

DRAWDOWN

ACT UP!

DRAWDOWN SOLUTION #3

Reduce Food Waste

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'Drawdown' carbon to reverse global warming

'Act Up' through interactive games and skits to activate top solutions

Learn the science behind the solutions and how to activate these in your daily life

The creation of this curriculum has been funded in part through Inside the Greenhouse project at CU Boulder



Skit: A Hungry Caterpillar

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Climate solution addressed by skit (from Drawdown): Reduced Food Waste

Learning Objective: to learn how to reduce wasting food by (1) planning ahead with meals by using recipes, (2) storing uneaten food, (3) actually eating left-overs

Characters: Caterpillar (then Butterfly at the end), Snow Pea, Carrot, String Bean, and all others as volunteers from the audience

Properties or costumes needed to perform skit: play food made from felt for Caterpillar to eat, recipe that can be made with felt food ingredients—(burrito with tortilla, beans, cheese, tomatoes, sour cream), signs for protest including one for each of the following slogans "Waste Not, Rot Not" then "Better Plate, than never" "Everything ripens for a reason" "Down with Food Waste, Up with Food Taste!" "When life gives you lemons, make the lemonade quick before the lemons go bad", costumes for snow pea, carrot, string bean, caterpillar (see photos), and butterfly wings for Caterpillar and volunteers who join in at the end, big brown cloth to be used as chrysalis.

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Preset: Recipe for burrito and basket of ingredients, plastic storage container, big brown cloth (big bed sheet would work), wings (hidden from view)

Script

Carrot: Kids, have your parents ever told you not to waste food? Parents, do you ever tell your kids not to waste food? Thank you, parents! Thank you, kids who listen to your parents! I need your help today because there is a lot of food being wasted. I am here to speak out for the food of this world. Do you know how much food gets wasted in this world? One third! One third of the food does not make it from the farm to the fork. Food is proud to fulfill its mission to sustain life, so it doesn't mind getting eaten. But food is really sad when it gets wasted. Will you add your voice? String Bean is going to hold up each sign. Please repeat after String Bean.

String Bean: "Waste Not, Rot Not!"

Audience: "Waste Not, Rot Not!"

String Bean: "Better Plate, than never!"

Audience: "Better Plate, than never!"

String Bean: "Everything ripens for a reason!"

Audience: "Everything ripens for a reason!"

String Bean: "Down with Food Waste, Up with Food Taste!"

Audience: "Down with Food Waste, Up with Food Taste!"

String Bean: "When life gives you lemons—

Carrot: (*interrupting*) Quick! Make the lemonade before the lemons go bad!"

Snow Pea: (*runs on scared*) Ahhh!!! I'm so scared.

Carrot: What's going on?

Snow Pea: There is a monster coming! Do you see one? They say it wastes food!

Carrot: Wastes food? But we're food!

Snow Pea: Yes, a creature that they say is so hungry that it is an eating machine.

Carrot: Ahhh. What could it be?

Snow Pea: Well, we're in the Rocky Mountains. What kind of wild animals do we have here?



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Carrot: Lions and Tigers and Bears?

Snow Pea: Oh my!

Carrot: Are there lions in Rocky Mountains?

Snow Pea: Yes.

Carrot: Are there tigers?

Snow Pea: No.

Carrot: But are there bears?

Snow Pea: Yes.

(Behind, Caterpillar is lurking around acting hungry. If the kids shout out, pretend to not understand them to begin with)

Snow Pea: What are you all saying it is? A caterpillar?

Carrot: They aren't scary. They're puny.

Snow Pea: Yeah, they're tiny. You guys aren't afraid of little ol' caterpillars, are you? (Caterpillar appears and they are terrified of it)

Caterpillar: FOOD! Must eat food! Lots of food! You got food? Wow, did I just say that? Weird, but cool. I didn't even know I could talk. Did I mention how hungry I am. *(he just grabs at a carrot, an egg, some toast, takes one bite of each and throws the rest away)*

Carrot: Caterpillar, you are just taking one bite out of this food and throwing away the rest! What, were you born yesterday?

