

Food Waste Diary





Introduction

Welcome to the Love Food, Hate Waste diary!

You can use this in a number of ways to help you to understand more about the food that is thrown away in your home, and how you might cut this down.

You can concentrate on what's being thrown away, throughout the day or just at main meal times, or you can include an estimate of how much is thrown away. You can also record why you throw away the food, and how you dispose of it. By doing this, and looking back after you've completed the diary, you'll hopefully see where and how you can reduce the amount of food you have to throw away, and also how you might dispose of the food that you can't avoid throwing away in a more environmentally friendly way (such as in a compost bin). For help and advice on how to reduce the amount of food you throw away, and what you can do with the unavoidable food waste see www.lovefoodhatewaste.nsw.gov.au/

There's a section at the end where you can record any tips or ideas that have helped you to throw less food away. You can keep this for future reference, or share with others by sending it to: www.lovefoodhatewaste.nsw.gov.au/

Things to remember when filling in the diary

- Every time you dispose of food, fill in what food it is, how much and how it was disposed of (e.g. in the bin, compost bin, feed to dog, down the sink, other)
- You should record information on all food thrown away, including inedible and unwanted food waste like vegetable peelings, fruit skins, bread crusts and teabags.
- If on any occasion, there is no food waste to record, please indicate on the table the reason for this (e.g. meal not eaten in the home or no food waste was created because you had takeaway and everything was eaten)

Ways of measuring:

If you want to estimate the amount of food thrown away, we suggest using the food scales. Try and describe the foods and amounts in a way that can be easily understood, so descriptions like "half a Mars bar" or "half a loaf of bread" will mean more to you and others than simply "chocolate" or "bread"

- 1) For "whole" food items, such as a fish finger, a slice of bread, a bar of chocolate, an apple, a meat joint, a cheese sandwich, a sausage or a banana:

Record how much is being thrown away using the scale:

- A whole
- Half
- A quarter
- Less than a quarter



Whole



Half



Quarter



Less than a Quarter

- 2) For other types of food, such as baked beans, pasta, rice, cereal , soup or yogurt:

Record how much is being thrown away using the scale:

- A flat teaspoon
- A heaped teaspoon
- A flat tablespoon
- A heaped tablespoon
- A flat handful
- A heaped handful



A Tablespoon



A teaspoon



A handful

[illegible]

Why? 1= Inedible Waste 2= Bruised/Damaged 3= Unwanted Leftovers 4= Mouldy 5= Out of Date 6= Other

[illegible]

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Clearing Out

If you have disposed of any other food when you have been cleaning your cupboards, bread bin or fridge/freezer, please use this space to describe what food was thrown away.

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food	Quantity disposed of	Method of disposal	Why it was disposed of

Well done! You can now look back and see where you might be able to reduce the amount of food being thrown away, and don't forget there are lots of helpful tips, tools, recipes etc. at www.lovefoodhatewaste.nsw.gov.au/

Useful tips

Useful tips and ideas for reducing the amount of food being thrown away.

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