

Name _____ Date _____



What a waste! How much does food waste cost?

Over the week or weekend ask your parents if you can help prepare food, do the shopping and clean up after meals. Complete a study of food wasted in your house. Each time one of these food types ends up in the bin, add a tally mark. Review your results after one week.

Food Type	Tally Marks	Food Type	Tally Marks	Foot Type	Tally Marks
Bread		Meat		Dairy products	
Fruit		Vegetables		Snack foods	
Jars and tins		Fast food/ take away		Other	

What can each member in your household do to reduce food waste? Record the actions below!

Name of person	Food items	What are they going to do?	Estimated cost saved	Goal achieved!
				  
				  
				  
				  