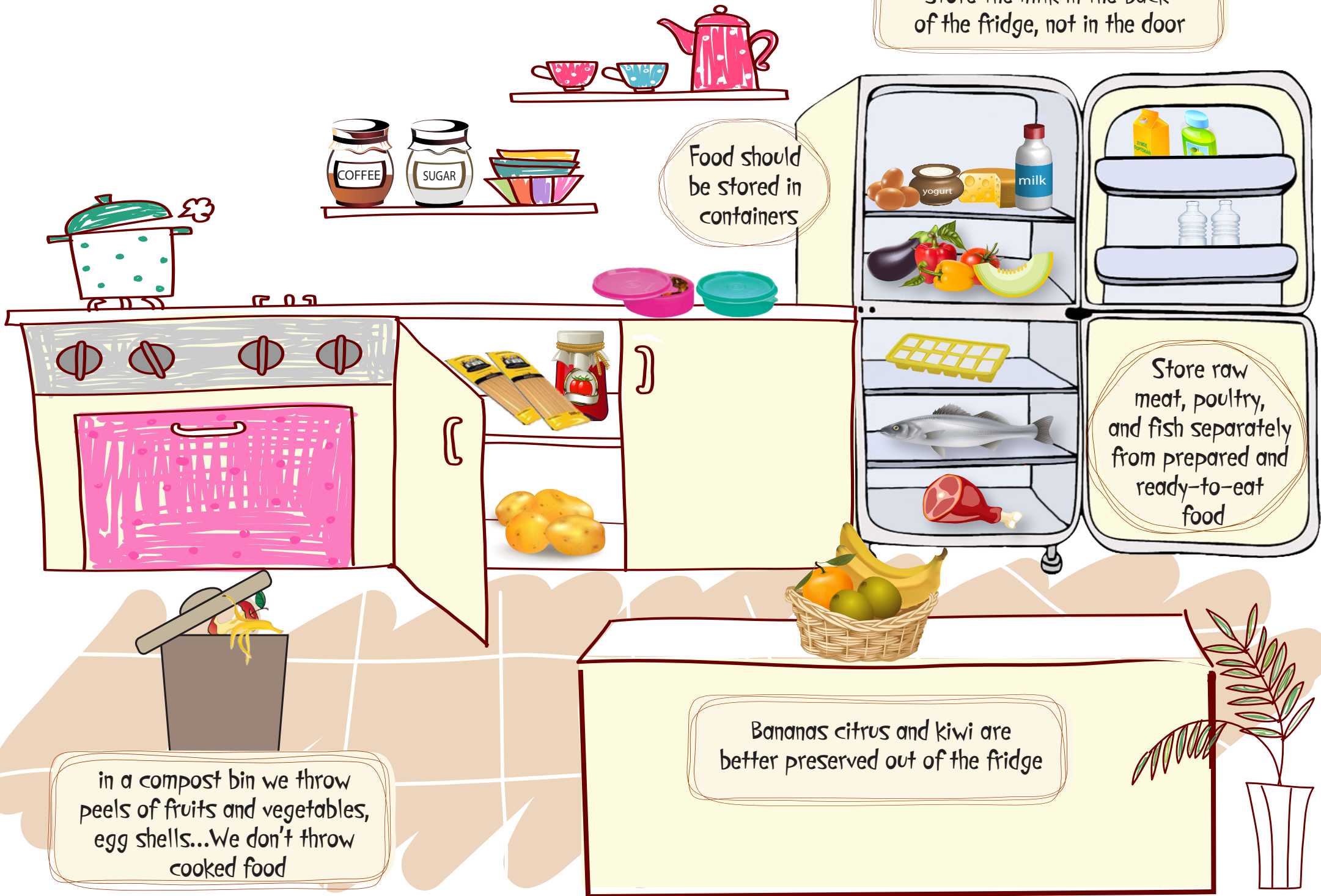
Store the milk in the back of the fridge, not in the door

Food should be stored in containers

Store raw meat, poultry, and fish separately from prepared and ready-to-eat food

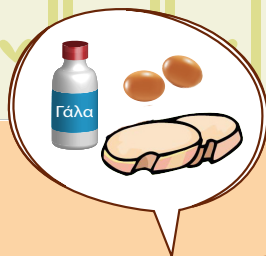
Bananas citrus and kiwi are better preserved out of the fridge

in a compost bin we throw peels of fruits and vegetables, egg shells...We don't throw cooked food

