

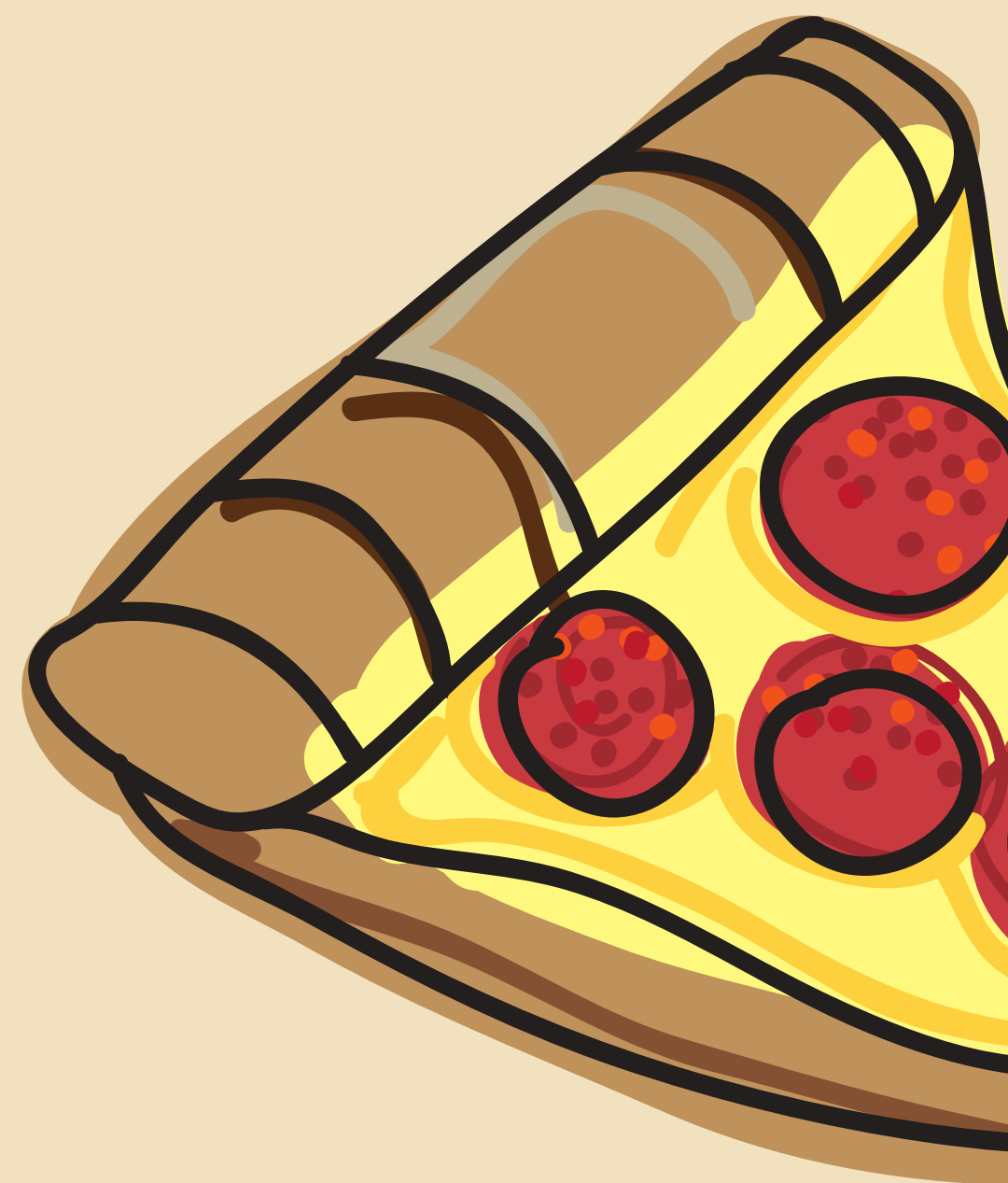


REMEMBER WHAT YOUR MOTHER TOLD YOU:

# WASTE NOT WANT NOT

*Finish your dinner to win.*

**#SAYNOTOFOODWASTE**



# WASTE NOT WANT NOT

## INSTRUCTIONS

**AIM:** YOU WIN BY CLEARING YOUR PLATE.

**SETUP:** FOR 3 - 5 PLAYERS

### EACH DINER HAS:

- 1 X PLATE IN FRONT OF THEM
- 4 X FOODSTUFFS FACE UP ON THE PLATE
- 3 X ACTION CARDS IN YOUR HAND (WITHOUT SHOWING OTHER PLAYERS)

ALL OTHER FOOD CARDS LIVE FACE DOWN IN THE SHOP IN THE CENTRE OF PLAY.

### PLAY:

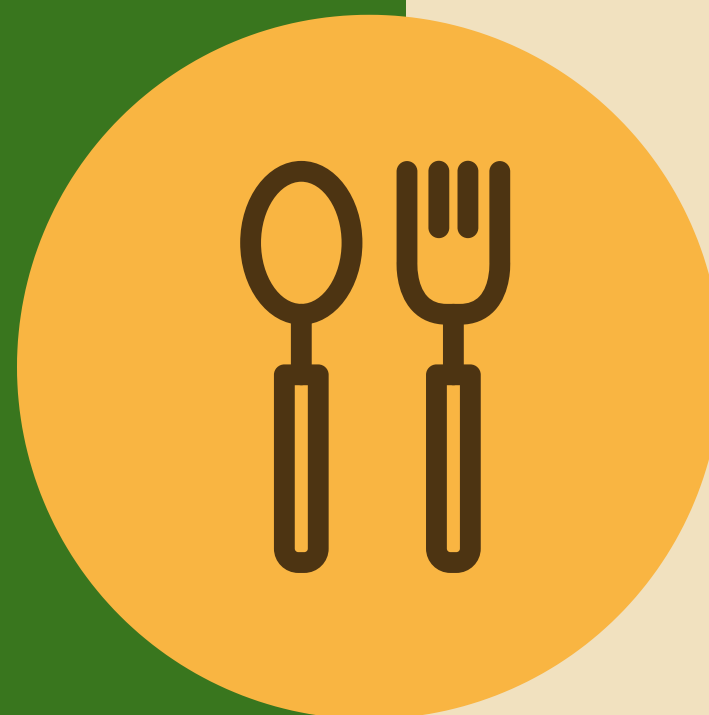
1. YOUNGEST PLAYER GOES FIRST. THEY TAKE ONE ACTION CARD
2. THEY TAKE ONE ACTION CARD FROM THE PERSON FROM THIER RIGHT
3. THEY READ OUT LOUD AND FOLLOW THE ACTION
4. WHEN THE ACTION IS FINISHED, THEY KEEP THE ACTION IN THIER HAND
5. THE PLAYER ON THE RIGHT TAKES THIER TURN.
4. PLAY CONTINUES IN THIS FASHION UNTIL THE FIRST PLAYER CLEARS THIER PLATE.

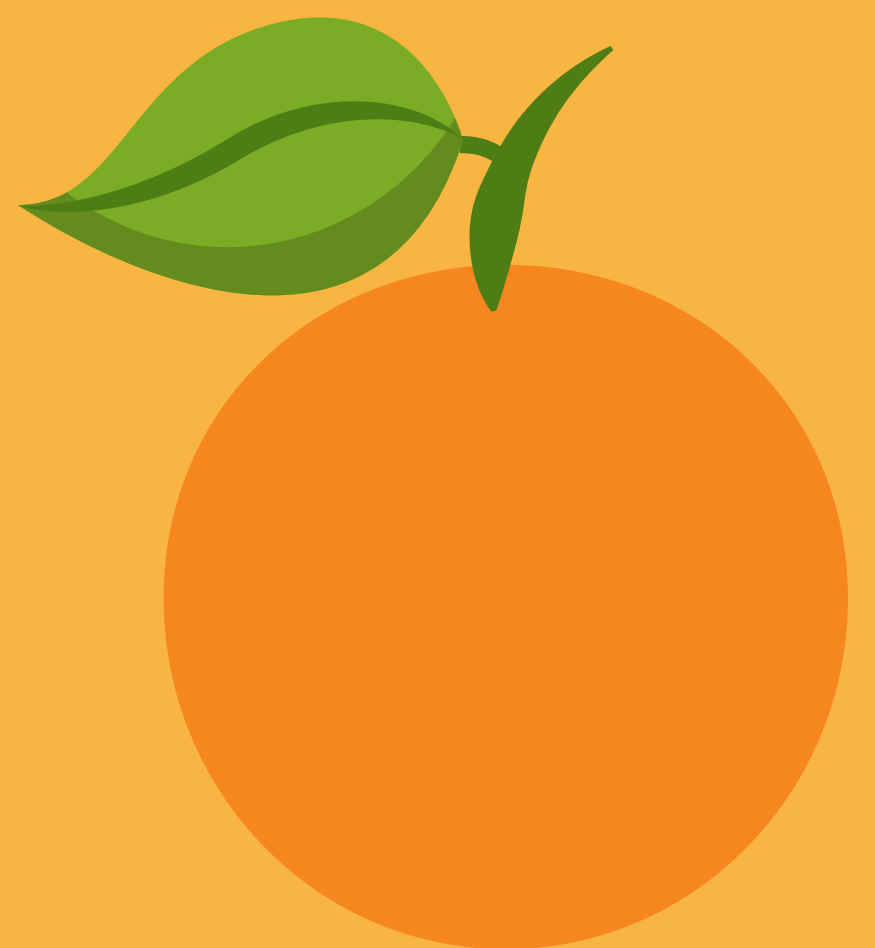
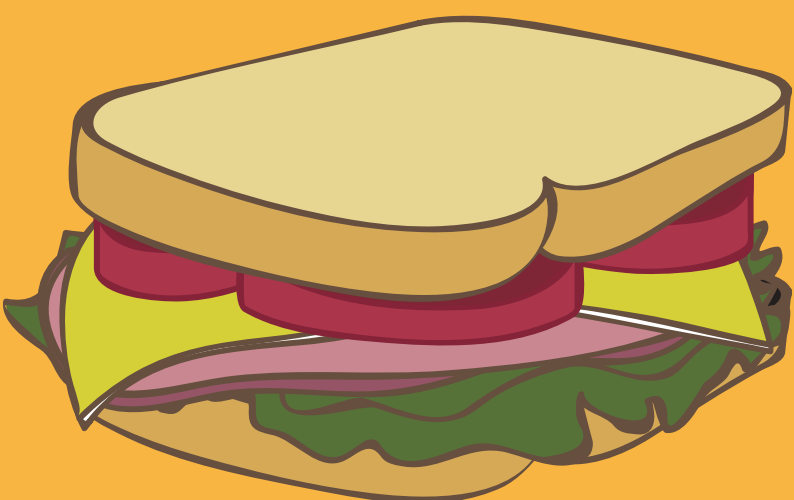
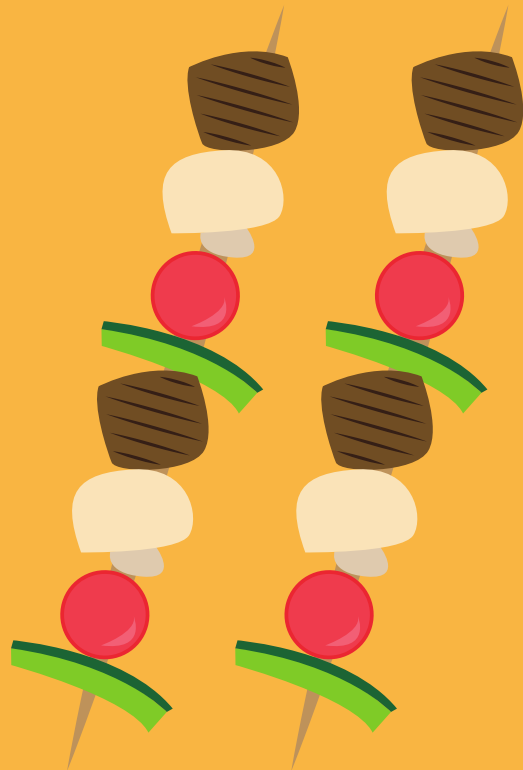
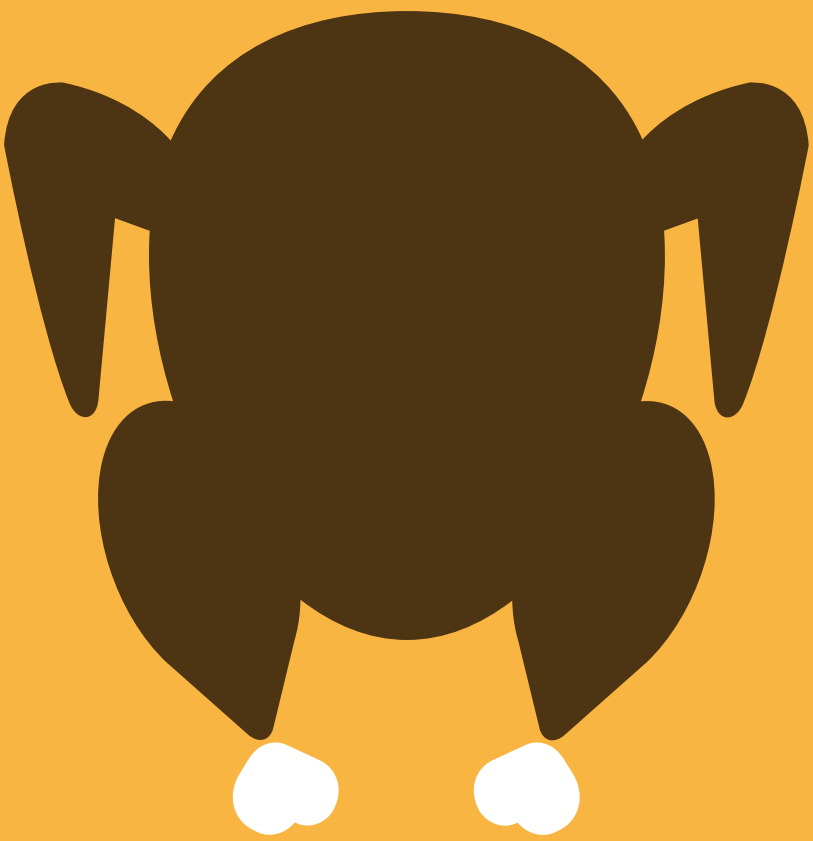
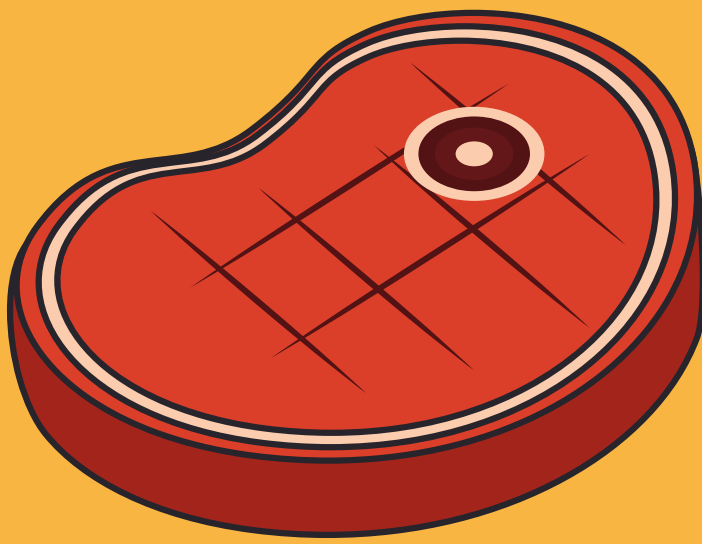
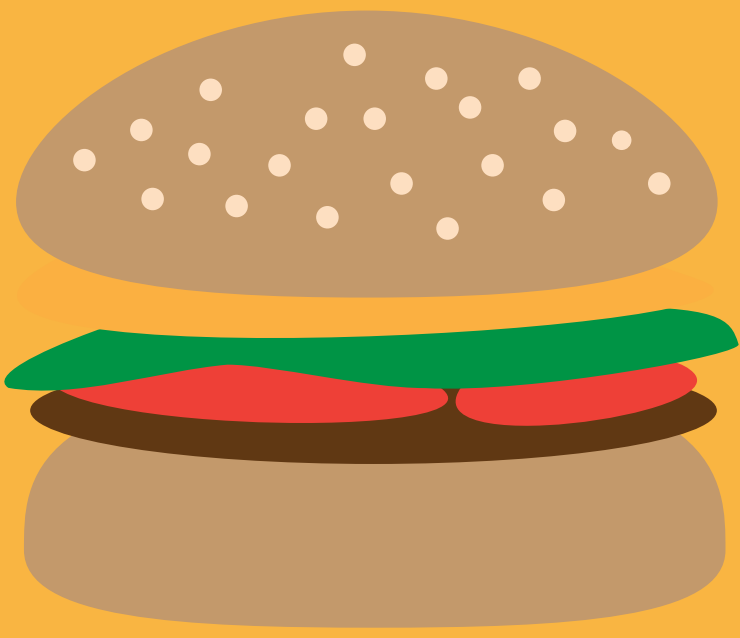
### NOTE:

