



Awareness

Are you a food hero? Can you help your friends and family cut down the amount of food they waste, and spread the word about FareShare too?

What can you do to shout about food waste?

In groups, come up with ideas to tackle food waste. Check the food waste factsheet in case you've missed any. Then:

- **Create a colourful poster** packed with top tips on cutting food waste at home, at school, or out shopping. Don't forget to put your poster on display!
- Spread the word about food waste! Why not **create a blog or a video** for social media? Or **give a presentation** at school or to your unit?

Or

- **Test your knowledge.** Read our FareShare factsheet – then, in groups, create your own FareShare quiz for the other team to complete. Take it in turns to be contestants and quiz-masters.

London & South East England



WE DISCOVER, WE GROW

Girlguiding



FareShare

fighting hunger,
tackling food waste