

Leadership Meeting Guide – Free Indeed

Free from Food Waste

Food waste in America is beyond what most Americans even realize. Forty percent of produce is lost in transportation before even reaching the shelves of your grocery store. At restaurants and hotels, once the meal is served, twenty-five percent of the meal on average is thrown away. There is a lot of waste in our food system and that waste not only creates just the food but think about all the resources that are a part of the food production: gasoline for transport and tractors, petroleum-based fertilizer, water and all the work of the farmer.

Speaker or Video program

Ask someone who is a director at the local food bank, a farmer's market manager, or an organic food association. Play [Reducing Food Waste](#) (10 min) or watch [Food Inc.](#) (1 hr 30 min).

Discussion questions:

1. What's your favorite go to meal to get veggies into your kid(s)?
2. What's your favorite freezer meal for when there's no time to cook?
3. What is our call to care for God's creation when it comes to preparing meals?
4. What are some things you can think to do to help reduce food waste in your family's routine?
5. What can you do at church or school to help reduce food waste?
6. What three things will you start doing at home to rethink how food is bought and consumed?

Additional resources

- [EEN Handout 5 Ways to Reduce Food Waste - CreationCare.org](#)
- [Ways to Waste Less Food and Help the Environment](#) - Moms Clean Air Force
- [Composting at Home](#) - EPA
- [Jesus cared about the scandal of food going to waste and so should you](#) - Christianity Today

Additional activities for off MOPs meeting weeks

Volunteer at the local food bank. See if you can volunteer a food reclamation non-profit. Help plant a church garden or help plan a church garden. Have a MOPs playdate at a You-pick organic farm. Have a picnic at a community garden.