**YOU DISCARD FOOD IN THE MOUTH.  
YOU GET EXTRA FOOD FROM THE STORE.**

### CONTENTS:

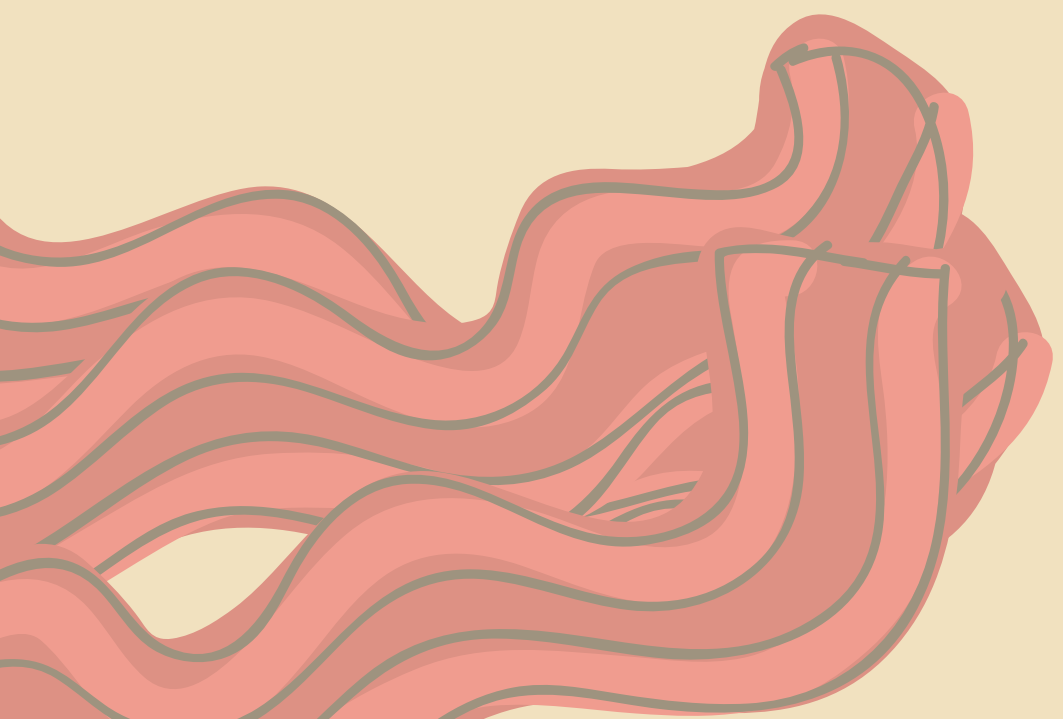
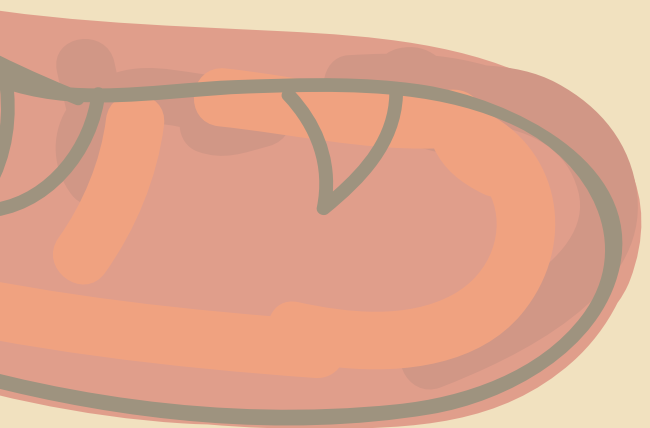
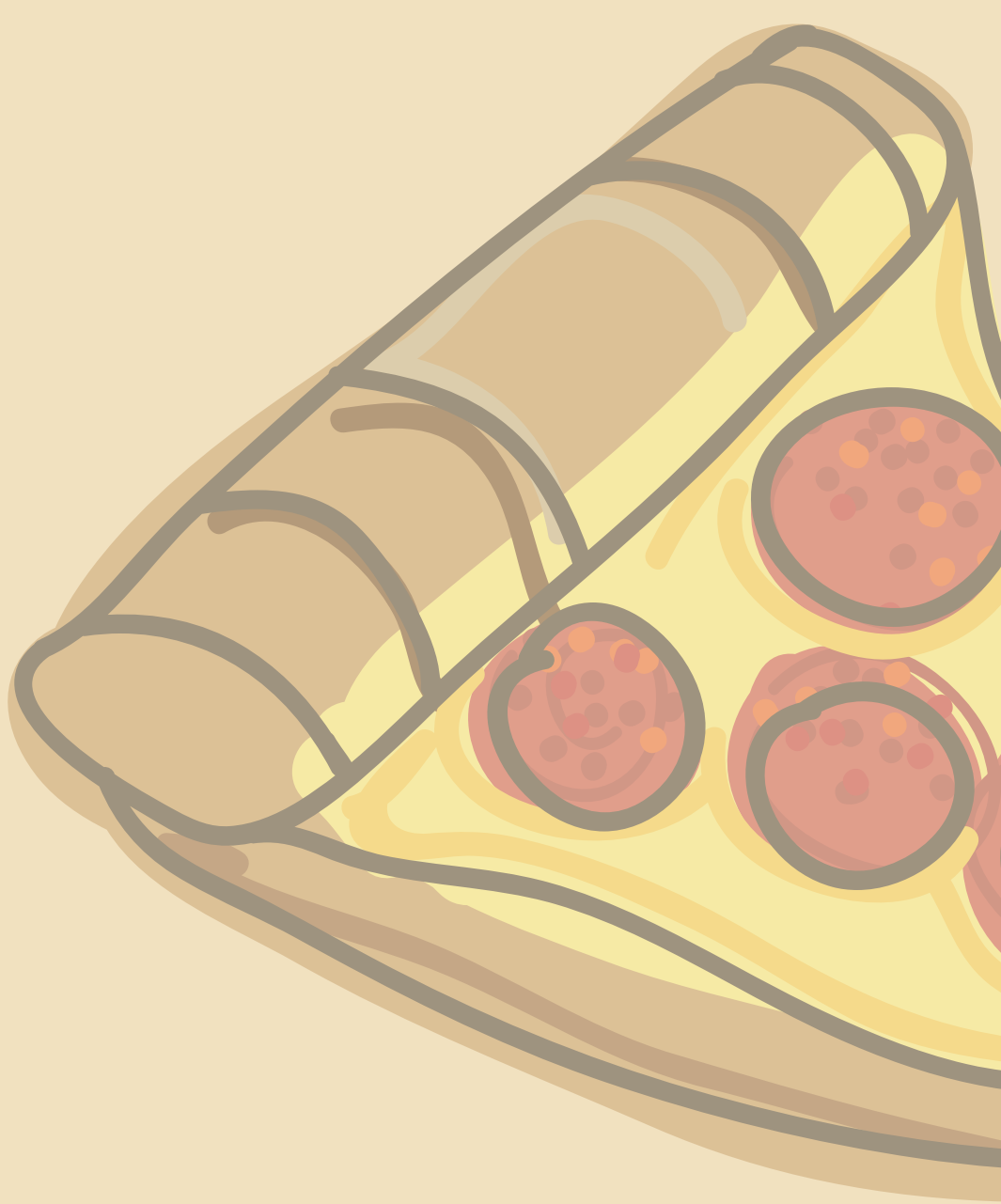
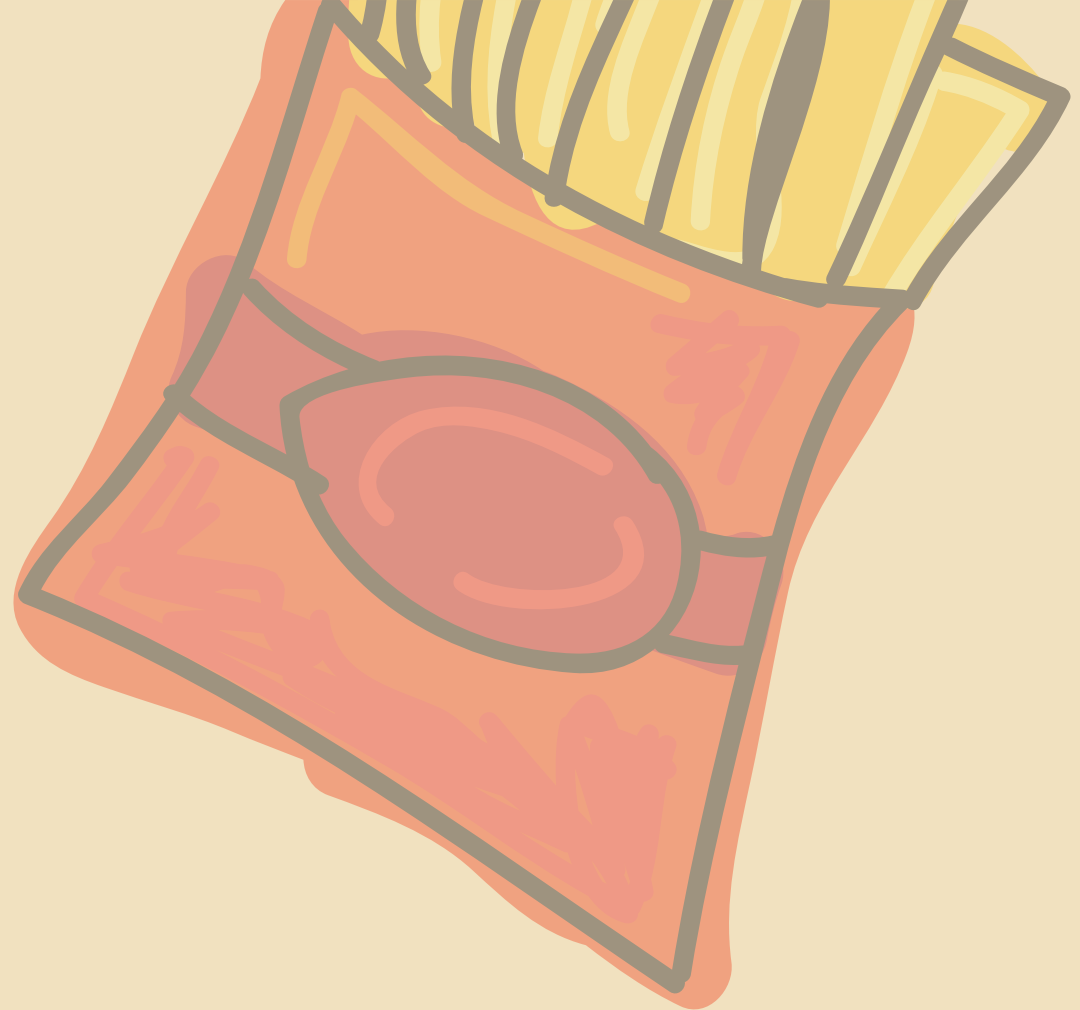
- 16 X ACTION CARDS
- 36 X FOOD CARDS
- 5 X DINNER SETTING
- 1 X SHOP & MOUTH MAT

