

Zero Food Waste Campaign

2nd Junior High School of Chalkida proudly presents:

 "Be a Food Hero – Waste Zero!"

 **by 2nd Junior High School**



How the Food Hero Challenge Works

1. Launch a 5-day “Be a Food Hero” Challenge at school.
2. Daily tasks for students and families like meal planning and creative leftovers.
3. Track actions in a “Food Hero Journal” or app.
4. Share lessons and award certificates or badges.
5. Showcase creative ideas and recipes in newsletters or blogs.

Why the Challenge Will Succeed

Active Participation

Doing tasks leads to real behavior change, not just listening.

Family Involvement

Students spread awareness at home where waste mostly occurs.

Gamification

Fun challenges motivate and make the message memorable.

Recognition

Rewarding effort builds a caring, engaged community.



How This Reduces Food Waste

Awareness

Encourages mindful food habits in the household.

Mindful Consumption

Promotes planning to avoid spoilage and overbuying.

Creative Reuse

Encourages leftover use, smart storage, and shopping.





Get Involved: Resources Available

Would you like a printable Food Hero Challenge guide?

We also offer posters to support your school's campaign.

Contact us to get your materials and join the zero waste movement!