



Love Food Hate Waste Your Food Waste Diary for 7 days

We hope that by keeping this week long diary you can become aware of the type and amount of food waste you actually throw out. You may surprise yourself!

SOME TIPS

- ♥ Try to involve all the members of your household as sharing ideas can help.
- ♥ Record every meal's waste including snacks and include all the main food types (i.e. bread and other baking, meat, vegetables, fruit, dairy products, pasta, rice). Also include all inedible food waste (e.g. peelings, fruit skins, tea bags etc.)
- ♥ To measure, please record either by item (whole, half, quarter, segment etc.) or quantity (handful, fraction of mug full or plateful) or weight – a rough estimate will be fine.
- ♥ Record your ideas on how to reduce food waste as you go through the week. The last "day" day 8 is for you to record any fridge/cupboard clear out during the week.

DAY/Date	Type of waste food thrown out	How much – item, quantity or weight (see notes above)	Why not eaten?	How disposed of? E.g. fed to animals/birds, binned, composted etc.
e.g.	Bread Milk Chicken Bananas Pasta	4 slices 2 litres plateful (quarter/half etc.) 2 ½ Large handful	Mouldy past sell by date too much gone brown too much	fed to birds down sink bin compost bin bin

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1				
2				
3				
4				

DAY/Date	Type of waste food thrown out	How much – item, quantity or weight (see notes above)	Why not eaten?	How disposed of? E.g. fed to animals/birds, binned, composted etc.
5				
6				
7				
8 Clear up				

- **Banana**

Submitted by Mary, Exeter

If bananas are going riper than will be eaten I pop them in the freezer whole. I then defrost them at a later time to mash & add to pancake batter or use in muffins or even add as part of the fluid to a chocolate cake mix. (1/2 cup banana = 1/4 cup fluid).

- **Cheese**

Submitted by lorie, Canada

When I buy my cheese I take it out of its wrapper and wrap it in tin foil. The cheese does not sweat and stays fresh much longer than wrapping it in plastic.

- **Frozen Lime Juice**

Submitted by Pauline, Hertfordshire

Often a recipe (especially Thai) will require a small amount of lime juice. What juice is left over can be placed in a small freezer bag and frozen until needed.

- **One sad brown banana**

Submitted by Abi, Sheffield

Add it to a curry. Best with veggie or lentil - adds a certain fruitiness without being a definite taste.

- **Quick Veg**

Submitted by Sheena Couper, North Ayrshire

Peel and chop carrots, onions, etc., bag them and freeze. When needed, just take out as much as you need and reseal. No more soggy veg at the bottom of your veg box.

- **Paper in veg drawer**

Submitted by Maureen, Surrey

I put a piece of scrap paper in with the vegetables in my fridge drawer. Any moisture goes in the paper not the vegetables or salad.

- **Lemon juice**

Submitted by Anna Maudlin, Gt. Yarmouth

Roll the lemon up and down your work top, pressing hard. When you extract juice you will get more. Juice not required can be frozen in ice cube moulds to use another time - great added to water to give a refreshing zing.