

SAVE MOTHER EARTH

IT'S TIME TO TAKE ACTION!

This game helps bring to light some of the environmental impacts that the food we eat every day has. Even extremely healthy food can be bad for our environment when it is overproduced.

I was inspired to make this game because trying to be zero waste and live sustainably is difficult. But being able to learn about which foods are better for our earth and vice versa, helps people better understand the effects of overproduction and food waste.



THANKS FOR PLAYING



RACHEL MALEK



LET'S

TACO

'BOUT

WASTE

A SOCIALLY CONSCIOUS GAME ON FOOD WASTE

THE RULES

&

SET-UP

Contents:

48 Food chips, 4 game boards, 4 scorecards & pencils.

Set-up:

2-4 players place all chips with the food side facing up. Pass out the game boards and scorecards to the players.

Rules:

- The youngest player goes first
- Take turns taking one color-coded chip out of the center
- Place each chip with its correlating section on the game board
- Read the back of each chip when you get it to learn what its trash points are
- Fill up the board so you have 4 vegetable chips, 2 fruit chips, 3 protein chips, and 3 Whole grain chips.
- In the end, each player will calculate their trash points on the scorecard
- The player with the least trash points wins

TRASH POINTS



Trash points correlate to the predicted amount of harm the particular food causes the environment

HOW WERE THE POINTS DETERMINED?

Certain foods will have scores as low as 0 (growing this food actually gives back to the planet) or high as 8.

The highest scores were given to the protein section because producing livestock and overfishing has caused the beginning of many environmental disasters to arise. Vegetables tend to have the lower scores due to their low input needs. But, certain vegetables and fruit have high environmental impacts, usually due to the water and fertilizer required during their growth.

CURRENT

STATISTICS

Global food losses and waste per year



45% of all **fruit and vegetables**



35% of all **fish and seafood**



30% of all **cereals**



20% of all **dairy products**



20% of all **meat and poultry**