

The 30 Day Food Waste Challenge

The 30 Day Food Waste Challenge is the Beef Checkoff's way of challenging you to raise awareness and introduce simple changes to fight food waste into your daily routine. Even little changes can make a big impact if we do them together.

Take Notes.



Write down how often you go grocery shopping, what you buy, a list of food currently in your kitchen and note all foods you toss during the week. Pay special attention to items you continually see going to waste.

Capture Photos.



Take pictures of the new leftover recipes you try during the challenge! Capturing photos of the food you throw away during the week is also a great way to put into perspective exactly how much food you're wasting.

Assess.



Assess your notes and pictures. Think about your current shopping and food waste habits – where is the most room for improvement?

Share.



Share your favorite tips, tricks, waste-reducing recipes and pictures of your favorite meals from your leftover journey using [#WasteLess](#).

Challenge Prep Week: Assess to Waste Less

| 01 | 02 | 03 | 04 | 05 | |
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| Kickoff Day! This week you'll assess your current food waste habits. Start by taking notes on any food wasted throughout the week – what foods are you most likely to waste and why? | Confusion over food expiration dates is a key contributing factor to food waste.¹ <ul style="list-style-type: none"> • Sell-By: Tells the store how long to display the product. Buy the product before the date expires. • Best if Used By/Before: Date to use the product for best flavor quality. • Use-By: Manufacturer's last date suggested for peak product quality. | | | SHARE: Ready to take on the challenge? Share your participation in the challenge with friends. Use #WasteLess and tag those you want to join! | |
| Challenge 1: Shop Your Kitchen List the items currently stocking your shelves via the Kitchen Inventory printable, then look for recipes on websites that are searchable by ingredient – like BeefItsWhatsForDinner.com – and find delicious ways to use them up. | | | ASSESS: Notice the same foods being tossed or left to sit? Eat them sooner, freeze them or find new ways to incorporate them into recipes. | SHARE: Post a photo of the new dish you made using the food in your kitchen #WasteLess . | |
| Challenge 2: Get Creative with Leftovers Dinner: Try a fresh take on grilled steak and veggies. These Garden Herb Strip Steaks are as simple to make as they are delicious. Remember to save your leftovers! Breakfast: Slice your leftover steak to whip up these quick and easy Beef and Spinach Breakfast Sandwiches . Lunch: Use your remaining leftovers to make Layered Beef Salad for a lunch that packs a protein punch. | This week you'll be challenged to transform Monday night's leftovers into two entirely new dishes. | | | Looking for more leftover recipe inspiration? Check out the recipe finder on BeefItsWhatsForDinner.com . | SHARE: Post photos of your meals throughout the week using #WasteLess . Challenge your friends to use their leftovers too. |
| Challenge 3: Refrigerator Dive Examine the dates of all products in your fridge and plan your meals using your Meal Planning Guide so no food goes to waste. | | | DID YOU KNOW? Beef may be left at 40° F for 3-5 days. ³ | Surprised by any expiration dates? SHARE your findings using #WasteLess and encourage your friends to do a fridge dive. | |
| Challenge 4: Re-think Your Freezer Situation ASSESS: Double-wrap your meat in freezer-safe plastic, as the store's clear packaging is often not moisture-vapor resistant. ² | Home-frozen beef steaks and roasts held at 0° F can be stored up to a year! For tips on thawing frozen beef, visit BeefItsWhatsForDinner.com . ³ | DID YOU KNOW? Fruits and veggies should be stored at peak freshness in heavy-weight, air-tight containers or freezer bags. ³ | Check out the USDA's website to learn more about proper freezer storage and food safety. | SHARE: Have you been freezing foods incorrectly? Post freezer storage facts and tips using #WasteLess . | |
| Re-assess Take a picture of the food you toss each day. How does it compare to Week 1? | | Make a list of the food items you throw away the most and why. Compare to your list Week 1 and see how your habits have changed. | | SHARE: You've aced the Food Waste Challenge. Now challenge your friends to do the same #WasteLess . | |

1) Food Product Dating, United States Department of Agriculture, 2015.

2) Meat and Poultry Packaging Materials, United States Department of Agriculture, 2015.

3) U.S. Food and Drug Administration, Protecting and Promoting Your Health, 2011.