

LOVE
FOOD
hate waste

Food Waste Diary



**Greater
Manchester
and Wigan**

Introduction

Welcome to your Love Food Hate Waste diary for Greater Manchester and Wigan!

You can use this diary 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 to 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 visit www.recycleforgreatermanchester.com

The diary is based over a period of seven days so simply repeat the exercise to complete the 2 week challenge to see how successful your efforts at reducing the amount of food thrown away have been.

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 it with others by sending it to: LFHW@gmwda.gov.uk

Within the diary is a scale of measurement so you can estimate the quantities of food that you are throwing away. On the following pages there is information on food amounts followed by some examples of completed tables so that you know how to go about filling in the tables. If you skip a meal, eat out or don't have any food waste on any occasion, please tick the box and give some information on why that particular section or table has not been completed (for future reference).

THINGS TO REMEMBER WHEN FILLING IN THE DIARY

- Fill in the shopping diary page on page 5 every time you go food shopping
- For every meal, record whether the meal was made using fresh ingredients or left-overs. If the meal had left-overs record whether you kept them to eat later.
- Every time you dispose of food, fill in what food it is, how much and how it was disposed of (e.g. in the regular waste bin, in the council food waste collection bin, home compost container, etc).
- For each day, there is a table for recording food thrown away for meals prepared or served in the morning, lunch time and evening. There is also a table relating to daily snacks and you will find a separate table at the end of the diary on page 20 for recording food disposed of due to a clear-out of cupboards or fridge. Please fill in the appropriate table every time food is thrown away.
- You should record information on all food thrown away, including inedible and unwanted food waste like vegetable peelings, fruit skins, bread crusts and teabags etc).
- 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 a takeaway and everything was eaten.)
- On page 22 you will find a diary page for you to express your thoughts on how you are finding the challenge. You do not need to write something down for every day of the challenge, but if you found something hard, easy or surprising, let us know. Remember that your entries will be placed on the web
- If you have a great meal idea, write it down on page 24 and send it to us

Good luck and have fun!

Ways of measuring

If you want to estimate the amount of food thrown away, we suggest using the following 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 Tesco's wholemeal 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 leg of chicken, 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*



A whole



Half



A quarter



Less than a quarter

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

Record how much is being thrown away using the scale:

- A flat tea-spoon
- A heaped tea-spoon
- A flat table-spoon
- A heaped table-spoon
- A flat handful
- A heaped handful



A tea spoon



A table spoon



A flat handful

Food Shopping

Tell us how you planned your shopping trip (made a list, planned set meals etc) to reduce any potential food waste, how easy you found sticking to your list/meals and whether you were tempted to buy what you found on offer.

Shopping : Where did you go to buy your food?

Supermarket Local town market Farm shop Other _____

Number of shopping trips in week: *one*

Dear Diary...

Example:

Planning my shopping trip:

Planning my shopping list was not as easy as I thought it was going to be. I really had to think and plan my meals for the week and list all the ingredients. The bonus of this is that I know exactly what I am buying, how much I need and what meals are planned for the week. I feel fully prepared. Which I never used to. Now that I have my list of meals for the next seven days, lets hope I can find all the ingredients I need...

Sticking to my shopping list:

As it's the first week in the challenge, can I say that old habits die hard... Walked into the supermarket and went straight into autopilot, browsing the shelves. It's a good thing I remembered my list. The supermarket had loads of choice and I got everything I needed. Being fully prepared has meant that it took no time at all to get everything I needed and get to the check out till. Amazingly I even saved a little money by not browsing and buying items that I fancied at the timer. So I saved time and money, great...!!

Temptations:

I never noticed before, but temptation is everywhere. There are loads of "buy one get one free" or buy "2 for a fiver". It really got me thinking whether I actually needed to get that extra bottle of orange juice just because it was on offer. As I couldn't see us drinking before it went out of date, I left it on the shelf. I must confess that I did buy 2 packs of chicken breasts on offer, but I will freeze them so they will keep.

This shopping trip has been a real eye opener and has got me thinking about what we throw away. Might try the farm shop at the weekend and see if I can get vegetables that are not pre-packed so that I can buy only what I need, not what the supermarket thinks I need.

Dear Diary...

Planning my shopping trip:

Sticking to my shopping list:

Temptations:

Examples of completing the diary:

BREAKFAST : How did you prepare breakfast in the morning?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from breakfast/in the morning?

Number of people: *2 adults, 2 children* Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)
<i>cereal -Weetabix</i>	<i>table spoon</i>	<i>Fed to dog</i>	<i>it had gone all mushy</i>
<i>Teabags</i>	<i>Four</i>	<i>in the compost bin</i>	<i>They had been used</i>

LUNCH : How did you prepare lunch?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from lunch?

Number of people: *1 adult, 2 children* Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)
<i>Bread crusts</i>	<i>From 4 slices of bread</i>	<i>Bird table in garden</i>	<i>Kids won't eat crusts on sandwiches</i>
<i>Banana skin</i>	<i>From one banana</i>	<i>in the compost bin</i>	<i>it is inedible - you can't eat it</i>

TEA / DINNER : How did you prepare tea/dinner?

Used new ingredients Used left-overs (specify) *we had a takeaway*

What food did you dispose of from tea/dinner?

