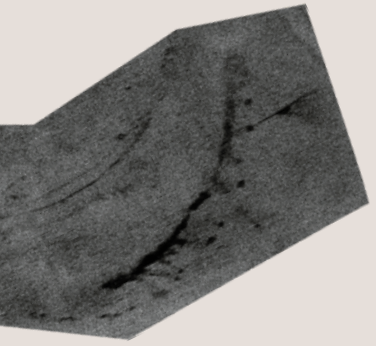




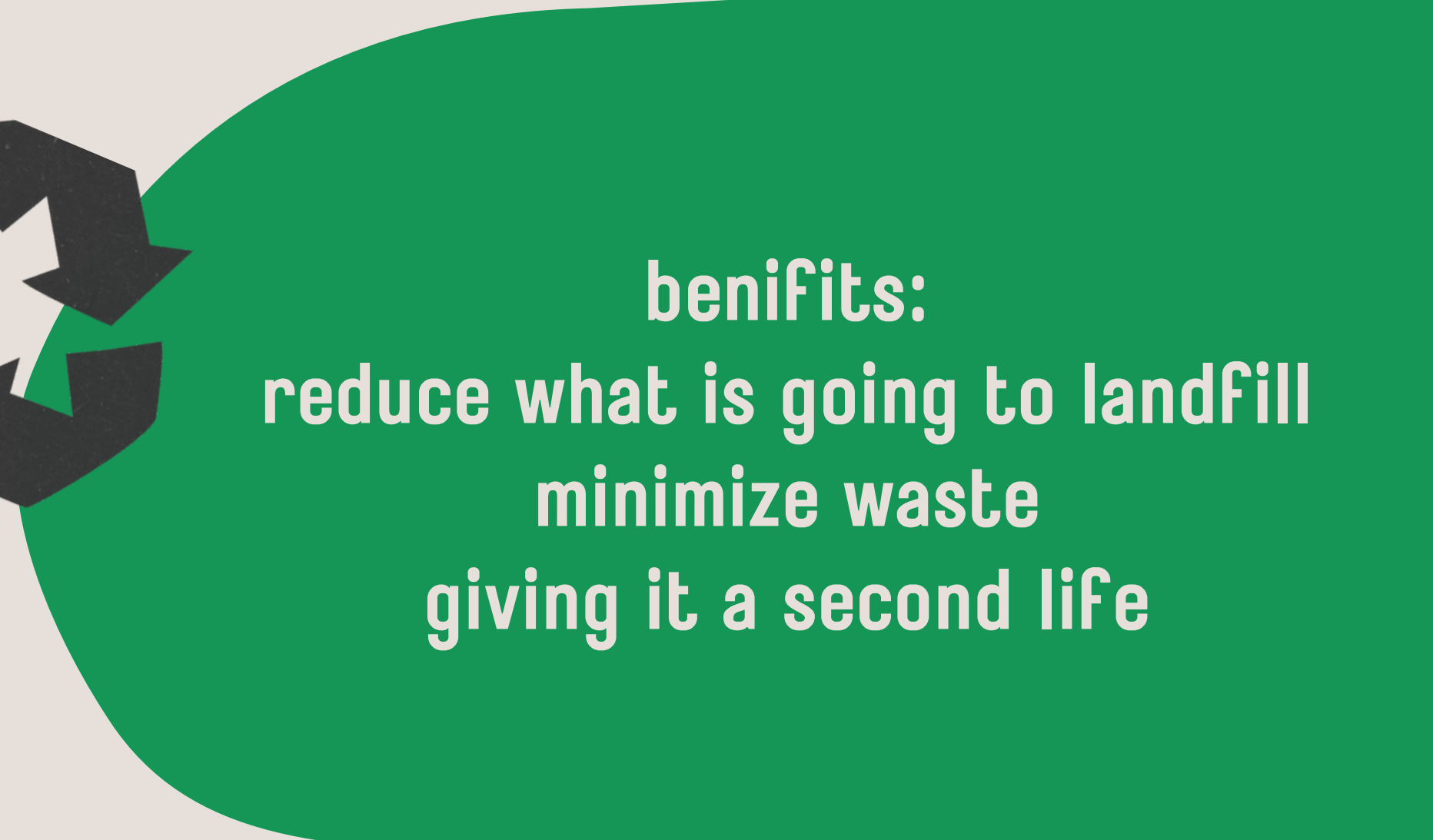
A Call to Action:

