



HOUSEHOLD Food Waste Diary

Using the Food Know How food waste diary will help you understand what type of food you regularly throw away, why it is thrown away and how you might reduce this waste.

Every time you throw food away fill in:

- what food it is,

- the amount,

- why you have thrown away the food, and

- the volume of waste
(e.g. half a Food Know How kitchen caddy, or 2 x 4L ice-cream containers worth.).

- Record information for all food thrown away, including inedible food waste like vegetable peel, fruit skins and teabags.
- The diary is based over a period of seven days.
- If at any time there is no food waste to record, indicate the reason for this (e.g. meal not eaten in the home or you had a takeaway and everything was eaten).

Recording a weeks worth of food waste will help you see what types and how much of food you waste the most. This will help you reduce the amount of food you throw away. For guidance on reducing the amount of food you throw away, visit foodknowhow.org.au

Three times during the program – at the beginning, in the middle, and at the end, we will ask you to send us the weekly “volume of waste” figure. You can choose to use the Food Know How kitchen caddy to approximate this volume, or you can use anything you have on hand, for example ice-cream containers, mixing bowls or Tupperware container. A Food Know How Kitchen Caddy is 7 litres in size. However, if you are not using the Food Know How kitchen caddy, please let us know the volume of the container you are using (2L, 4L etc.)

AVOIDABLE FOOD WASTE	UNAVOIDABLE FOOD WASTE
<p>This is food that is thrown out that could have been eaten. This includes excess leftovers, food that is past its ‘use by’ or ‘best before’ date, or food that has gone off or mouldy.</p> <p>This also includes a lot of foods which many people throw away which are actually full of nutrients and can be a great ingredient in a delicious meal – such as broccoli stalks and some vegetable peels and leaves.</p>	<p>This is food that is thrown out that could not have been eaten. This includes foods such as egg shells, bones, fruit and vegetable pips and stones, tea bags and coffee grounds.</p> <p>If you can put that in a table to make it easy to distinguish between the two that would be great.</p>

DAY/DATE	TYPE OF FOOD WASTE THROWN OUT	HOW MUCH ? Quantity or weight	WHY NOT EATEN?	NUMBER OF LITRES OF FOOD WASTE PER DAY (using the Food Know How Kitchen Caddy 7 litres or your own container)
Example	<i>pasta bread milk strawberries</i>	<i>large handful 2 slices 1 litre ½ packet</i>	<i>cooked too much mouldy past use by date mouldy</i>	<i>½ a litre for the day</i>
1				
2				
3				
4				
5				
6				
7				