**Food Print Challenge: Reduce Your Foodprint 21 Goal Summer Challenge**

Inspired by the global FoodPrint Campaign, Lynchburg Parks & Recreation is challenging YOU this summer to be more mindful of what you eat, how you shop, and how you manage your waste to make a positive impact on the environment, welfare of animals, food/ farm workers, and public health. Your “foodprint” is the result of everything it takes to get your food from the farm to your plate. May through August we challenge you to tackle the check list below, a minimum of 19 out of 21 checked off. After completing every item on the list with dates, comments and signature (if under 12) you can turn in your checklist to the Miller Center customer service desk and receive an awesome prize!

1. **Eat Vegetarian** Try out “Meatless Monday,” and see if you can keep it up year round.

-Name 3 vegetarian meals you ate this summer with dates.

1. **Shop at the Lynchburg Community Market** Support your local economy and eat seasonal fruits and vegetables. Open Wednesdays and Saturdays 7am-2pm

-Take a selfie with Ricky or Darius, our Market Managers #LynchburgParksAndRec #LynchbugCommunityMarket

1. **Pack a low waste lunch** Use a reusable lunch sack and food containers, no zip lock bags!

-Dates:

1. **Eat your leftovers** Cut down on food waste by eating everything you cook

-Describe a meal you prepared with leftovers

1. **Start a stock bag or compost bin** Freeze veggie scraps or peels to compost or make stock

-Describe how you scrap your scraps

1. **Meal Plan for the week** Change from takeout to homemade

-List your 1 week meal plan

1. **Create a reusable lunch kit** This includes reusable silverware, straw, cloth napkin, plate or bowl

-What is in your lunch kit?

1. **Use a reusable coffee cup** Avoid the single use paper cup

-How much $ did you save on your coffee beverage with a reusable cup? Name the location.

1. **Shop with reusable shopping bags** Say no to plastic bags!
2. **Create DIY reusable produce bags, bowl covers, and totes**

-Describe what you use to store food at home as alternatives to zip lock bags, Cling Wrap, and foil.

1. **Get a reusable water bottle** Stop buying single-use plastic water bottles

-What kind of water bottle do you use?

1. **Create homemade meals** Make food at home and avoid additives and food packaging that comes with industrial processed food

-What did you make/ date?

1. **Buy in bulk** Cutout packaging by using bulk bins

-What grocery stores in town have bulk bins? (name at least 1)

1. **Eat less- and better seafood and meat** Shop for certified grass fed and pasture-raised livestock and domestic food

-Name the brand and store you shop

1. **Kondo your kitchen** Clean out expired food and buy only what you need

-Include date and a list the things you tossed

1. **Make a “use it first box” in your fridge** organize your refrigerator like a grocer to reduce spoilage
2. **Shop labels that help farmworkers** Look for Food Justice Certified or Fair Trade
3. **Join a local CSA or food co-op** Visit Lynchburg Grows or the Community Market to sign up

-List organization name and date joined:

1. **Start a Garden** Start a garden in your own backyard or visit a community garden

-Take a photo and #LynchburgParksAndRec #FoodPrint and post to social media

1. **Support organizations that help farmworkers** Check out United Farm Workers, Food Chain Workers Alliance, and Coalition of Immokalee Workers

-Name 3 facts you learned:

1. **Educate yourself on the issues** Visit the FoodPrint website, watch a food documentary, or -research online issues surrounding food sustainability

-Site your source and 3 facts:

Have other ways you reduce your food print? Share them with us on our Facebook Page or #LynchburgParksAndRec.com #ReduceYourFoodPrint