

FOOD WASTE AUDIT

Use the chart below to keep a record of your kitchen food waste

.....
THERE ARE 2 TYPES OF FOOD WASTE - AVOIDABLE AND NON-AVOIDABLE.

AVOIDABLE: Edible food that wasn't eaten, such as leftovers, bread crusts, limp salad leaves and brown bananas

NON-AVOIDABLE: Inedible food such as meat bones, eggshells, lemon peels and onion skins



| DATE OR DAY | WEIGHT OF FOOD WASTE (AVOIDABLE & NON-AVOIDABLE) | AVOIDABLE FOODS WE THREW AWAY |
|-------------|---|-------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

WEEKLY TOTAL WEIGHT **THE FOODS YOU WASTED MOST THIS WEEK:**



REMINDER: Deduct the weight of your container when you weigh your food waste