



WRI INDIA

MINDFUL MUNCHER



Took only what I
could eat.

+2

LEFTOVER LEGEND



**Packed my
leftovers.**

+2

SHARED THE SPECIAL



**Split one large main
dish with a friend.**

+2

TASTE FIRST



**Sampled a little before
filling the plate.**

+2

PORTION PRO



**Asked the server for
smaller portions.**

+2

FOOD FINISHER



Finished every bite,
nothing left behind.

+2

SECOND-ROUND RULE



**Took a little, took
seconds only
when hungry.**

+2

LIST LOYALIST



**Shopped with a list
and didn't overbuy.**

+2

WATER WISE



**Ordered water and
drinks only
when needed.**

+2

CONTAINER CHAMP



**Carried my
reusable container.**

+2

ORDER ORDER!



**Over-ordered
“just in case”.**

-2

NO BOX, BIG LOSS



**Didn't ask for a
takeaway box, let it all
go to waste.**

-2

HALF-HEARTED PLATE



**Took a full plate, left
half unfinished.**

-2

BEST BEFORE IGNORER



**Bought in bulk, let
items expire unused.**

-2

SELECTIVE SNACKER



**Picked toppings,
threw away the rest.**

-2

GREEDY GRAB



**Piled buffet plate,
trashed leftovers.**

-2

DRINK DITCHER



**Ordered two drinks,
finished neither.**

-2

SALAD SHUNNER



**Prepared a healthy
plate, trashed it
after photos.**

-2

CONDIMENT CONMAN



Took multiple sauce packets, used none.

-2

BUFFET BINGER



**Grabbed it all, threw
away too much.**

-2

QUESTION CARD



What fraction of all food meant for human consumption is lost or wasted globally?

**Answer:
More than one-third**

QUESTION CARD



**Which SDG target
focuses on reduction
of food loss and
food waste?**

Answer: SDG 12.3

QUESTION CARD



If food gets contaminated during transportation due to poor packaging, is it called food loss or food waste?

Answer: Food loss

QUESTION CARD



**How much food waste
is generated annually
at the household level
in India?**

**Answer:
78.2 million tons**

QUESTION CARD



If food is discarded by a restaurant after a buffet, is it called food waste or food loss?

Answer: Food waste

QUESTION CARD



**How much food does
an average Indian
waste annually at the
household level?**

Answer: 55 kg

QUESTION CARD



**Name the potent
greenhouse gas
released by rotting
food in landfills.**

Answer: Methane

QUESTION CARD



**Which sector
generates the most
food waste globally?**

Answer: Household

QUESTION CARD



Which color bin is commonly used for organic/food waste in India's Swachh Bharat guidelines?

Answer: Green

QUESTION CARD



**Is composting a good
method to manage
food waste?**

Answer: Yes

LEFTOVER DILEMMA



**The table has extra
pizza slices.
Suggest two
waste-free options.**

RESTAURANT PITCH



**Create a pitch to
convince a restaurant
owner to start
composting or
minimizing food waste
inside the kitchen.**

TWO SIPS, TOO MUCH



**There are too many
unfinished drinks on
the table.
What do you do?**

EVENT EXCESS



**Hosting a party, the
caterer offers 10%
extra food, but you
know you
won't need it.
What's your strategy?**

MENU MAKEOVER



**Your café's best-seller
creates lots of trim
waste (such as fruit
and vegetable peel or
food shavings).
Propose a way to
reuse it.**

FRIDGE AUDIT



**Share 3 ways to
prevent food from
spoiling every week
at home.**

QUIZ CARD



**Answer correctly
for +2 points**

