Can you avoid using disposable products for one week? (paper towels, plastic containers, paper plates, etc.)

Have fun encouraging no-waste responsibility as a family!

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**READING LIST FOR CHILDREN:**
- The Lorax, by Dr. Seuss
- The Earth Book, by Todd Parr
- Here Comes the Garbage Barge, by Jonah Winter
- Where Does the Garbage Go? by Paul Shavers

**READING LIST FOR ADULTS:**
- American Wasteland: How America Throws Away Nearly Half of Its Food (And What We Can Do About It), by Jonathan Bloom
- Waste Matters: New Perspectives on Food and Society, by David Evans
-Garbology: Our Dirty Love Affair with Trash, by Edward Humes

**RELATED TOPICS ONLINE:**

- Food Waste: Americans throw away 35 million tons of food a year (worth $165 billion)!
- Food Insecurity: In 2013, the food insecurity rate in Mecklenburg County was 17.5%. This meant that almost 166,000 people lacked access, at times, to enough food for an active, healthy life and had limited or uncertain availability to nutritionally adequate foods.

- For Families With Older Kids (12+):
  - Watch and discuss “The Story of Stuff” (click)
  - Make Recipes from the Pantry: Postpone going to the grocery store for one week (or longer); use food in the freezer and pantry instead.

- Help fight food insecurity: Donate food to a shelter or other organization.

- Can you avoid using disposable products for one week? (paper towels, plastic containers, paper plates, etc.)

- Is enjoying something that requires resources necessarily wasting?
- Do you think we should only partake in the simplest things, or should we be allowed to indulge in things that require more resources? Explain.

- Before making a purchase, ask and discuss “Do I/we really need this? How long will it last?”
- Are there times when the need for convenience outweighs the need to avoid disposable products? When are they, and how can we minimize them?

- What are some things that we throw away that we could reuse, or find another use for, instead?

- What can we do to reduce food insecurity, help those who do not have adequate food?

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**VOLUNTEER!**

- Help out at a food pantry: Loaves & Fishes Click here
- Prepare a meal: Men’s Shelter of Charlotte Click here
- Host a food drive: Second Harvest Metrolina Click here

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**UNITE**

- Pack “no waste” school lunches this month: Avoid disposable products & packaging, and have your kids bring home what they don’t eat at school instead of throwing it away – they can eat it as a snack, etc.

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**QUESTIONS?** (704) 944-6730
julie.rizzo@charlottejcc.org

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**NOVEMBER JEWISH VALUE:**

bal tashchit
No wasteful consumption.

This month will focus on our disposable society and its impact on the planet. A key concept is the “reduce” in “Reduce, Reuse, Recycle.”

Families will become aware of how much waste they produce and try to take steps to reduce it. We will focus particularly on food waste.

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**MUST-READS**: "Lorax" by Dr. Seuss, "Earth Book" by Todd Parr, "Garbage Barge" by Jonah Winter, "Where Does the Garbage Go?" by Paul Shavers.

**RELATED WEB LINKS:**
- Click here: How many Americans waste food?
- Click here: What is food insecurity?

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**DISCUSS**

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• What can we do to reduce food insecurity, help those who do not have adequate food?

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**ACT**

- Make Recipes from the Pantry: Postpone going to the grocery store for one week (or longer); use food in the freezer and pantry instead.

- Help fight food insecurity: Donate food to a shelter or other organization.

- Can you avoid using disposable products for one week? (paper towels, plastic containers, paper plates, etc.)

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**MAKE JEWISH HISTORY!**

- "Tikkun Olam" for all ages & families

**PARTICIPATE!**

- Global Day of Jewish Learning
- "Love the Planet" themed activity: Make a Garden Planting Calendar Wheel

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**DISCUSS**

• Is enjoying something that requires resources necessarily wasting?
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