Number of people: *5 adults, 2 children* Left-overs: If you had left over food, tick if you kept to eat later *4 spring-rolls in fridge*

If table is left blank state why:

No food waste Meal eaten out Meal skipped

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)
<i>N/A</i>			

Day 1:



BREAKFAST : How did you prepare breakfast in the morning?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from breakfast/in the morning?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : How did you prepare lunch?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from lunch?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : How did you prepare tea/dinner?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from tea/dinner?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

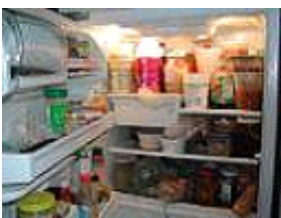
WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : How did you prepare your snack?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



REMEMBER!
IF YOU HAVE CLEARED OUT YOUR FRIDGE, FREEZER OR CUPBOARDS AND THROWN ANY FOOD ITEMS AWAY PLEASE ENTER THE INFORMATION IN THE TABLE ON PAGE 20.



Day 2:

BREAKFAST : How did you prepare breakfast in the morning?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from breakfast/in the morning?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : How did you prepare lunch?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from lunch?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : How did you prepare tea/dinner?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from tea/dinner?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

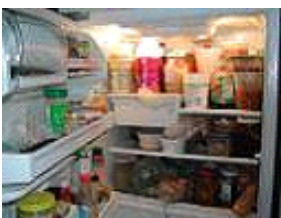
WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : How did you prepare your snack?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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Day 3:

BREAKFAST : How did you prepare breakfast in the morning?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from breakfast/in the morning?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : How did you prepare lunch?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from lunch?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : How did you prepare tea/dinner?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from tea/dinner?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

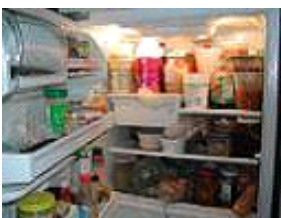
WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : How did you prepare your snack?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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Day 4:

BREAKFAST : How did you prepare breakfast in the morning?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from breakfast/in the morning?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : How did you prepare lunch?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from lunch?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : How did you prepare tea/dinner?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from tea/dinner?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

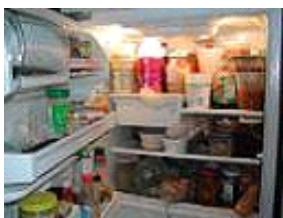
WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : How did you prepare your snack?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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Day 5:

BREAKFAST : How did you prepare breakfast in the morning?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from breakfast/in the morning?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : How did you prepare lunch?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from lunch?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : How did you prepare tea/dinner?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from tea/dinner?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

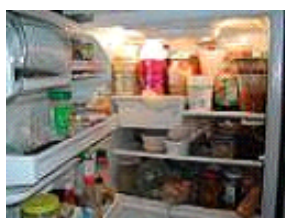
WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : How did you prepare your snack?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



REMEMBER!
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Day 6:

BREAKFAST : How did you prepare breakfast in the morning?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from breakfast/in the morning?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : How did you prepare lunch?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from lunch?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : How did you prepare tea/dinner?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from tea/dinner?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

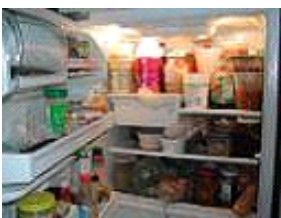
WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : How did you prepare your snack?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



REMEMBER!
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Day 7:

BREAKFAST : How did you prepare breakfast in the morning?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from breakfast/in the morning?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : How did you prepare lunch?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from lunch?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : How did you prepare tea/dinner?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from tea/dinner?

Number of people: _____ Left-overs: If you had left over food, tick if you kept to eat later

If table is left blank state why:

No food waste Meal eaten out Meal skipped _____

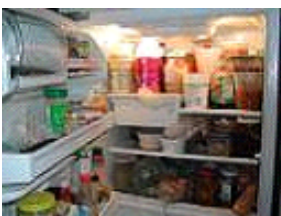
WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : How did you prepare your snack?

Used new ingredients Used left-overs (specify) _____

What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



REMEMBER!
IF YOU HAVE CLEARED OUT YOUR FRIDGE, FREEZER OR CUPBOARDS AND THROWN ANY FOOD ITEMS AWAY PLEASE ENTER THE INFORMATION IN THE TABLE ON PAGE 20.





CLEARING OUT



Example:

CLEARING OUT

If you have disposed of any other food when you have been examining 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 (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. unwanted leftovers; out of date; tasted bad; mouldy, freezer burnt)
<i>Loaf of white sliced bread (Hovis)</i>	<i>Half a loaf (about 13 slices)</i>	<i>In regular waste bin</i>	<i>Bought a new loaf and this one looked past its best</i>
<i>Home made lasagne</i>	<i>Half a Pyrex dish (about 500gms)</i>	<i>Fed to dog</i>	<i>Leftover from meal some time ago. Don't want to heat it up after so long in the fridge.</i>

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

A peanut for your thoughts!

Tell us how easy you are finding it to reduce any potential food waste you may have. Are you finding it easy to make meals using left-overs, or are you struggling to get the portions right? Are you finding the challenge easier or harder than you thought it would be and are the hints and tips on the love food hate waste website helping you succeed? Are you seeing a difference in how much food you throw away?

Your thoughts on the challenge

Diary entry: example

Dear Diary...

Still struggling with getting the portions right, especially for the children. They love the left over recipes though, which I am really pleased about. The love food hate waste website is great as I've found loads of really easy and yummy recipes. Lack of inspiration is a thing of the past. Overall I am seeing a difference in how much I put in the bin, mainly because I am making new dishes with left-overs. Once you know how, its easy!

Diary entry: Day 1

Dear Diary...

Meal Ideas

Have you got a great recipe using left-overs and food you have at the back of your cupboard or fridge?

Write it down below and share it with us!

Recipe template.....

If you want to share your meal ideas with others please send them to: LFHW@gmwda.gov.uk