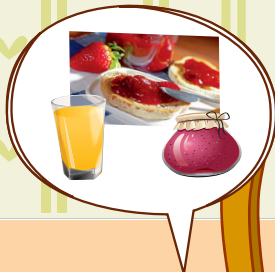




French
toast



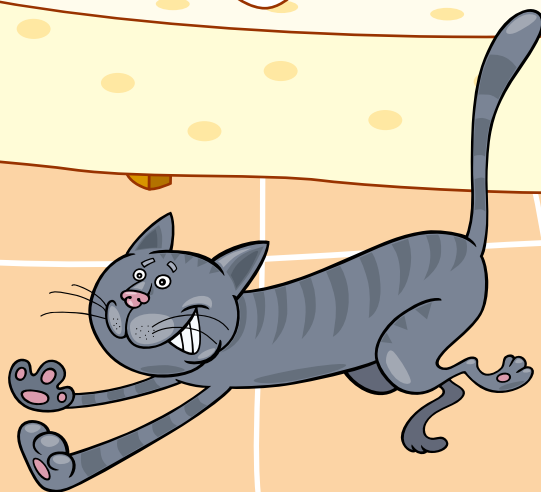
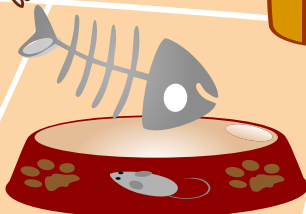
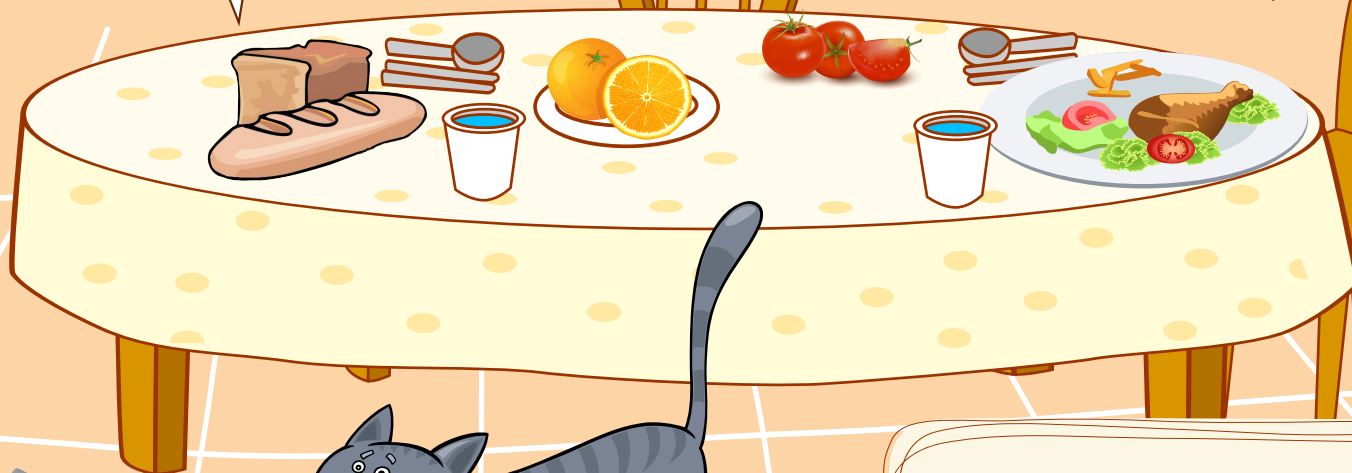
Fruit juice,
Marmalade



Sauce



Pizza, pie



Reuse Leftovers!!

Fill your compost bin with everything from uncooked vegetable scraps and fruit peelings to teabags, coffee grounds, eggshells and even the egg boxes.



... "Ugly" fruits and vegetables should be eaten and cooked

FRUITS-VEGETABLES

Choose loose products without packaging and with less wrapping

Always use fabric and not plastic bags



Always use a shopping list and
don't buy products you don't need

Fruits
Vegetables



...“Ugly” fruits and
vegetables should
be eaten and cooked



1. Bananas
2. Milk
3. Potatoes
4. Tomatoes
5. Meat

Remember:

1. *Always follow your shopping list at the supermarket*



2. *Love your leftovers*



3. *Vegetable and fruit peels can create a free, nutritious fertilizer*



Purpose of the book is to inform and raise awareness of preschool children, with the participation of educators and parents to reduce food waste, contributing to the sustainable management of natural resources.





Throw the dice
START

Your mom did not follow the grocery list and did impulsive purchases.
Move 3 blocks backwards

- 1. Μανάνες
- 2. Γάλα
- 3. Πατάτες
- 4. Ντομάτες
- 5. Κρέας

You threw all the food from your dish to the bin.
Move to the START

You help your mother cook a meal with leftovers!
Congrats! Move two blocks forward

You drank your milk and threw the empty bottle in the recycle bin!
Congrats!
Move two blocks forwards

Throw the dice

Congrats! You made compost from peels and eggshells.
Move 4 blocks forward

You left your cooked meal many hours out of the refrigerator!
Move 2 blocks backwards

Congrats! You protect the environment!
Move 2 blocks forward

Throw the dice

"Ugly" fruits and vegetables are entirely healthy and we should not throw them away.
Throw the dice again!

The fridge is full of expired food.
You did not consume it on time.
Move 1 block backwards

You threw food you did not like.
Move 3 blocks backwards

You ate all you food! Congrats!
Move straight to the Finish

FINISH