



## 7 Day Food Waste Log Challenge

Place a printed food waste log in your kitchen or download this PDF so that you can track every food item that gets wasted over one week (or more!). Whether you're tracking a household or only yourself, be honest, because you'll benefit most by tracking what's really being tossed out. There is no judgement or expectation placed upon you other than completing the challenge to the best of your ability. The goal is to build awareness of your habits so that you are better equipped to start to reduce your food waste (& save money!).

What to record:

- **Food:** What type of food did you throw out? Bread, lettuce, forgotten tomatoes? Did you find spoiled food in your fridge or cupboard? Wasted drinks count too!
- **Amount:** How much of the food did you waste? List the approximate quantity that was wasted. For example: 3 slices of bread, 1/2 head lettuce, 60g cherry tomatoes.
- **Disposal:** Where did the wasted food end up? The garbage disposal, compost, and garbage bins are the typical methods for disposing of food waste.
- **Reason:** Why were these items thrown away? Taste, passed expiry date, forgotten items gone rotten or too many leftovers are common reasons.
- **Cost:** Estimate the amount of money that this wasted food costs. This will help you see how much money you could save by reducing your food waste.

Review and reflect:

### **STEP ONE: Discover the pattern**

Review your log and find your personal patterns regarding what, when and where food is being wasted. Take the time to add up the cost column to have a rough estimate of financial loss.

### **STEP TWO: Recognize the reasons**

Knowing WHY food is wasted can significantly help avoid repeated situations in the future. What were the top three most common reasons throughout your week?

### **STEP THREE: Finding and applying solutions**

What strategies can you employ to significantly decrease the food waste in your household? Learn about best before dates, fridge management, how to shop, and food preservation- all at our [www.foodsharingottawa.com](http://www.foodsharingottawa.com) website under "Prevent Food Waste"!

### **STEP FOUR: Embrace the benefits and share your findings**

Don't be shy, people are curious about your results, conclusions and ideas! What is your motivation? What feelings did you experience? Top 3 benefits of reducing food waste in your home? Share with friends, family, and strangers too! Post about your food waste challenges, questions, concerns and victories on Instagram and Twitter with the #foodwastelog













