

Going Green in March

Write the letter of the correct match next to each problem.

- | | |
|------------------------|---|
| 1. _____ perishable | a. It is important to use what we have. It is recommended you eat the peels and _____ of fruits and vegetables. |
| 2. _____ stored | b. The "sell by" and "best by" dates signify when the food looks and _____ the best. Food still tastes great past the date! |
| 3. _____ planning | c. If food is going bad quicker than expected, pay attention to how it should be _____. It may be why food goes bad quick. |
| 4. _____ ugly | d. Uneaten skins, bones, and scraps can be used to make an amazing _____ which you can then use to make delicious soup! |
| 5. _____ skins | e. It is okay to deviate from a recipe. _____ ingredients you don't have can save money, time, and prevent waste. |
| 6. _____ broth | f. It is important to _____ and prepare meals ahead of time to have more meals for longer. |
| 7. _____ Donating | g. It okay, great even to have a lazy night! Designate two or three nights or more for _____ to help reduce waste. |
| 8. _____ freeze | h. Going _____ is important for everything. It may even help to improve your health. |
| 9. _____ leftovers | i. By _____ your meals you can cut the cost of food bills and cut the amount of food waste there is. |
| 10. _____ substituting | j. As long as the food is not expired, you should use " _____ " food. They go great in soup, smoothies, casseroles, and more! |
| 11. _____ list | k. Preparing _____ items and freezing them can allow you to use them throughout the month. |
| 12. _____ tastes | l. _____ extra food can be a great act of kindness and can prevent food from going to waste. |
| 13. _____ expiration | m. Making a _____ is important to do before going grocery shopping to make sure you don't buy more than you need. |
| 14. _____ eyes | n. When grocery shopping, don't let your _____ be bigger than your brain or stomach. Try to buy only what you need. |
| 15. _____ green | o. The " _____ " date is the date you need to go by to determine when food will go bad. |

Going Green in March

Write the letter of the correct match next to each problem.

- | | |
|---------------------------|---|
| 1. <u>K</u> perishable | a. It is important to use what we have. It is recommended you eat the peels and _____ of fruits and vegetables. |
| 2. <u>C</u> stored | b. The "sell by" and "best by" dates signify when the food looks and _____ the best. Food still tastes great past the date! |
| 3. <u>I</u> planning | c. If food is going bad quicker than expected, pay attention to how it should be _____. It may be why food goes bad quick. |
| 4. <u>J</u> ugly | d. Uneaten skins, bones, and scraps can be used to make an amazing _____ which you can then use to make delicious soup! |
| 5. <u>A</u> skins | e. It is okay to deviate from a recipe. _____ ingredients you don't have can save money, time, and prevent waste. |
| 6. <u>D</u> broth | f. It is important to _____ meals to have ready-to-eat meals for longer. |
| 7. <u>L</u> Donating | g. It okay, great even to have a lazy night! Designate two or three nights or more for _____ to help reduce waste. |
| 8. <u>F</u> freeze | h. Going _____ is important for everything. It may even help to improve your health. |
| 9. <u>G</u> leftovers | i. By _____ your meals you can cut the cost of food bills and cut the amount of food waste there is. |
| 10. <u>E</u> substituting | j. As long as the food is not expired, you should use " _____ " food. They go great in soup, smoothies, casseroles, and more! |
| 11. <u>M</u> list | k. Preparing _____ items and freezing them can allow you to use them throughout the month. |
| 12. <u>B</u> tastes | l. _____ extra food can be a great act of kindness and can prevent food from going to waste. |
| 13. <u>O</u> expiration | m. Making a _____ is important to do before going grocery shopping to make sure you don't buy more than you need. |
| 14. <u>N</u> eyes | n. When grocery shopping, don't let your _____ be bigger than your brain or stomach. Try to buy only what you need. |
| 15. <u>H</u> green | o. The " _____ " date is the date you need to go by to determine when food will go bad. |