



Planet Protectors Challenge

Help your class become Planet Protectors by completing fun, simple activities that support healthy eating, reduce food waste, and care for the environment! Each time a student completes an “eco-action” during the month (even if it is the same one more than once), the class earns 1 point. Track your progress below and see how many eco-actions you can complete together!

Some eco-actions in this challenge are marked with a ★ to show they may be completed outside of the classroom (for example, at home or in the community). Not all eco-actions should be completed outside of school. Teachers may decide which actions are appropriate to count from home. To ensure fairness in how points are awarded, participating classroom teachers are encouraged to align on which eco-actions are appropriate to complete outside of school. Students who complete a starred eco-action outside of school may use an **Eco-Action Reflection Slip** (see page 3) to share what they did.

Food Waste Reduction

Eco-Action	Points Earned
Save an uneaten fruit or veggie to eat later.	
Create posters or table tents to display in the cafeteria that encourage reduced food waste.	
Share ideas for using leftover food at home. ★	
Monitor classroom food waste (create a “waste watch” poster, classroom pledge, or highlight a student (or table) that consistently finishes meals or saves items for later.)	
Start or participate in a composting project at school.	
Donate unopened, non-perishable food from home or school to the community donation bin.	
Earned Points	

Trying Fruits & Veggies

Eco-Action	Points Earned
Try at least one fruit from each color group (red, yellow/orange, blue/purple, brown/tan/white) ★	
Try at least one vegetable from each color group (red, yellow/orange, blue/purple, brown/tan/white) ★	
Use all five senses to describe a new fruit or veggie. ★	
Read a book or story about fruits, vegetables, or farming. ★	
Help prepare a snack at home that has a fruit or vegetable. ★	
Try a fruit or vegetable you have never had before, or give one another chance if you did not like it the first time. ★	
Try a “funny-looking” fruit or veggie instead of throwing it out. ★	
Earned Points	

Planet-Friendly Habits

Eco-Action	Points Earned
Turn off classroom lights when not in use.	
Use reusable water bottles or food containers.	
Learn how to sort trash, recycling, and compost correctly. ★	
Plant something edible (like herbs or veggies) at school or home. ★	
Earned Points	

Family & Cultural Food Traditions

Eco-Action	Points Earned
Share a family recipe that includes fruits or vegetables with your class.	
Learn about a food from a different culture. ★	
Talk with a family member about a meal you love and why. ★	
Try a fruit or veggie from your family's culture. ★	
Eat a meal or snack together as a family or with friends. ★	
Earned Points	

Create Your Own Eco-Action!

As a class, brainstorm others ways you can reduce waste, protect the planet, or promote eating fruits and vegetables. Write it down, add it to your chart, and if all participating classrooms/teachers agree, it can count as an eco-action. Give your class a point each time you complete it!

Eco-Action	Points Earned
Earned Points	
Total Points	

Team Name/Classroom: _____

Date: _____

