

Greetings Everyone,

As another page on our calendar turns over, I am mindful of how quickly time goes by and how vitally important it is for us to stay connected. One of the tremendous joys of this organization is the opportunities we have to connect to women across the globe. Most recently I participated in the ACWW Board Meeting, Coordinators Meetings, Founders Day Celebration hosted by PEIWI and the virtual FWIC program: WI celebrating 127 Years, all of these opportunities enhance my great appreciation for the legacy we have been entrusted. The challenges we face locally, nationally and globally are also opportunities for us to work together to find solutions, raise awareness, assure our voices are heard and acted upon. Area Canada working together to reduce food waste is a further step in the right direction. Thank you for participating.

Addressing Food Waste.



Take Ten: To Reduce, Re-Use and Re-Think Food Waste:

Did You Know: One easy solution for reducing food waste is through organization methods?

- Give this a Try:**
1. Organize your fridge to ensure the food that will go off date first is clearly visible when you open the fridge.
 2. Keep a list of the food you have bought on hand, and make a note of all the use-by labels. While this can be time consuming, if you put these small efforts into reducing food waste, you could end up saving a substantial amount of money. Be sure to keep the list where it is easily visible.
 3. We can also change our attitude and the way we perceive food. Rather than preparing and cooking a meal we are in the mood for, we should base our cooking decisions off of the food we see in the fridge that needs to be used first.

Marie Kenny, ACWW Area Canada President