

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.