

Week One Food Waste Diary

**THINK
GREEN**



Date	Food That Got Thrown Out	How Much? (Quantity or Weight)	Why Not Eaten	How Did You Dispose of It?
e.g. 10/4	Banana Milk	2 Apples 1/2 gallon milk	Past Due Date Cooked to Much	Garbage, Compost, Down Sink

Remember...

1. You should note the food you are throwing away from every meal, including snacks.
2. Include all the main food types (bread, poultry, vegetables, etc.) as well as waste products (fruit peels, tea bags)

3. Include a measurement of what you waste. Measurements could be recorded as things like 'whole' or 'half', 'handful' or 'fraction' or rough weights are fine also.