



TOO GOOD TO WASTE

# TAKE THE CHALLENGE

## I VALUE FOOD: TOO GOOD TO WASTE

## RECORDING WORKSHEET

Print this form and keep it near your trash can. Each time you fill a container, record it here. At the end of each week, record the total containers in the online Food Waste Log. Visit [bit.ly/29RowJd](http://bit.ly/29RowJd) to log in and record your waste.

### IN THE NOTES SECTIONS, TRY TO ANSWER THE FOLLOWING QUESTIONS:

- Why was this food wasted? Maybe a meal was burnt or you forgot about a container of leftovers that was pushed to the back of the fridge.
- What types of food are you wasting the most?
- Who in your house is generating the food waste? Are children wasting more than adults, or is everyone wasting about the same amount?
- Did anything unusual happen in household that caused you to waste more or less than you might have?

### WEEK 1-2: BASELINE

WEEK 1	Start Date: _____	Notes: _____
	Number of Containers: _____	_____
WEEK 2	Start Date: _____	Notes: _____
	Number of Containers: _____	_____

### WEEKS 1-2 TOTALS

Total Containers: _____	Average Number of Containers: _____
(Add weeks 1 to 2)	(Total containers ÷ 2)

### WEEKS 3-6

WEEK 3	Start Date: _____	Notes: _____
	Number of Containers: _____	_____
WEEK 4	Start Date: _____	Notes: _____
	Number of Containers: _____	_____
WEEK 5	Start Date: _____	Notes: _____
	Number of Containers: _____	_____
WEEK 6	Start Date: _____	Notes: _____
	Number of Containers: _____	_____

### WEEKS 3-6 TOTALS

Total Containers: _____	Average Number of Containers: _____
(Add weeks 3 to 6)	(Total containers ÷ 4)