

## Food Phases Guide

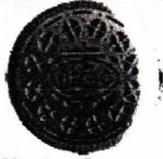
1



**New Moon**

Completely (or almost completely) dark.

2



**Waxing Crescent**

A sliver of light on the right.

3



**First Quarter  
(or Half) Moon**

The right half of the Moon is light.

4



**Waxing Gibbous**

Over half of the right side of the Moon is light.

5



**Full Moon**

The entire Moon is bright.

6



**Waning Gibbous**

Over half of the left side of the Moon is light.

7



**Third Quarter  
(also Half) Moon**

The left half of the Moon is now light.

8



**Waning Crescent**

A sliver of light now appears on the left side.