

Sort it Out!
Color in all items, then circle the ones that go in the compost

FIND
Cabbage - Kale - Pepper
- Squash - Broccoli - Beet

U G L H C K X
W K N S A A B
P O R A B L R
Q G U B E O
S L T Q A U C
O J Y S G H C
B E E T E O O
R E P P E P L
P V S N H J I

It's Veggie Time!

Eat the Rainbow!



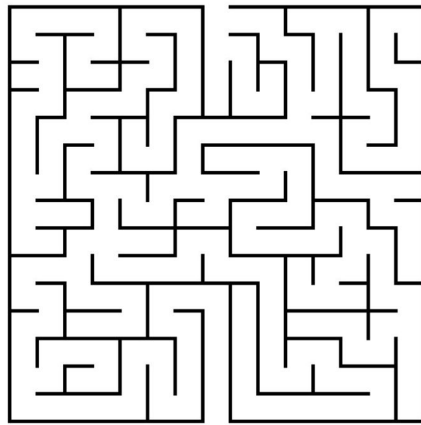
Can you think of two fruits or vegetables for every color? Write or draw them below

RED ORANGE

YELLOW GREEN

BLUE/ PURPLE

Can you help this apple core find its way to the worm bin?



Did you know, composting worms can eat their weight in compost everyday?



Little Book of Healthy Food

Trash For Peace



Name: _____

What's your favorite recipe you've made?

Draw it here!

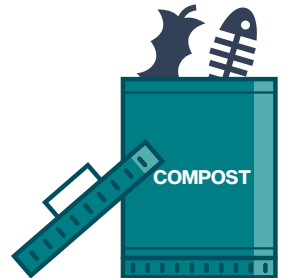


Recipe Name: _____

1

2

What are two things you can do to reduce food waste in the kitchen



Call Metro Recycling
Information at
503 234 3000

Have questions about composting?



Looking for activities to do while at home?

We've got you covered. Visit trashforpeace.org

Folding Instructions:

1. Print out the document
2. Fold in half
3. Cut a slit along the folded line in the middle, about 2 inches long
4. Fold the sheet into 8ths, so each picture has its own page
5. Push the booklet together so it looks like an "X" in the middle where the slit is, then crease the folds well (the "Have questions about recycling" page should be the last one)
6. Enjoy your little booklet!