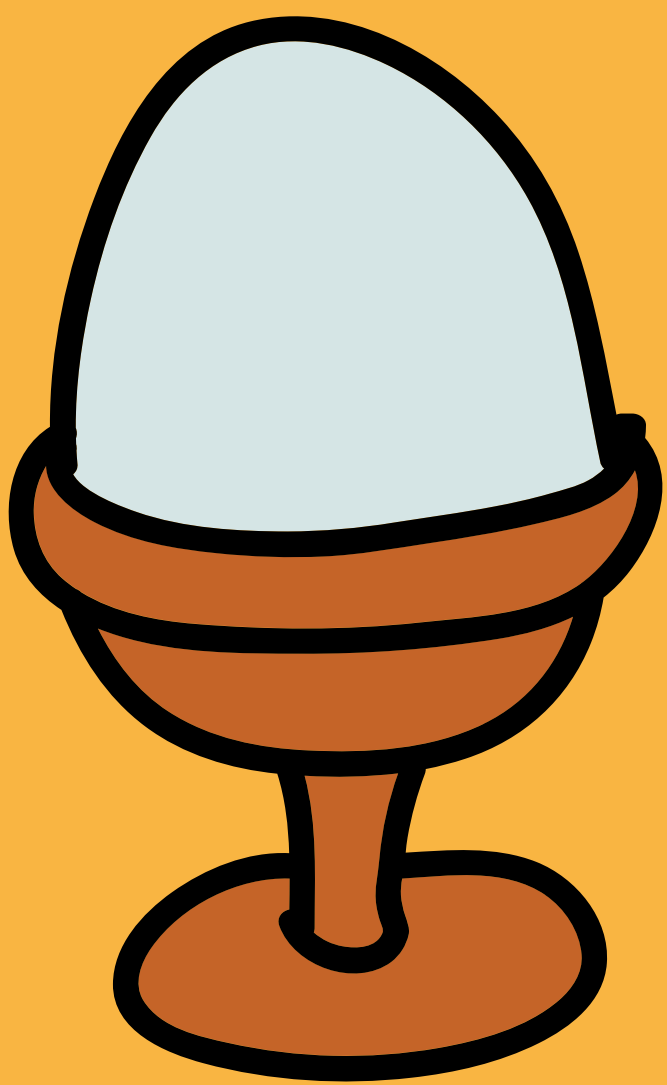
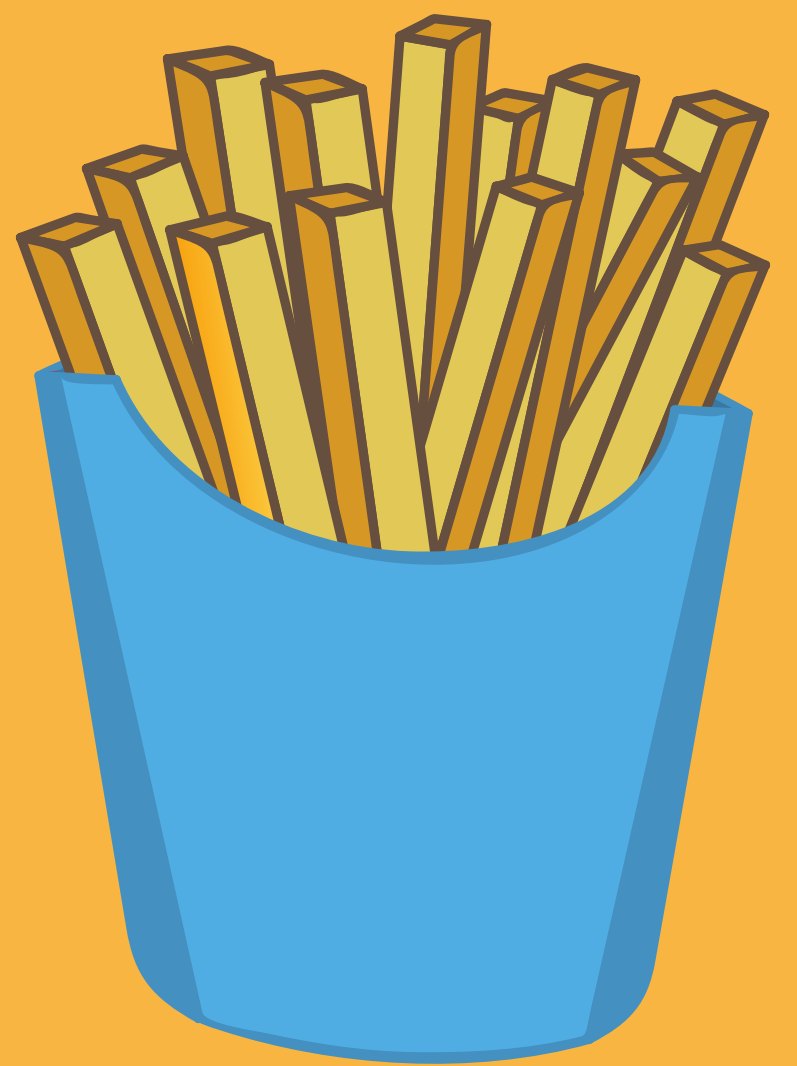




CUT OUT FOOD CARDS

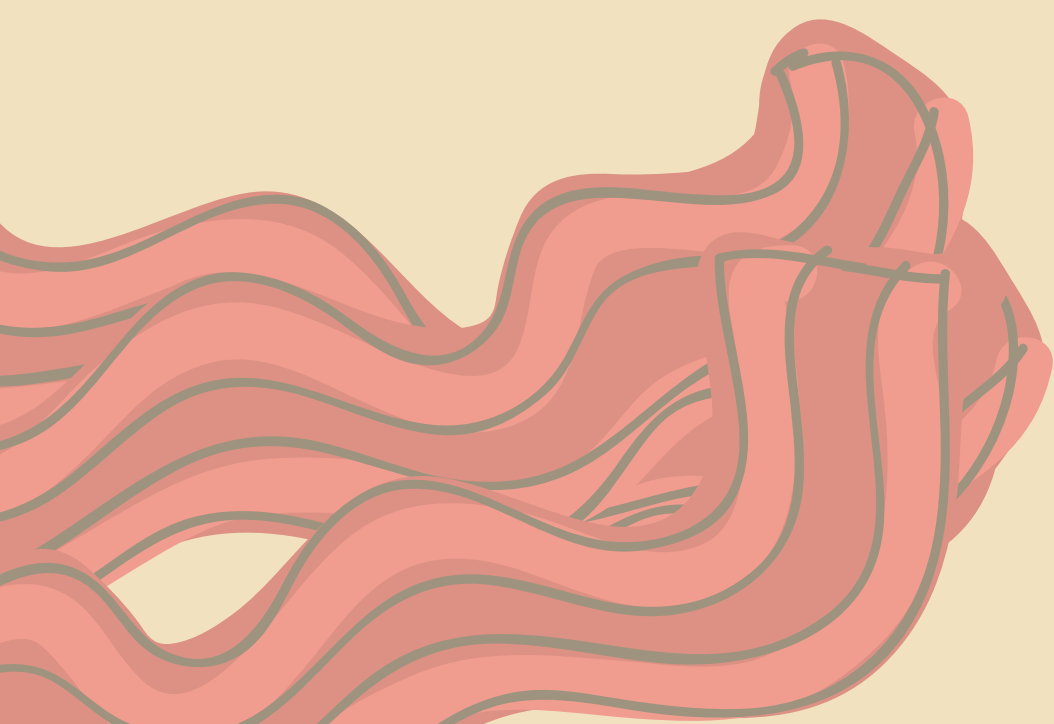
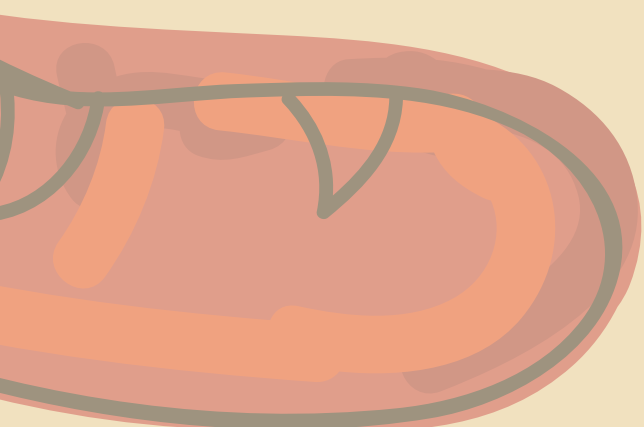
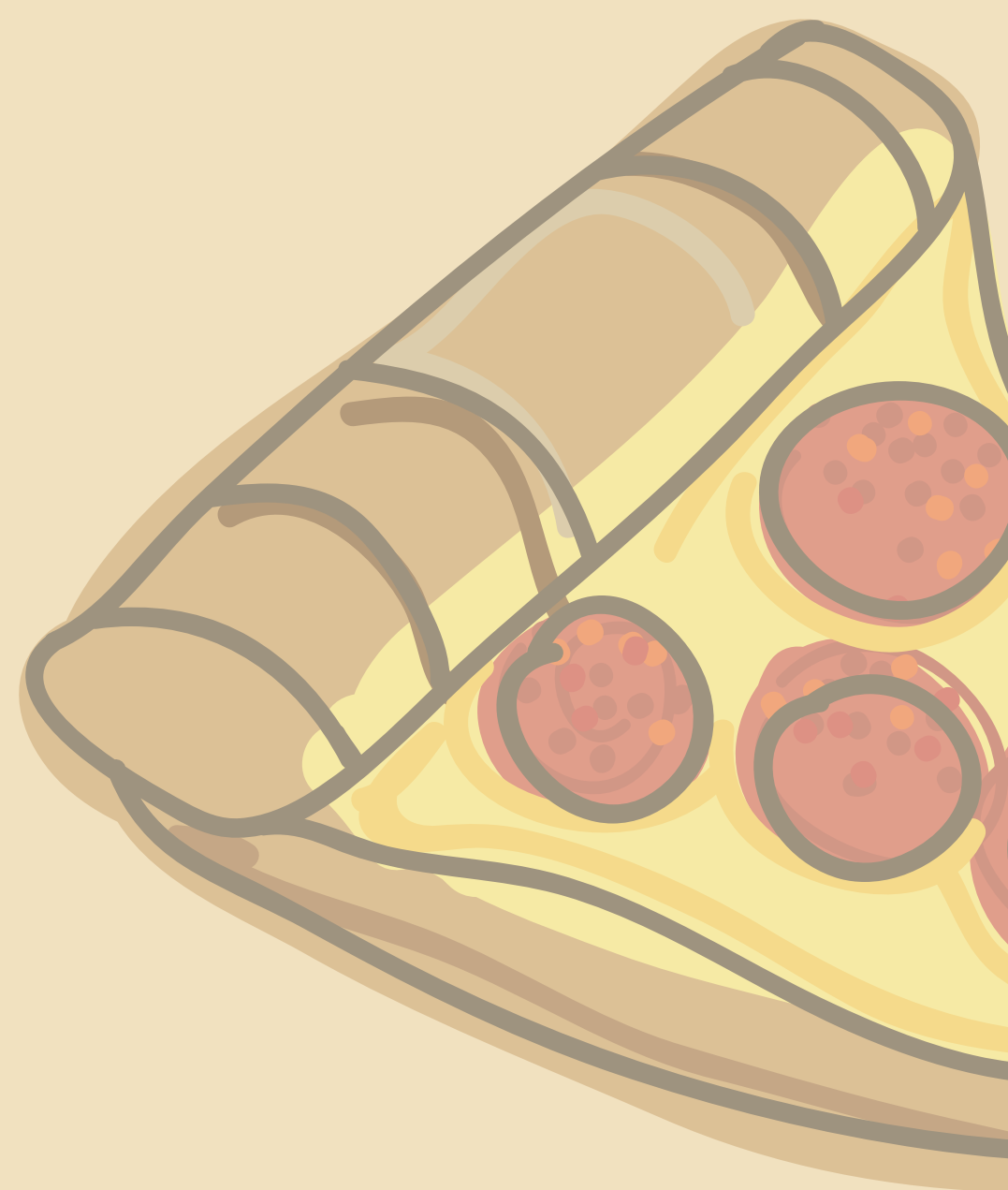
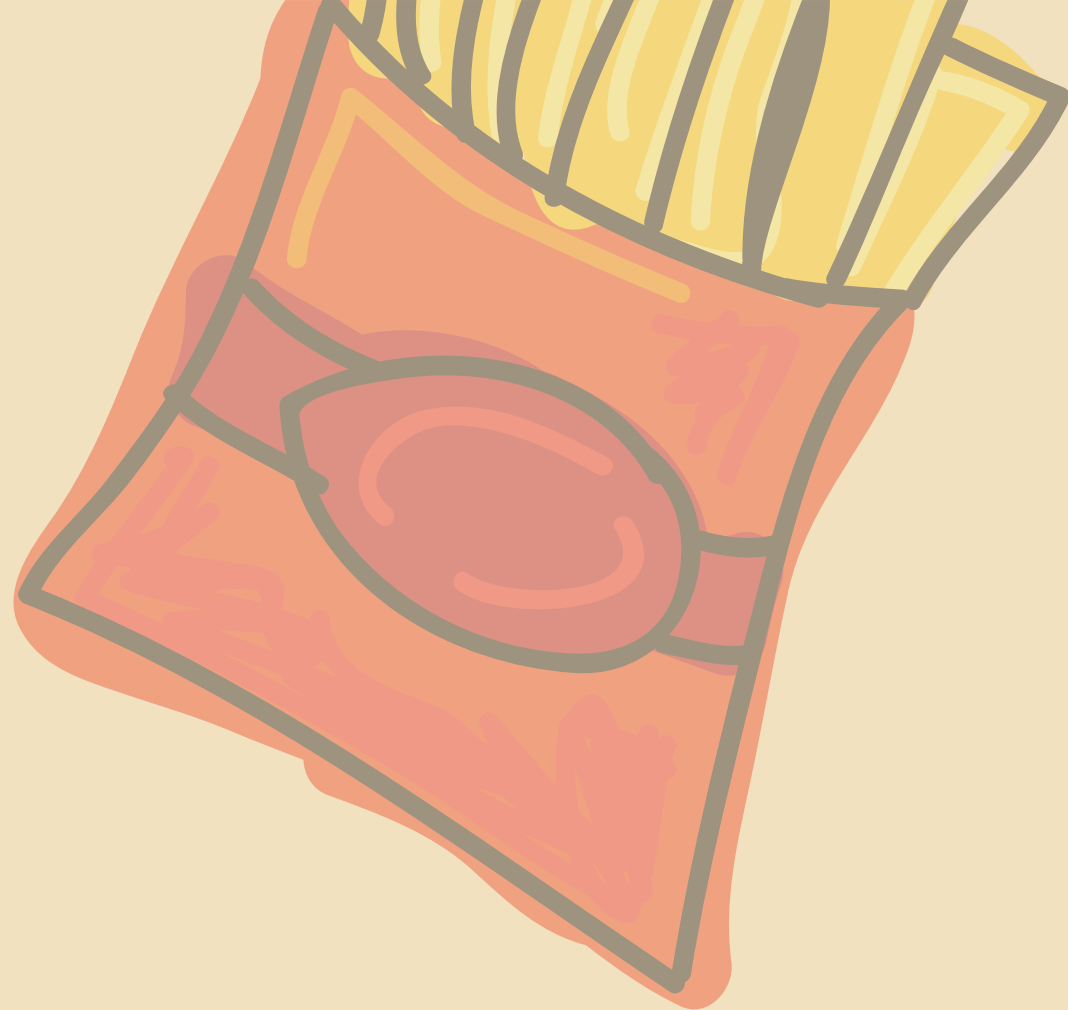


