

Food Waste Diary

Your family could save up to \$1,500 this year.

Get your family on board by placing your Food Waste Diary in the kitchen or near the dinner table, and track everything that's wasted over one week. Warning: Results may shock you.

What to record:

- **Meal/Snack/Other:** Which meals cause the greatest garbage in your household? List your wasted drinks.
- **Food:** What foods are thrown out? Salad, cereal, or egg sandwiches? If you find spoiled food in your fridge, then write this under **Other**.
- **Amount:** Record all wasted quantities. For example: 1 cup cereal, ¼ cup milk, ½ head lettuce.
- **How Disposed:** Record where that food was tossed, even if leftovers were fed to a pet. Sink, garbage bin, compost.
- **Reason:** Why are you throwing away this food? Too many leftovers, tasted terrible, and expiry date passed are common reasons.
- **Cost:** Estimate the money you blew by tossing away this food. Crying is allowed.

Review your results:

When the week is over and you've completed your diary, do yourself a solid by reviewing the results.

STEP ONE: Find the pattern.

Review your diary to see what, when, and where food is being wasted. Add up the cost column to calculate your financial loss.

STEP TWO: Recognize the reasons.

Knowing *why* your food is tossed can help avoid the situation in the future. For example: making meals too big, over-pouring beverages, and buying too much food.

STEP THREE: Strive to improve.

What strategies can you employ to end the food waste in your household? Buying fewer apples, making smaller sandwiches, and learning to love leftovers are just a few tactics to try.

Do the diary again and see if you can improve on past mistakes.

Squawkfox

Where frugal living is sexy, delicious, and fun.



Food Waste Diary

Day 1:

Meal	Food	Amount	How Disposed	Reason	Cost
Breakfast	<i>Milk</i>	<i>1/2 cup</i>	<i>Kitchen Sink</i>	<i>Left over</i>	<i>20¢</i>
Lunch					
Dinner					
Snack/Other					



Food Waste Diary

Day 2:

Meal	Food	Amount	How Disposed	Reason	Cost
Breakfast	<i>Milk</i>	<i>1/2 cup</i>	<i>Kitchen Sink</i>	<i>Left over</i>	<i>20¢</i>
Lunch					
Dinner					
Snack/Other					



Food Waste Diary

Day 3:

Meal	Food	Amount	How Disposed	Reason	Cost
Breakfast	<i>Milk</i>	<i>1/2 cup</i>	<i>Kitchen Sink</i>	<i>Left over</i>	<i>20¢</i>
Lunch					
Dinner					
Snack/Other					



Food Waste Diary

Day 4:

Meal	Food	Amount	How Disposed	Reason	Cost
Breakfast	<i>Milk</i>	<i>1/2 cup</i>	<i>Kitchen Sink</i>	<i>Left over</i>	<i>20¢</i>
Lunch					
Dinner					
Snack/Other					



Food Waste Diary

Day 5:

Meal	Food	Amount	How Disposed	Reason	Cost
Breakfast	<i>Milk</i>	<i>1/2 cup</i>	<i>Kitchen Sink</i>	<i>Left over</i>	<i>20¢</i>
Lunch					
Dinner					
Snack/Other					



Food Waste Diary

Day 6:

Meal	Food	Amount	How Disposed	Reason	Cost
Breakfast	<i>Milk</i>	<i>1/2 cup</i>	<i>Kitchen Sink</i>	<i>Left over</i>	<i>20¢</i>
Lunch					
Dinner					
Snack/Other					



Food Waste Diary

Day 7:

Meal	Food	Amount	How Disposed	Reason	Cost
Breakfast	<i>Milk</i>	<i>1/2 cup</i>	<i>Kitchen Sink</i>	<i>Left over</i>	<i>20¢</i>
Lunch					
Dinner					
Snack/Other					

