

# Stop Food Waste Challenge

## How to get started with the Stop Food Waste Challenge

The online Stop Food Waste Challenge runs August 1-31. Sign up for the challenge at [stopfoodwaste.ecochallenge.org](http://stopfoodwaste.ecochallenge.org), or if you have participated in past challenges, log in and join the current round of the challenge. Here are steps to take after you sign up.

### Create your profile

Post a profile picture, add a profile banner image, and create a mission statement. You get points for completing each of these actions!

### Join or start a team

This could be with family, friends, or colleagues or people from your city, neighborhood, organization, community group, or school. Or join the community team and connect with participants throughout the metro area. See the information in the [resources section](#) for tips on starting a team and promoting the challenge to others.

### Browse the categories and actions

The challenge has more than 60 actions to choose from in five categories. As you browse the actions, mark off what actions you already take and reflect on what actions would be the most impactful for your household.

### Commit to actions

Not sure where to start? Choose the action “Track my wasted food” in the Planning category. Once you track what food your household wastes it should give you more ideas. You can add actions any time during the challenge.

You may select up to five daily actions and five one-time actions. One-time actions are investments or changes you commit to making long-term, while daily actions are choices you make more often – possibly every day, every few days, or every week – to build habits.

### Log in regularly once the challenge starts

Once the challenge starts, log back in regularly to report what actions you take, see the impact of your actions add up, and connect with others in the feed. You’ll also receive regular email updates with tips and resources.

Mark one-time actions complete once you’ve finished that task. For daily actions, you’ll mark them as complete on the days you take that action.