UPCYCLING FOOD WASTE

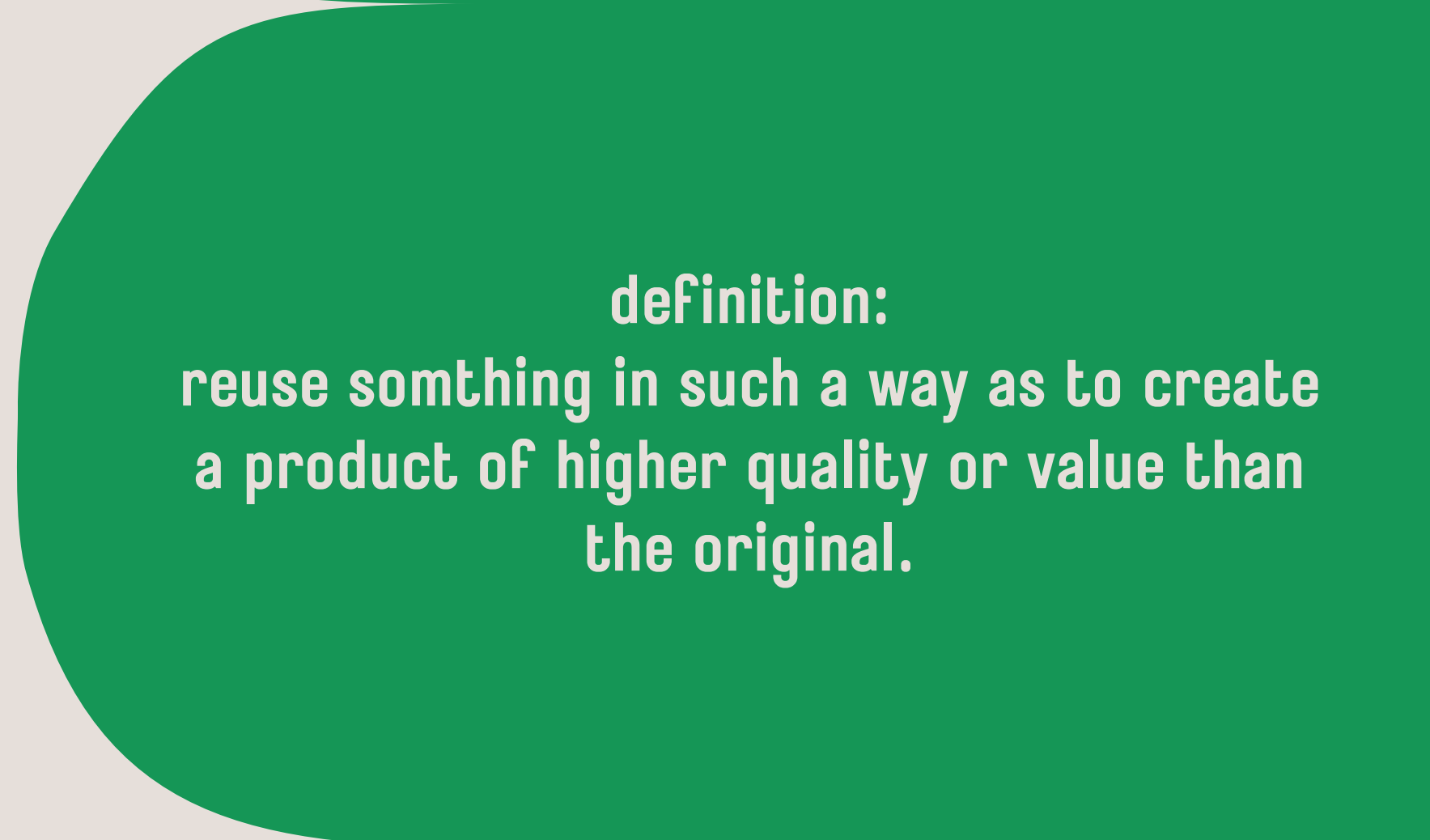




INTRO- WHY UPCYCLING??



benefits:
reduce what is going to landfill
minimize waste
giving it a second life



definition:
reuse something in such a way as to create
a product of higher quality or value than
the original.