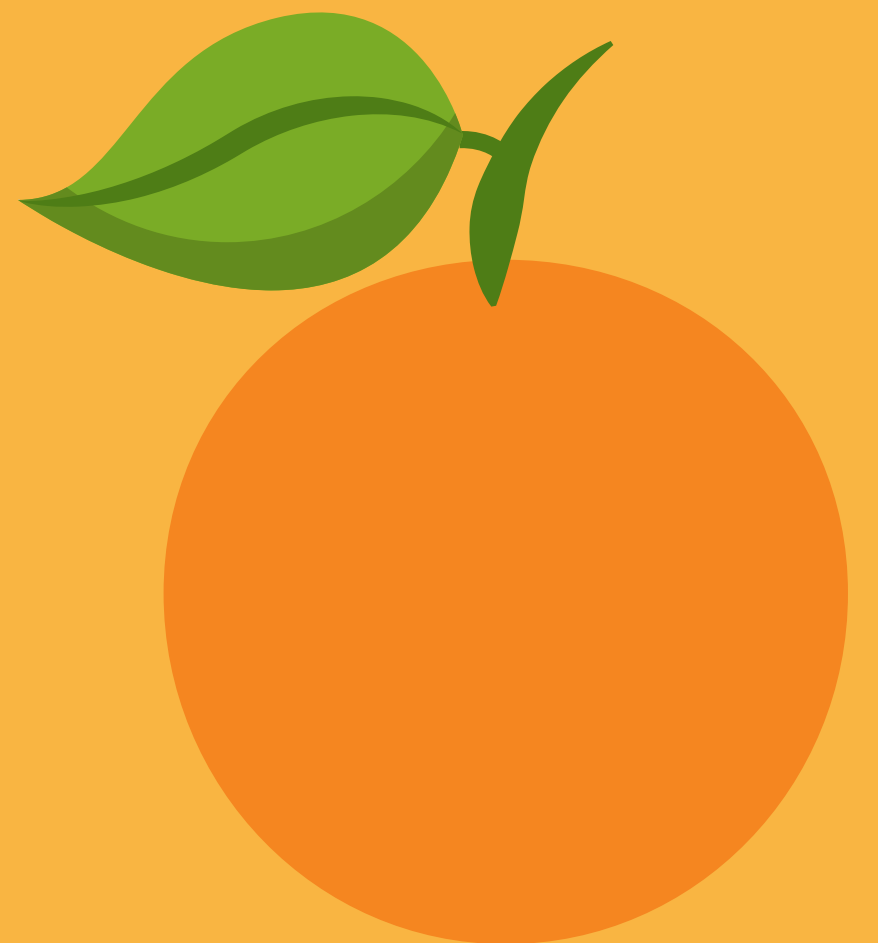
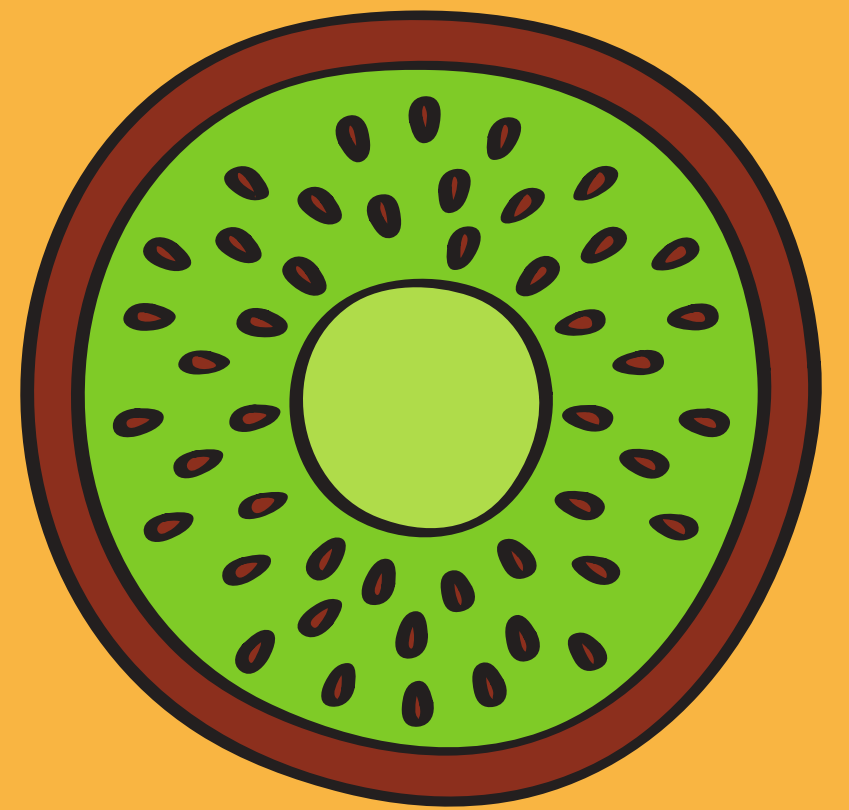
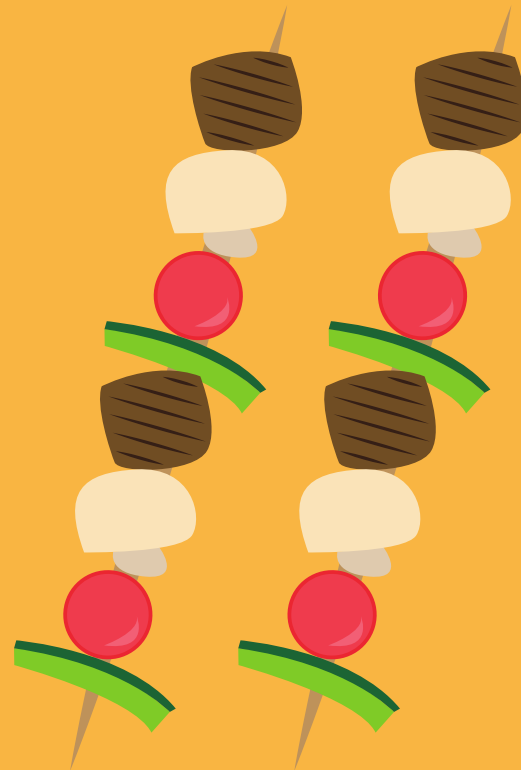
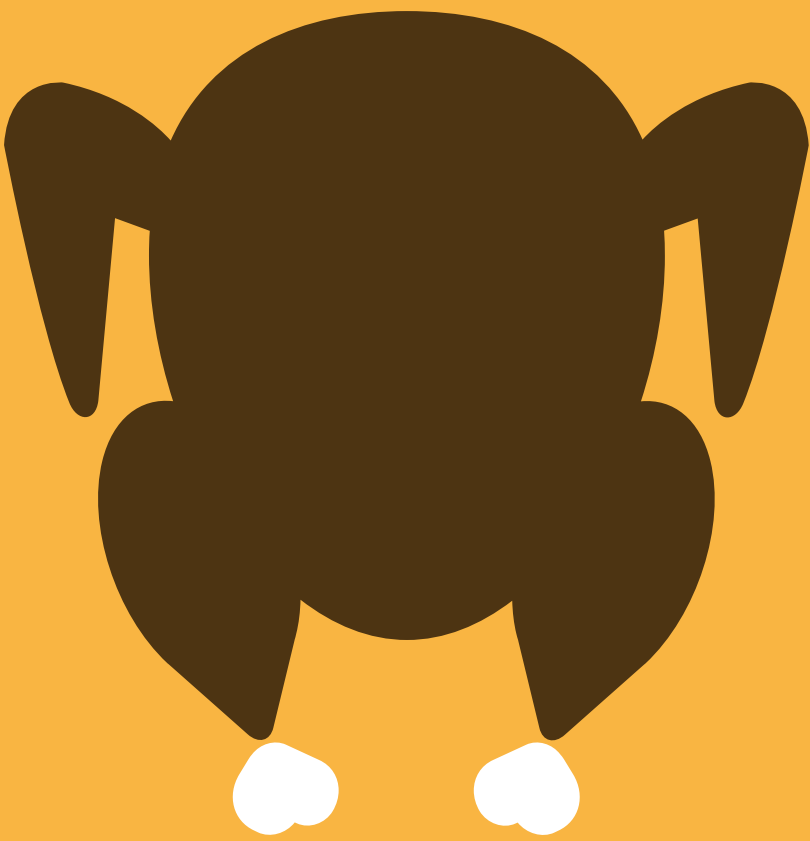
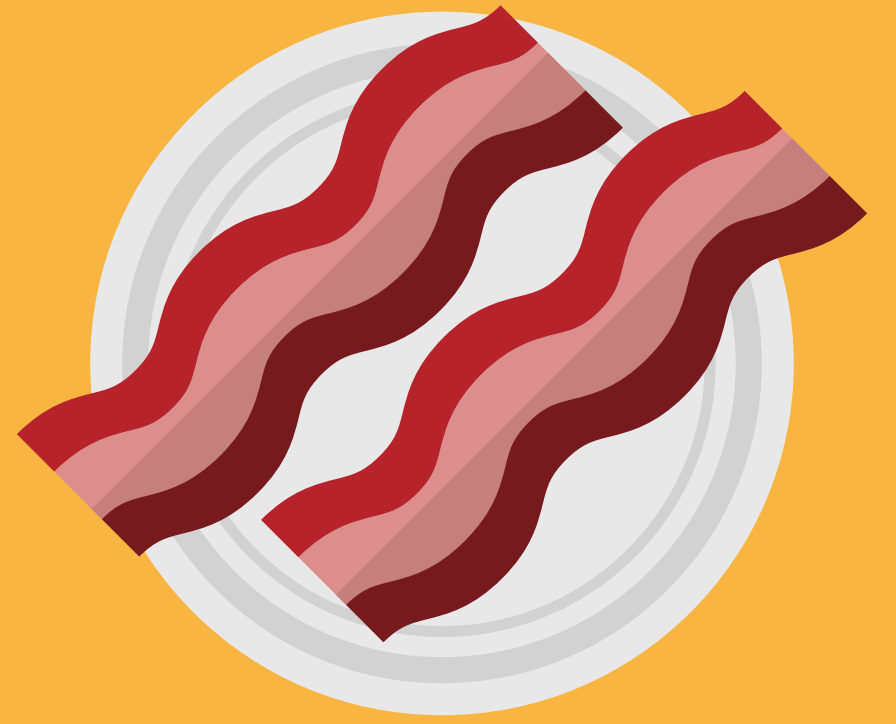
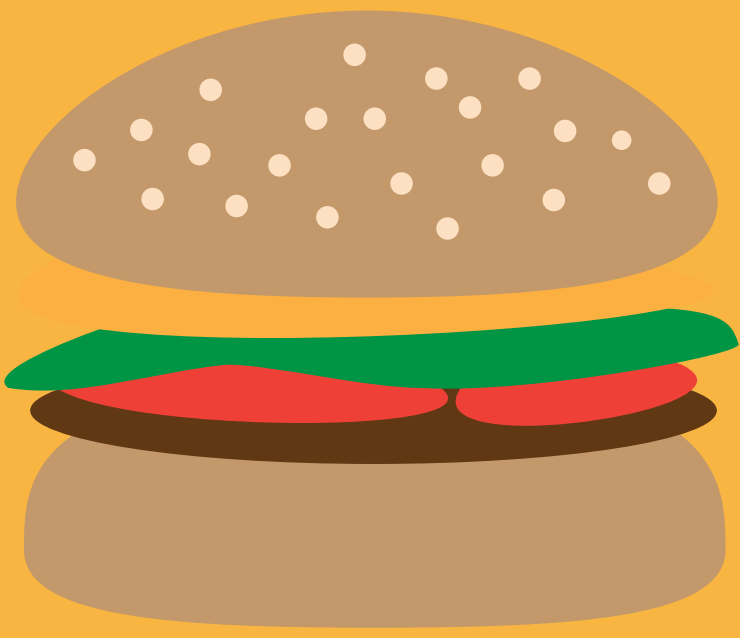




