



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/29RovJd](http://bit.ly/29RovJd) 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: BASELINE

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

### WEEKS 2-4

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

WEEK 3	Start Date: _____	Notes: _____
	Number of Containers: _____	_____

WEEK 4	Start Date: _____	Notes: _____
	Number of Containers: _____	_____

### WEEKS 2-4 TOTALS

Total Containers: _____ (Add weeks 2 to 4)	Average Number of Containers: _____ (Total containers ÷ 3)
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