FOOD WASTE IN QUESTION: FRUIT PEELS



In my family of 5, we consume 4-5 fruits a day on average

Fruit peel waste accounts for between 15% - 60% of the various types of fruit waste that are produced, and it is usually discarded - MDPI



METHOD 1: NATURAL CLEANER



**After finishing a citrus fruit, save the peels!
Put several peels in a jar and fill it with white
vinegar.**

Soak the mixture for two weeks.

Then strain it into a spray bottle.

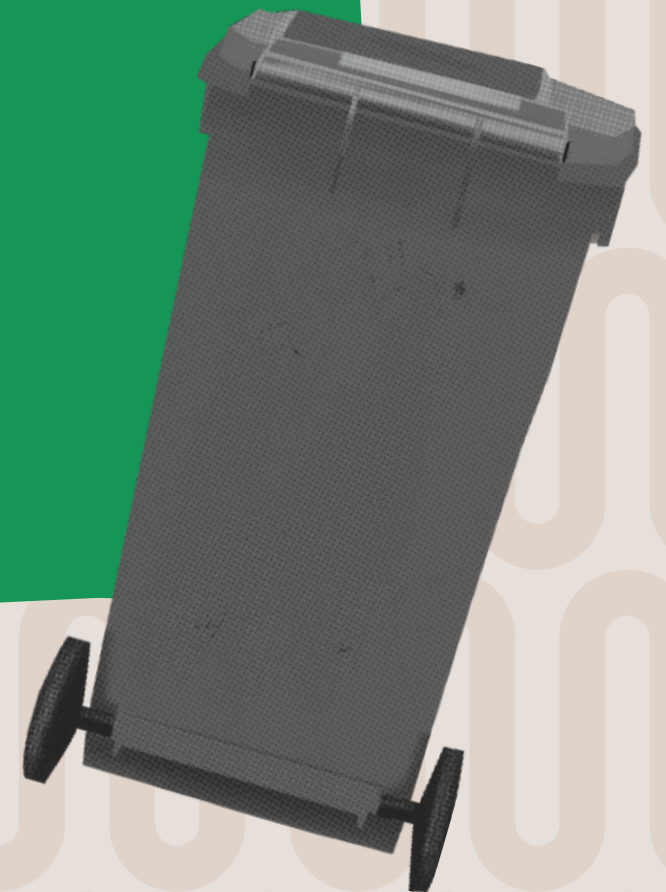
Use it to clean stovetops, fridge doors, microwaves.

It smells amazing and works like wonders!



METHOD 2: FRUIT FERTILIZER

After finishing a banana, save the peel and soak it in water for 2ish days. Take away the banana peels and spray it on a plant. It's cheap & easy to make, helps your plant grows tall & strong like mine



METHOD 3

FRUIT PEEL TEA



SAVE YOUR FRUIT PEELS

After finishing your fruits, don't throw the peels away! Instead, put them in a dehydrator for a few days!

*note: citrus fruit peels will taste best



TURN IT INTO POWDER FORM

Collect your dehydrated fruit peels and put them in a food processor! Blend the peels until it becomes a fine powder.

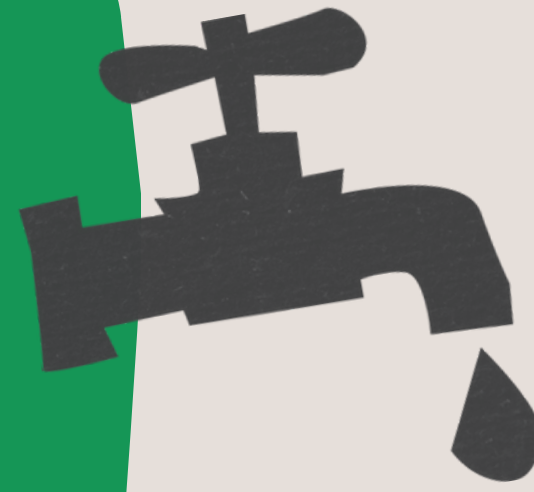


YOUR TEA IS HERE

Boil some water and mix some of your fruit peel powder, honey/syrup & hot water in a cup.

ENJOY~

Donate your food scraps to farmers to use as fertilizers or food for livestock!



OTHER UPCYCLING PRACTICES



Use the remaining coffee grounds after making your coffees as insect repellent & fertilizers in your garden!