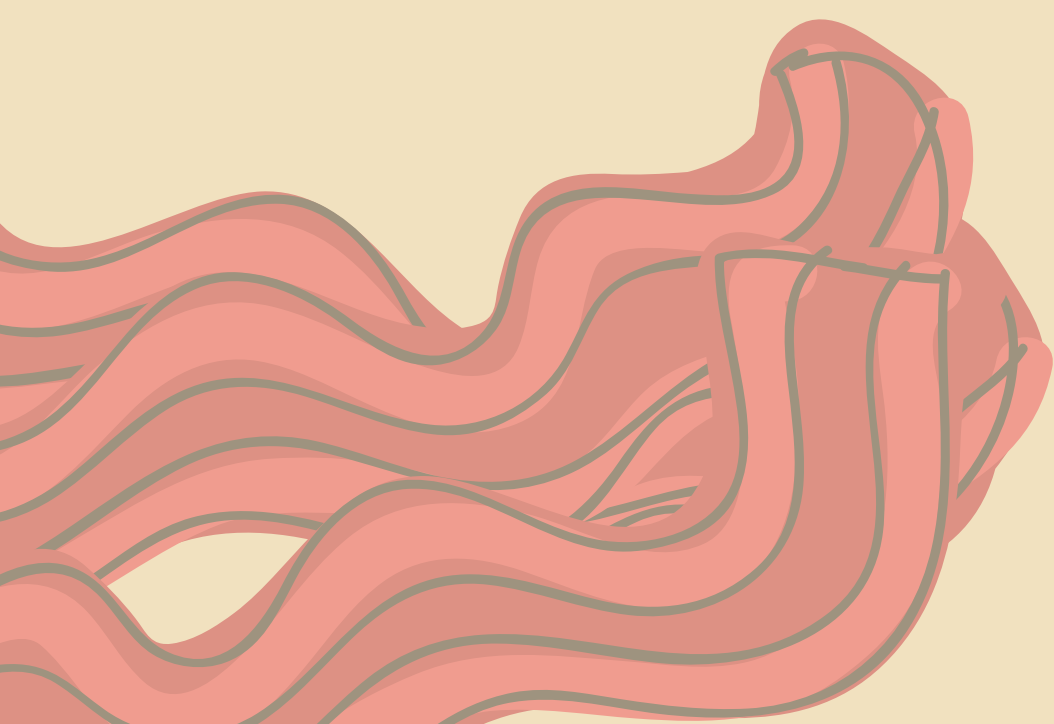
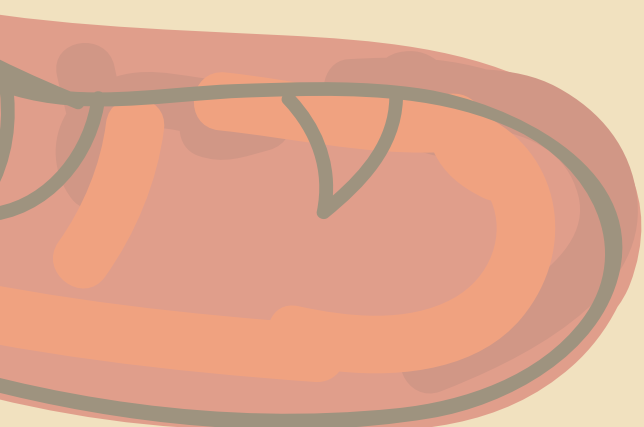
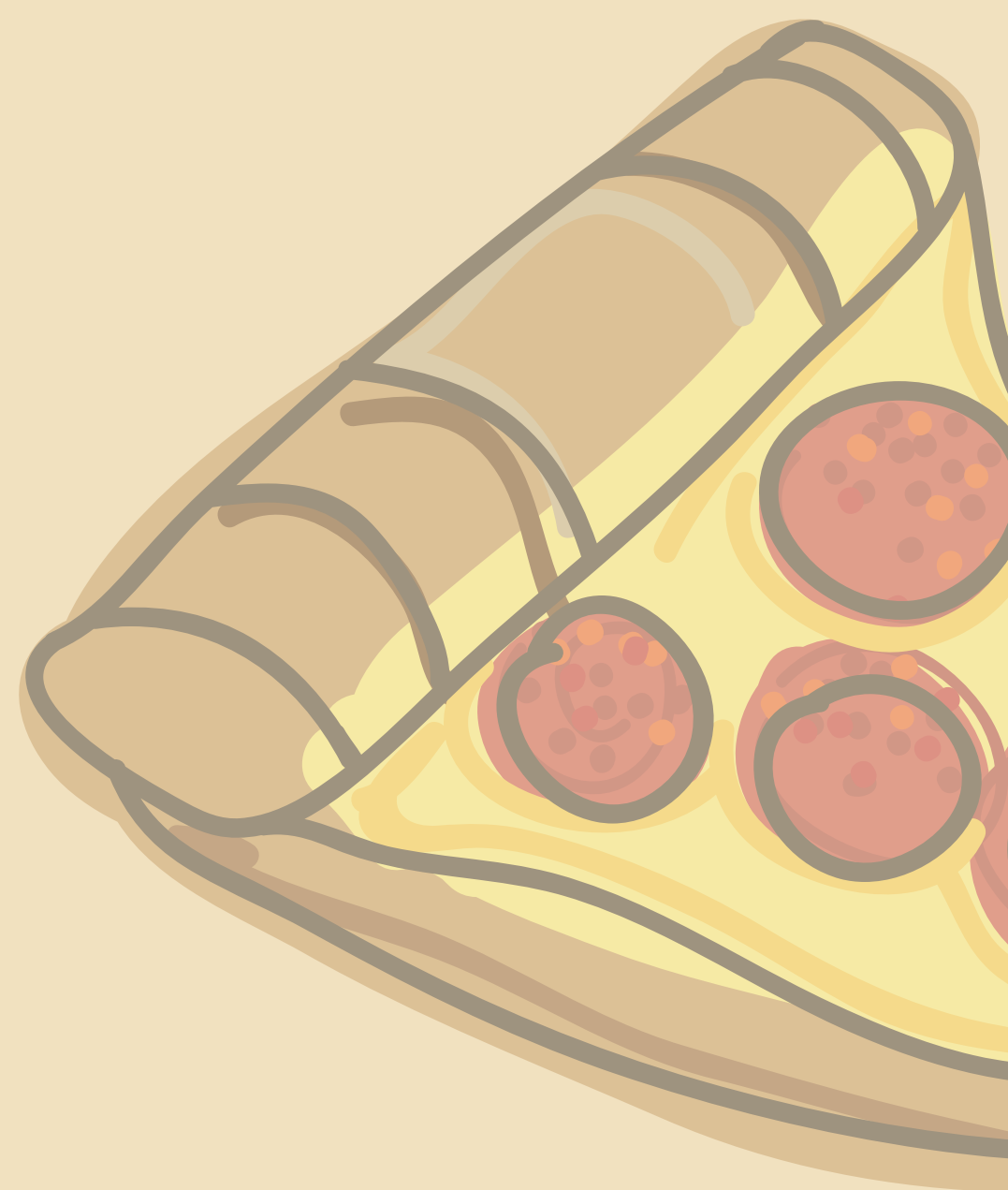
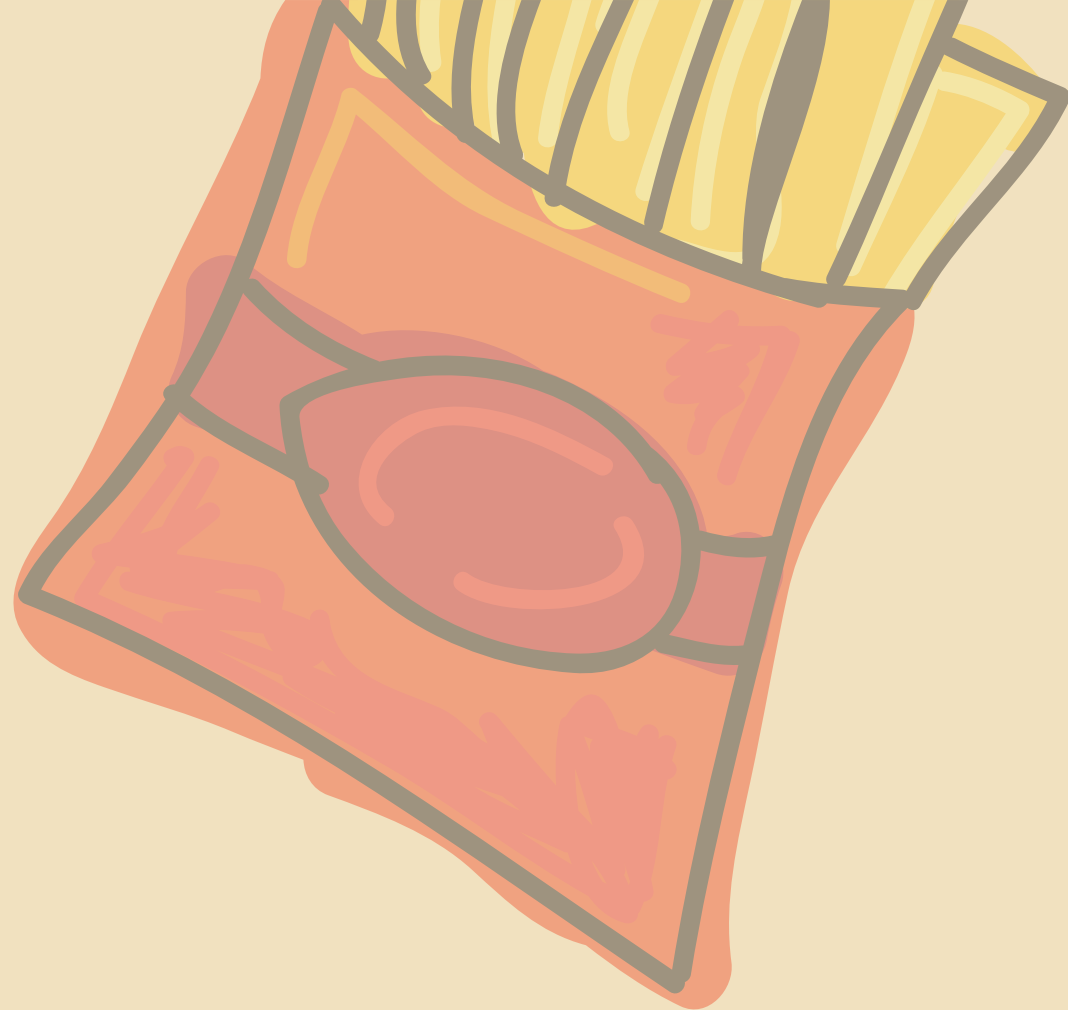
CUT OUT FOOD CARDS



