



## Theme activity – ‘Cherish Food Corps – Empty your plates’

### Introduction of action:

Let’s combat ‘wasting food’ by joining ‘Cherish food corps’! Waste no food of your lunch on World Food Day (16 Oct), and let students’ empty lunchboxes be shown in the photos. Upload the photos to Friends of the Earth’s Facebook Page, convey the ‘cherish food’ message together and ask the public to echo for action!

### Action guidelines:

#### 1. Promotion before action

During morning assembly and lunch time, the theme video clip or voice recording can be played, at the same time introduce the, call for teachers and students’ ‘empty plate’ action, wasting no food of their lunch.

Apart from ‘Waste No Food Education Kit’, your school may download and print out the ‘Empty Plates Mission’ poster (click [here](#)) and post them in classrooms, canteens or eye-catching places, reminding teachers and students to participate.

Suggested speech for ‘Empty Plate’ action promotion:

Today is World Food Day, which aims at arousing public awareness on Food and Agriculture. Our school will echo Friends of the Earth’s appeal for cherishing food, joining ‘cherish food corps – empty food mission’. We hope that all teachers and students will act together, wasting no food starting from today. Today there may be warm reminders from teachers during lunchtime, and they may take photos of your empty lunchboxes. So let’s action!

#### 2. Action for ‘Empty Plate Mission’

Appoint teachers or ‘Green Ambassadors’ to:

- Remind students of each class not to waste food of their lunch
- Take photos showing their ‘cherish food action’, including:
  - students holding their empty lunchboxes after finishing all food
  - gathered empty dishes on table
  - any photos that can show students have participated ‘cherish food action’

#### 3. Share the fruitful outcomes of ‘Cherish food action’

We hope you can share the ‘Victory of Cherish Food Corps’ to the public. Please share it via:

- **The school website:** upload the ‘cherish food action’ photos
- **Facebook:** If your school possesses a Facebook account, the photos can be uploaded to Facebook and tag ‘Friends of the Earth (HK)’ page





*How to upload photos to Facebook:*

- (1) Sign in Facebook account and select 'add photos to your post' in the column 'update status'
  - (2) Type relevant caption to spread 'cherish food message' (e.g. let's echo the 'cherish food corps – empty plates mission'!) and tag Friends of the Earth by typing '@Friends of the Earth (HK)'
  - (3) Press 'Post' – Done!
- **Email:** Please send your photos to [Foodwaste@foe.org.hk](mailto:Foodwaste@foe.org.hk) if your school does not possess a Facebook account. We will gather all 'cherish food action' photos of other schools and upload them to our Facebook page. We will appreciate your effort as well as advocating the importance of 'cherishing food' by sharing the message to the public.