



Let's Campaign to Stop Food Waste! Let's Share The Surplus! Grades V to X

India is a country with rich culture and traditions. As part of every tradition and festival, food stands out to be the most imperative component. Therefore, planning the Menu is looked at as the fundamental aspect. Food and festivities take a very prominent place. **Food is the most important part, and the most wasted too! In India, statistics related to food wastage at weddings and celebrations have been quite shocking, given the fact that it is the same country where countless number of people do not enjoy two basic meals a day.**

So, through this Life skills and Value Education module, let us understand and spread awareness on bringing down food wastage at various functions and occasions. Let's get ready to share the surplus. The next time there's a celebration in your family or neighbourhood, make sure to share these ideas.

Help your parents plan in such a way that there is no food wastage. Now, here are three simple ways to make this mission possible:

1. In the Invitation Cards, do not forget to mention 'RSVP Please!'

A norm that is very common in many countries and is slowly catching up in India. RSVP (Répondez, S'il Vous Plaît) is French terminology which means **'Reply if you please'**. **Please tell your guests to confirm their presence in advance.** No doubt, last minute cancellations and additions are obvious, but at least **it gives an approximate idea of people attending the event.** Pass on the exact number to the caterer or wedding planner, asking them to keep a slight buffer as well.

2. An Exclusive Menu for kids

Make sure you **suggest your parents to plan a 'little kids-friendly' menu and a server to help them with their servings. Kids often end up taking a lot of food without the supervision of their parents and then dump it in the bin because it is spicy.** Keeping a check on this will help avoid food wastage to some extent.

3. Use the Leftover

After you finalize on the Venue for the celebration, ask your parents to contact Just Dial/ browse the internet to map an Orphanage / Slum area/ Home for Needy in your locality - to which you can send the leftover food items. This is one of the best ways to avoid food wastage. By doing so you can keep as lavish a buffet as you want, and still take care of the wastage of extra food.

As children, be aware of the importance of food and the impact of food wastage on environment.

Before throwing away the leftover food at your household parties, **think for a moment and go ahead to donate to charities in your area. By doing so, you not only preserve the environment and appreciate the toil of the farmers and others but also bring smiles into the lives of so many needy people and what's more, you earn their blessings, too!**

- **When you attend a party/eat at a restaurant, remember to take what you can eat –not more. Serve yourself a small quantity of any item, first and if you like it, go for a second helping. Do not serve yourself more and end up wasting it. (A needy/poor child of your age may get the opportunity to eat that tasty food).**
- **You may like to suggest at the billing counter of the restaurant to send leftover food to needy people**
- **Besides the food wastage during parties and celebrations, let us also be mindful of the food wastage that we do, in our daily lives.**

The best way to appreciate the hard work, love and affection of your parents is to ensure that you eat your food without any fuss or wastage.

Note: Any invitation you receive in future, make sure to request the organizer/host to locate 'Homes for the poor or needy' or near-by slum areas where the leftovers could be sent.

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Let's Make a Difference!**

Dear Parent, When you observe that your ward has followed and campaigned for the above cause, please send an appreciation letter to principal.pragathi@gmail.com so as to enable us share your child's success story with the entire school and to award the "Young Leader In The Making".