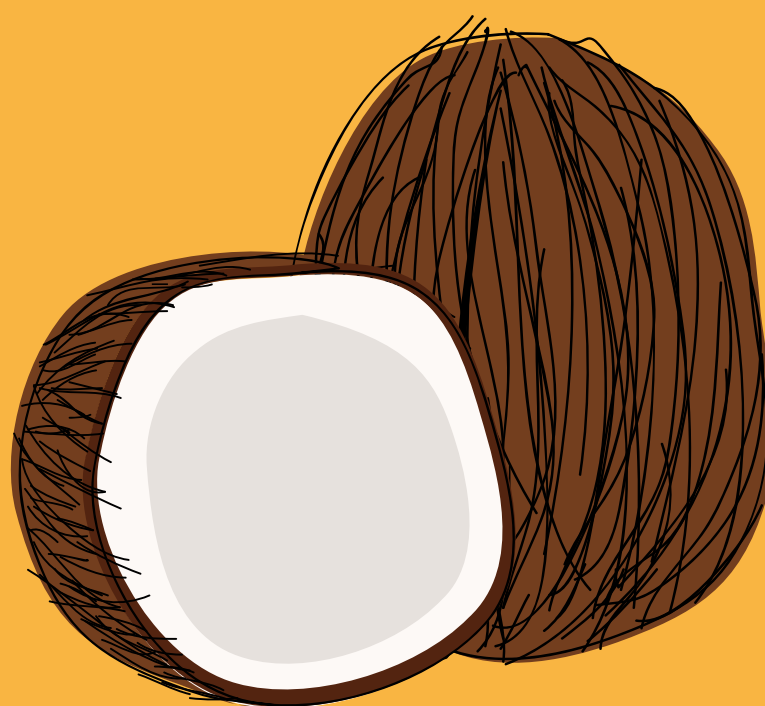
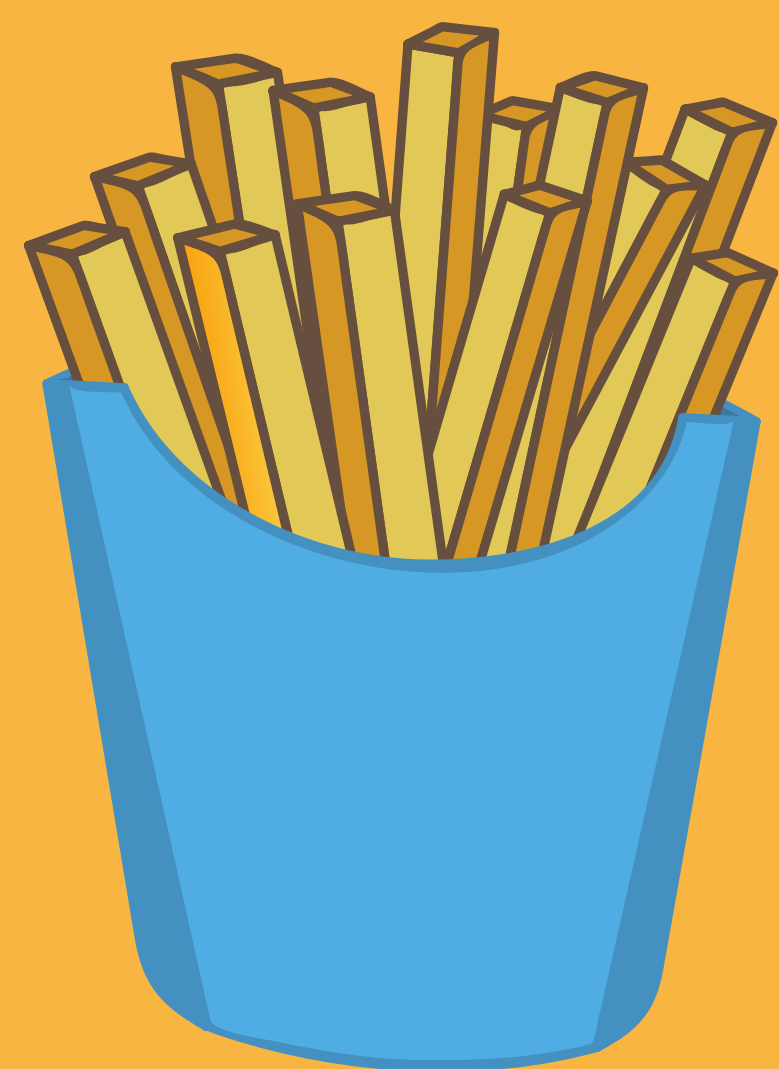
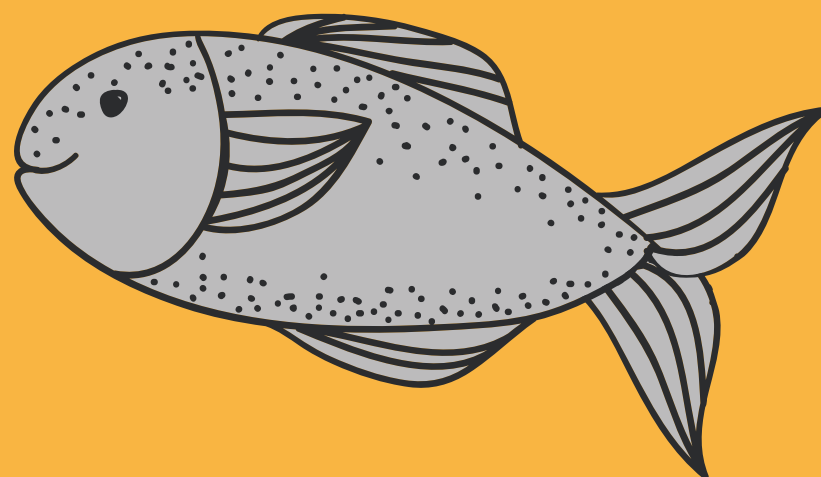




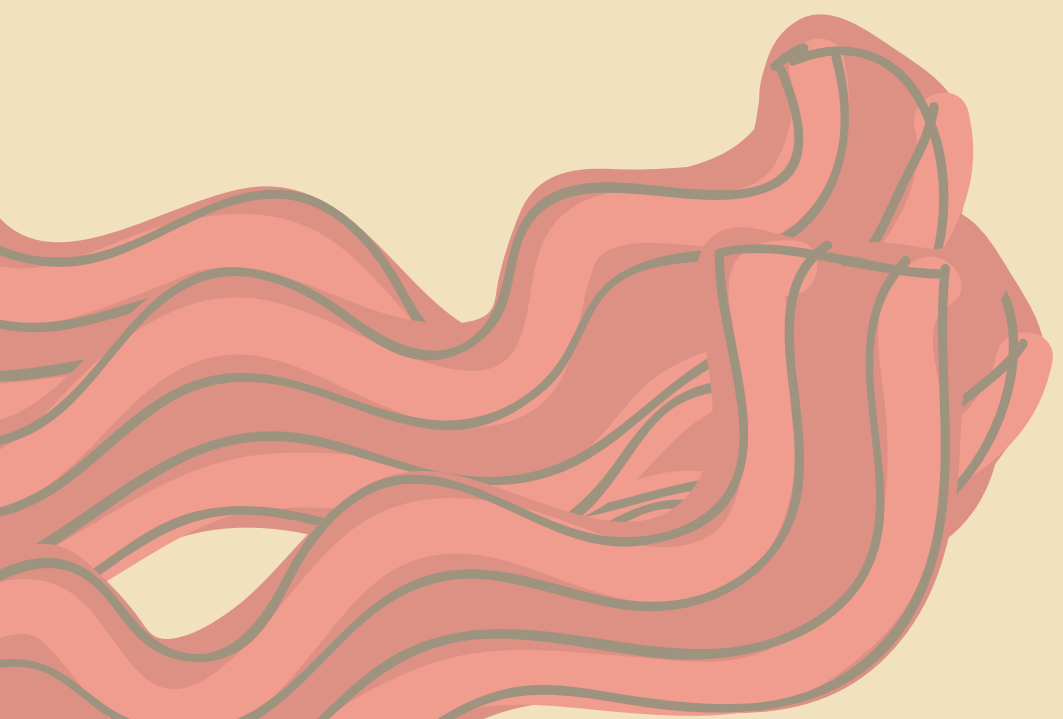
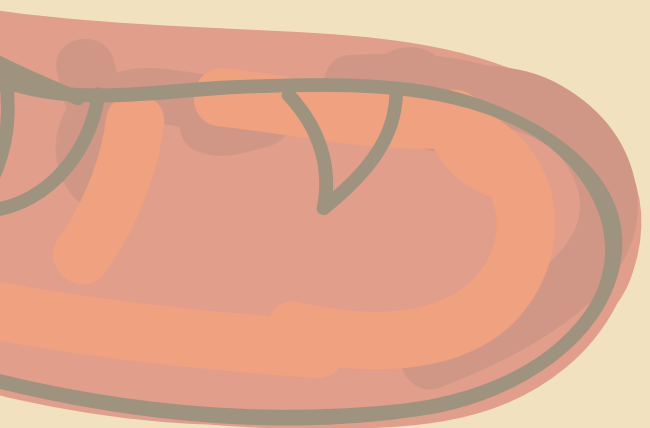
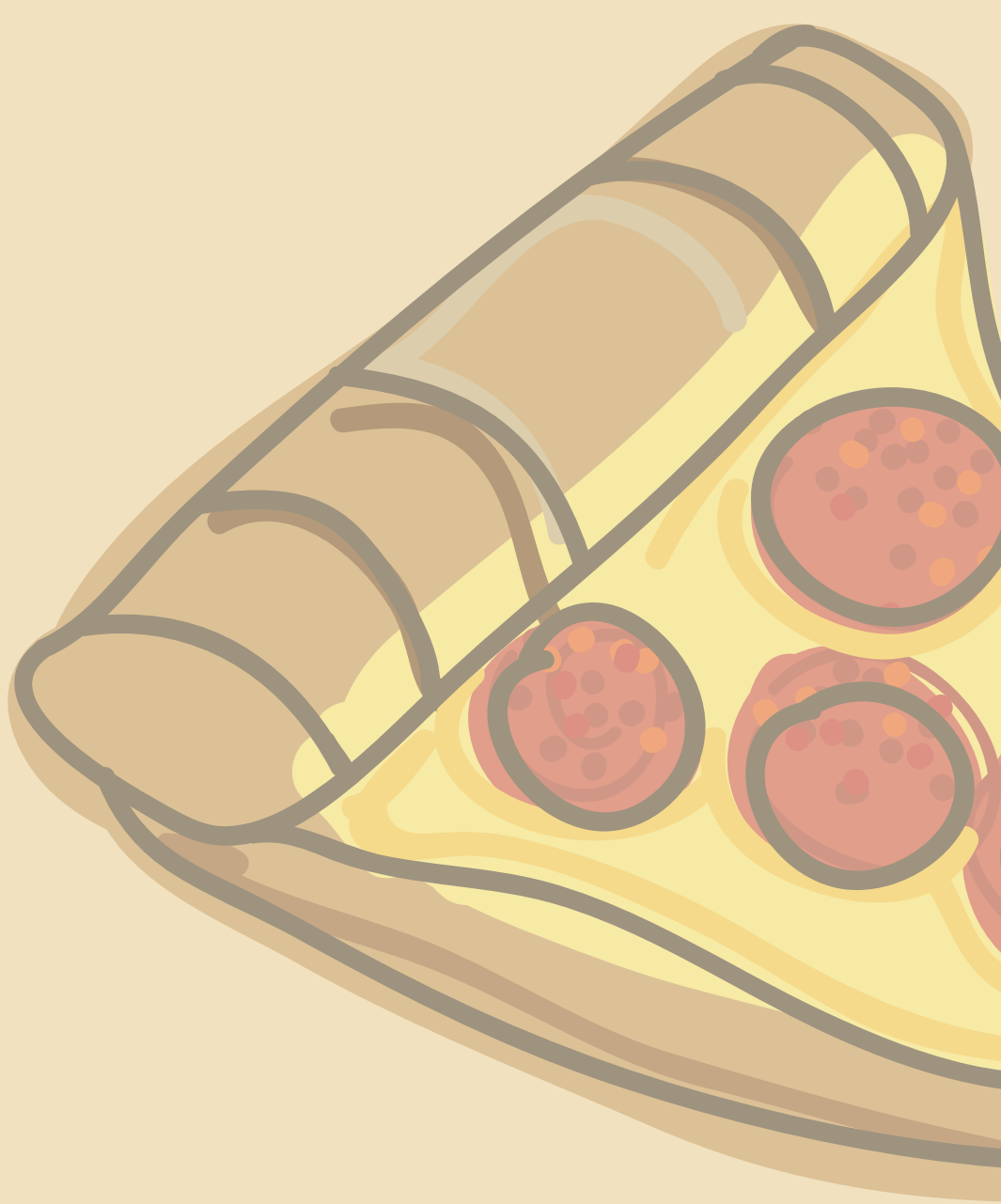
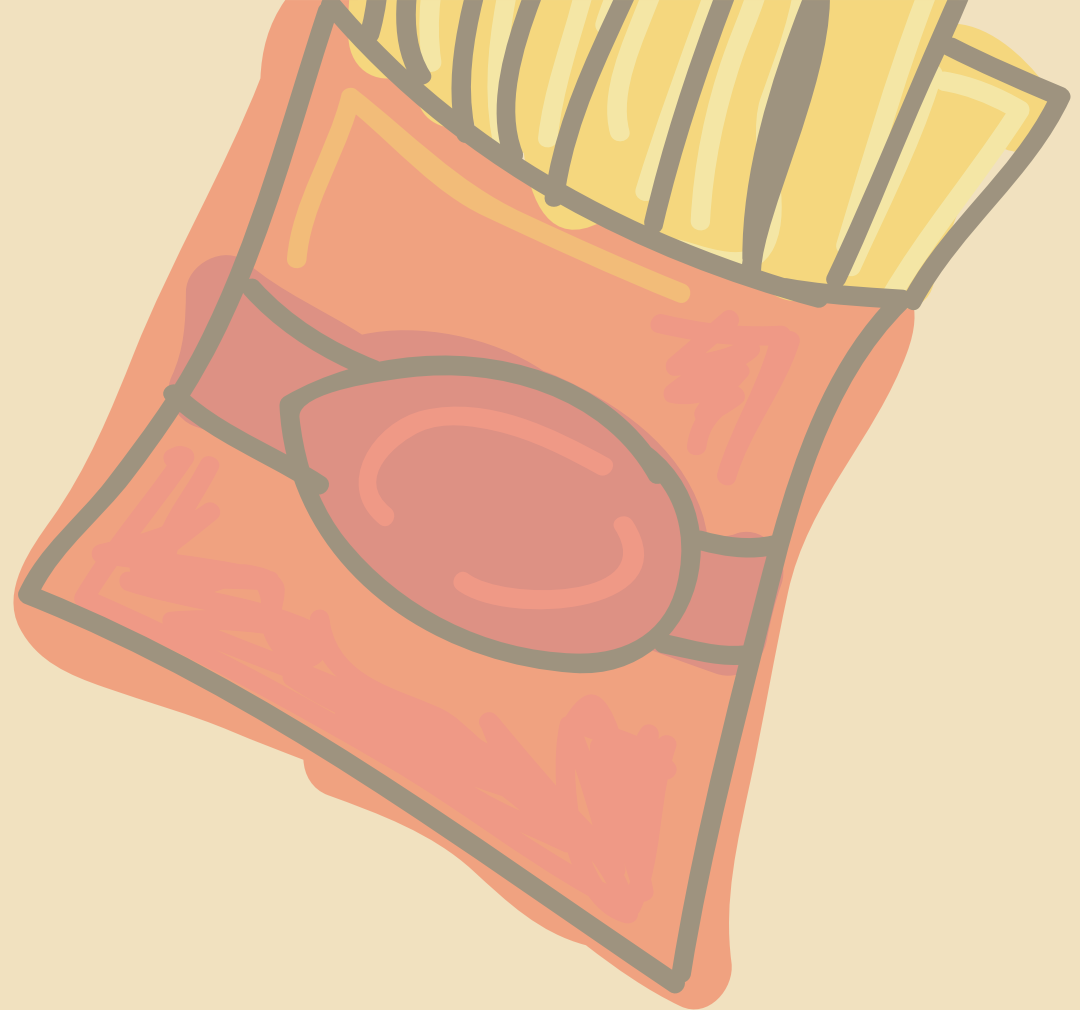
CUT OUT FOOD CARDS