Caterpillar: Actually, I was. From egg on the bottom of a leaf.

Carrot: That explains it. You wouldn't know this since you are just a baby—a big baby--, but when you waste this dear sweet little carrot *(kisses it)* you are wasting more than just this food. Think of all it took to make this food. Everybody on your feet and follow String Bean's lead. String Bean, what does it take to grow food?

String Bean: *(pantomimes each of the following and all kids join in)* (1) till and fertilize the soil, (2) plant seeds, (3) water, (4) sunshine, (5) harvest (6) truck that drives your food to market, (7) lights and refrigerator in the store.

Carrot: If you waste food, you waste all of that too.

Snow Pea: Yeah, you have to make a plan, and then go shopping so you get only what you need. Here's a burrito recipe for you to make, Caterpillar. I need a volunteer to make this. *(hand kids another recipe)*



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to make for the Caterpillar—they get what they need—arrange it and feed it to Caterpillar)

Caterpillar: Yum! Delicious. (eats voraciously) Tummy full. Can't finish. (*throws it away*)

Carrot: Caterpillar! Those left overs are still good. I'll put it in a proper storage container to save it for later!

Caterpillar: Me so full. Me sleepy. (*goes to sleep*)

Carrot: Caterpillar is finally getting some sleep We should probably go to sleep too. Let's all lie down. (*everyone lie down and pretend to go to sleep*)

Caterpillar: (after a few moments, Caterpillar hops up) FOOD! Must eat food! Lots of food! You got food? Little humans! Make more recipes. Me like recipes (*tries to eat recipe card*).

Carrot: Caterpillar, you can't eat that.

Snow Pea: What should Caterpillar eat before he gets a new meal? His left overs? Yes!

Caterpillar: Yum! Still delicious. (*eats voraciously*)

Carrot: So, Caterpillar is just a baby so we have to make these lessons super simple. What has he just learned?

Snow Pea: Plan It. Use a recipe to plan your meals.

Carrot: Store your left overs.



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Caterpillar: Eat it! Eat left overs.

Carrot: Let's chant it all together 3 times—"Plan it, Store it, Eat it!" "Plan it, Store it, Eat it!" "Plan it, Store it, Eat it!"

Caterpillar: Tummy full. Tummy really full. Full enough to....

Snow Pea and Carrot: Full enough to what?

Caterpillar: Full enough to....

Snow Pea and Carrot: Full enough to what?

Caterpillar: Full enough to.... (*steps forward towards audience*) It's a secret. Let's not tell Carrot and Snow Pea. They called me a big baby. You want to be in on secret? We show them the secret. Come, be a part of me as a caterpillar (*kids get under Caterpillar costume, parade around room as Snow Pea, Carrot, and String Bean beg to know what the secret is*). Carrot and Snow Pea, you hold up our chrysalis (*Snow Pea and Carrot hold up the big brown cloth, have volunteers helping the children who were part of the Caterpillar put on wings to turn into butterflies, Caterpillar also takes off Caterpillar costume and puts on butterfly wings*)

Carrot: What are they doing in there?

Snow Pea: And what on Earth could Caterpillar's secret be? (*adlib more as needed*)

Caterpillar/Butterfly: Drumroll, please everyone. (*Carrot and Snow Pea nod to each other and both drop the chrysalis as all the butterflies flutter about*) Ta Da!!!

Carrot: Wow! What are you?

Caterpillar: We're butterflies. Western Tiger Swallowtail butterflies.

Snow Pea: So, there *are* "Tigers" in the Rocky Mountains!

The End

Discussion Questions:

- What did Caterpillar learn?
- Do you ever waste food? Where? When?
- How could you use what Caterpillar learned to waste less food?
- How could you help your family, school, or other groups you are a part of waste less food?



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