

FOOD'S NOT RUBBISH

YOUR WEEKLY FOOD WASTE DIARY

Almost 1/5 of the food we buy ends up in the bin

By completing this week-long diary, you can become aware of the type and amount of food you actually throw out in an average week. This may help you prevent this from happening in the future, and prompt you to find out how you can rescue the foods you're binning.

Note the food you're throwing away from every meal including snacks. Include all the main food types (including bread, poultry and meat, dairy products, vegetables, fruit, pasta, rice and baked items), as well as all inedible food binned (such as fruit peel or skins, tea bags etc.)

Measure what you waste by item (such as whole, half, quarter, segment etc.) or quantity (such as a handful, fraction of, mug full or plateful) or weight – a rough estimate will be fine.

Complete this diary and use it to influence what you buy and what you use in future.

Day/ Date	Type of food thrown out	How much thrown out – item, quantity or weight (see notes above)	Why not eaten?	How disposed of? Such as binned, food caddy, fed to animals/birds, composted etc.
e.g. 19/3/18	Bread Milk Chicken Potatoes	4 slices 2 litres plateful (quarter/half etc.) 2½	stale past 'use by' date cooked too much served too much	bin down sink bin compost bin
1				
2				
3				
4				
5				
6				
7				

Once you've completed this diary, visit lovefoodhatewaste.com to find out how to bin less of these foods you've noted by storing each one to make it stay fresher for longer.