CUT OUT FOOD CARDS





**REDUCE!**

**DUMSTER DIVE!**

Free Tasty  
Treats  
Inside!



PUT ONE ITEM OF FOOD  
FROM YOUR PLATE BACK  
IN THE SHOP

**REDUCE!**

**FONDUE PARTY!**

Sharing is  
caring <3



DISCARD ONE ITEM OF  
FOOD FROM EVERY  
DINER'S PLATE

**REDUCE!**

**EAT YOUR GREENS**

YUM!  
SPROUTS!

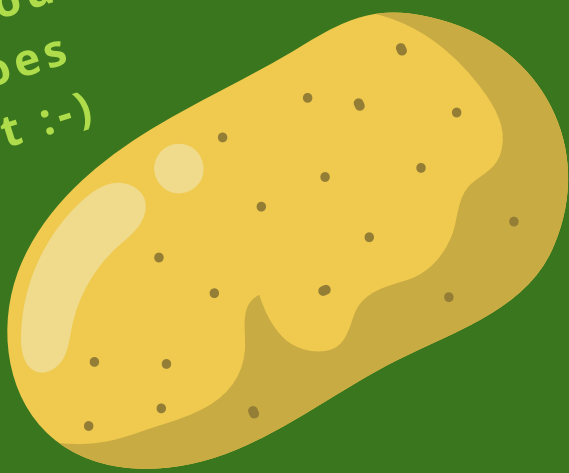


DISCARD ONE ITEM OF  
FOOD FROM YOUR PLATE

**REDUCE!**

**PLANT YOUR  
LEFTOVERS**

watch your  
potatoes  
sprout :-)



DISCARD ONE ITEM OF  
FOOD FROM YOUR PLATE

**REDUCE!**

**SHRINK YOUR  
PLATE**

Take less to  
start with!



DISCARD ONE ITEM OF  
FOOD FROM YOUR PLATE

**REDUCE!**

**EAT YOUR CRUSTS**

All of the  
pizza is  
tasty



DISCARD ONE ITEM OF  
FOOD FROM YOUR PLATE

**REDUCE!**

**GIFT WHAT YOU  
DONT NEED**

Local  
foodbanks  
are in need!



DISCARD ONE ITEM OF  
FOOD FROM YOUR PLATE

**REDUCE!**

**FRIEND OR FOE?**

Give your  
new  
neighbour a  
gift basket  
of food -  
they could  
probably  
use it!



GIFT TWO ITEMS OF FOOD  
TO THE PERSON ON YOUR  
LEFT

**REDUCE!**

**HELP AT THE  
SHELTER**

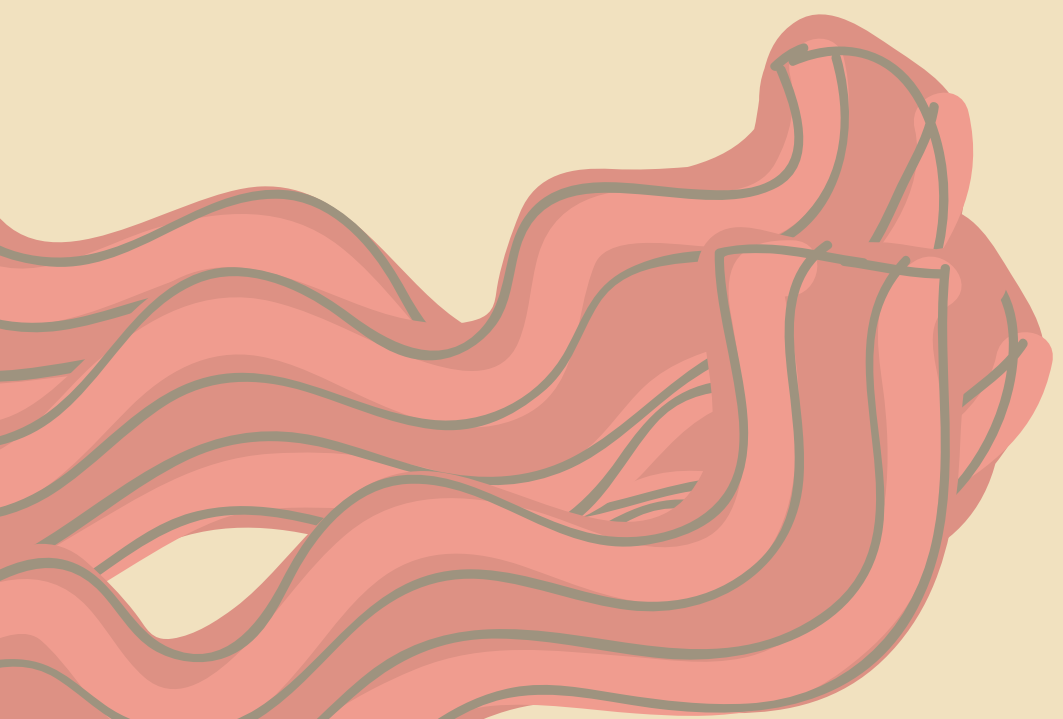
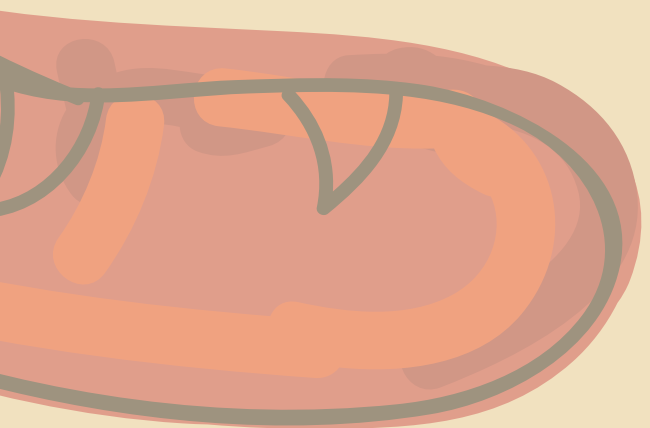
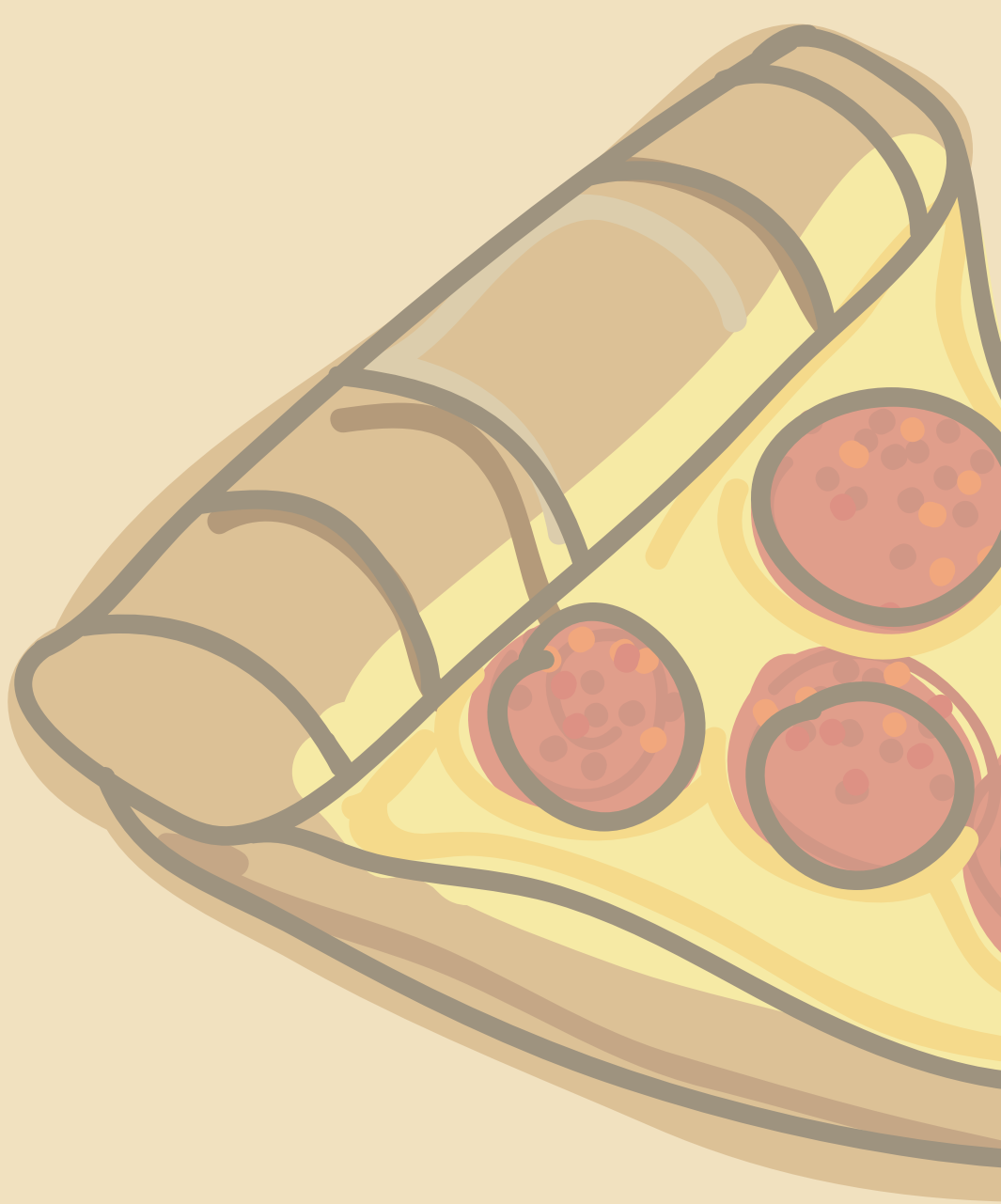
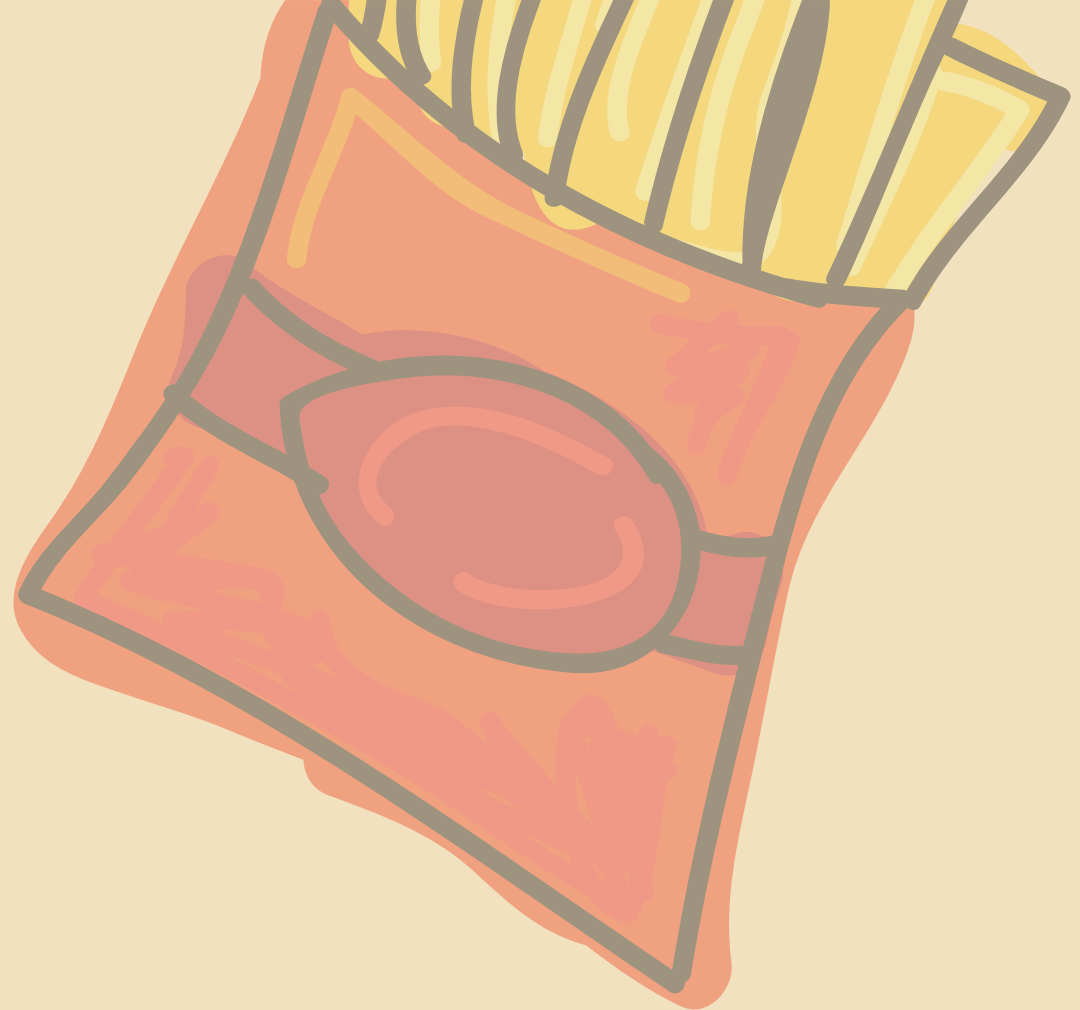
Donate  
foods to the  
homeless



DISCARD TWO ITEMS OF  
FOOD FROM YOUR PLATE

**CUT OUT ACTION CARDS**





**GREED!**  
**PICK UP A  
MULTIPACK!**



PICK UP ONE ITEM OF  
FOOD FROM THE SHOP

**GREED!**  
**EYES BIGGER  
THAN BELLY**



TAKE ONE ITEM OF FOOD  
FROM ANOTHER DINER'S  
PLATE

**GREED!**  
**DRIBBLE DRIBBLE**



TAKE ONE ITEM OF FOOD  
FROM ANY OTHER PLATE

**GREED!**  
**GRAZING THE  
SUPERMARKET**



TAKE ONE ITEM OF FOOD  
FROM THE SHOP

**GREED!**  
**SNACKS SNACKS  
SNACKS!**



TAKE THREE ITEMS OF  
FOOD FROM THE SHOP

**GREED!**  
**BUY ONE GET ONE  
FREE!**



TAKE ONE ITEM FROM  
THE SHOP

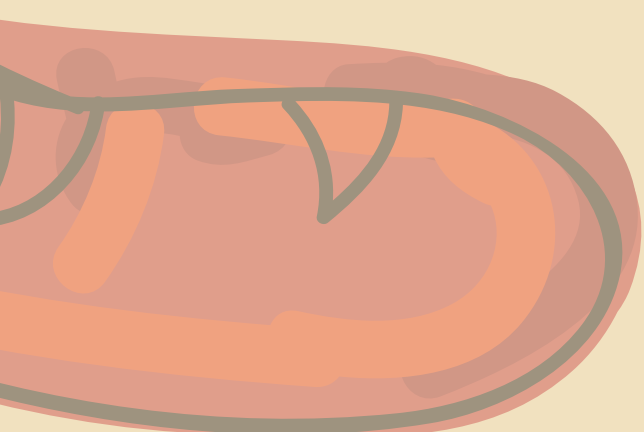
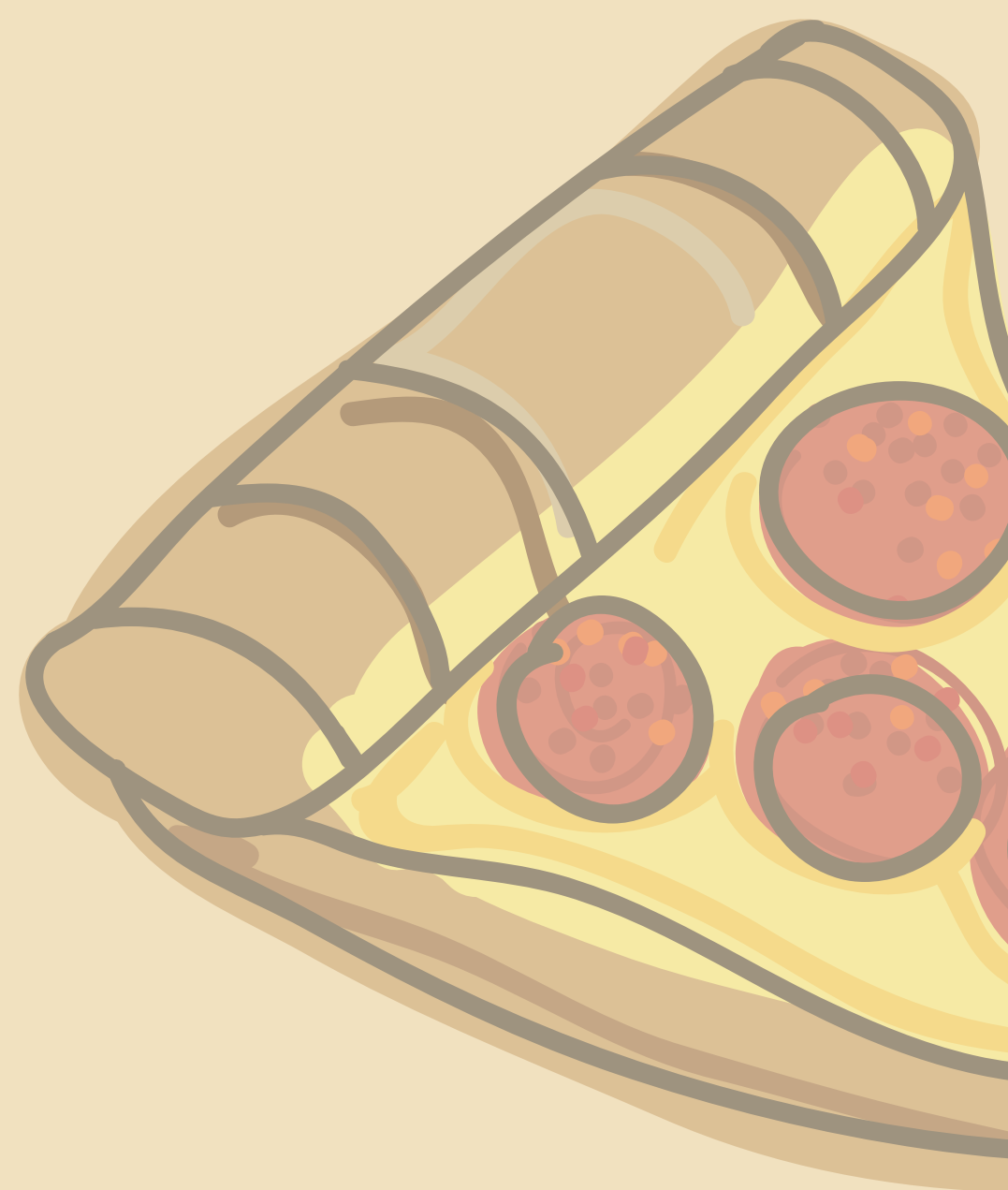
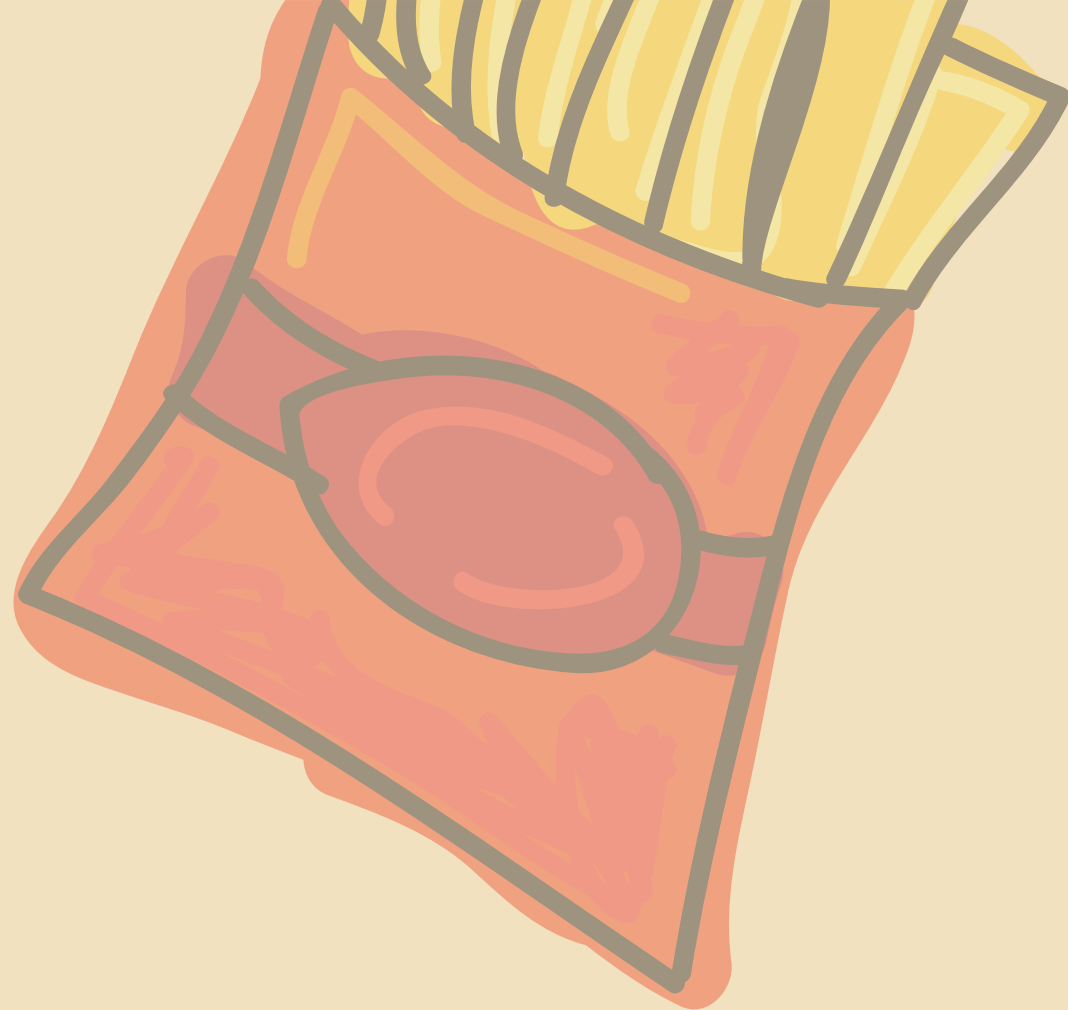
**GREED!**  
**BORROW A CUP OF  
SUGAR**



TAKE ONE ITEM FROM A  
NEIGHBOURS PLATE

**CUT OUT ACTION CARDS**









**EATEN**  
DISCARD HERE



**SHOP**  
PICK UP HERE

