

By participating, you've joined the revolution to eliminate wasted food! **If you're like the average American family, 1 out of every 4 grocery carts of food is brought home but never eaten (it's true - 25% is purchased and eventually tossed out!).**

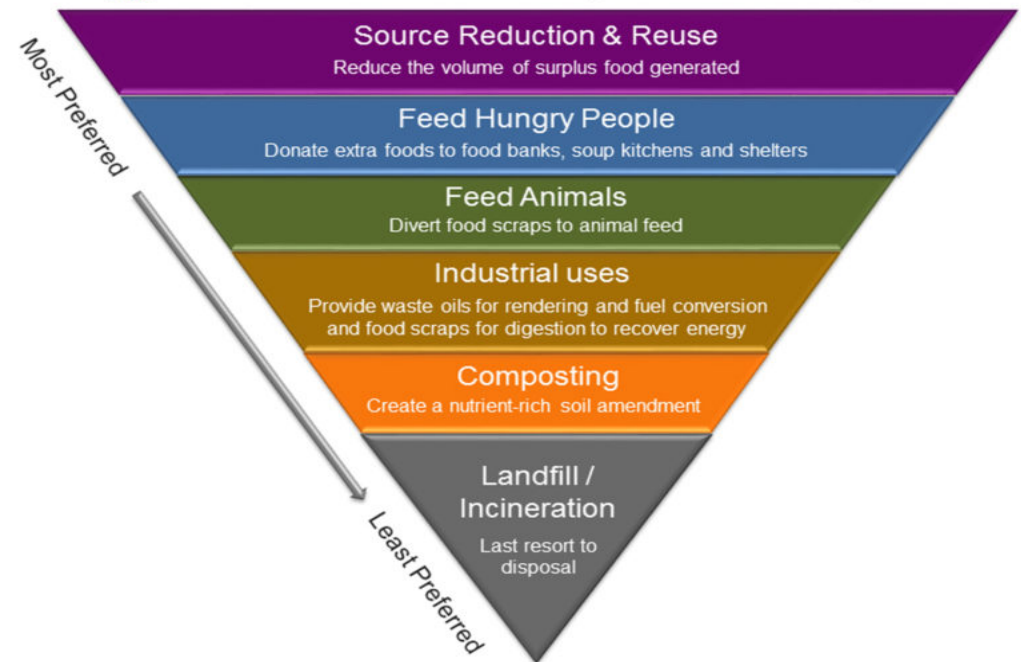
This wastes not only your time & money, but also all the **land, water, energy, labor and other resources** that got that food to your plate. While one week is just a snapshot of behaviors around food, it will help you understand how and why you might be wasting food and where to improve.

## HOW IT WORKS:

- 🍅 Download & print these sheets, or pick up a copy at our 2018 Sat. Farmers Market booth.
- 🍅 **START TRACKING ON PAGE 2, FOR ONE WEEK.**
- 🍅 Record either the *volume* or the *weight* of food you toss (or both), along with its estimated price.
- 🍅 **ONLY** capture data about food you intended to eat but didn't. Do **NOT** record kitchen prep scraps.
- 🍅 Measure that volume of food with a large measuring cup; weigh it with a scale if you have one.
- 🍅 After 7 days, add up your totals on page 4, and discover any opportunities for improvement.



## Food Recovery Hierarchy



*The EPA's hierarchy shows preferred disposal methods for food, starting with PREVENTION, ending with composting and landfilling.*

Next, try our Smart Strategies to help change behaviors, such as a handy "Eat First!" sign for a leftovers area in the fridge, or a Weekly Meal Planner. Find them at <http://NoFoodLeftBehindCorvallis.org>. **GOOD LUCK!**

# D.I.Y. Wasted Food Discovery Week

**REMEMBER: only weigh EDIBLE food that could've/should've/would've been eaten:**



<b>Day 1</b>	<b>Foods and Amounts Wasted</b> (e.g. 2 bananas, 1 c. cooked oats, 1/2 chicken breast, 1/2 pt berries, heels of bread, leftover burrito, etc.)				
	<input style="width: 95%;" type="text"/>	(Optional: weight)	<input style="width: 95%;" type="text"/>	lb:oz or g	
(date)	<input style="width: 95%;" type="text"/>	(Optional: weight)	<input style="width: 95%;" type="text"/>	lb:oz or g	
<b>Why Did It Go To Waste?</b> (e.g. overcooked, overbought, didn't like taste, spoiled because waited too long / hidden/ forgot leftovers / left it out, etc.)					
<input style="width: 95%;" type="text"/>					
<b>How Much Did These Items Cost You / Your Family?</b> (estimate the cost to replace it - this can really "add up")					
$\$ \text{  } + \$ \text{  } + \$ \text{  } + \$ \text{  } + \$ \text{  } = \$ \text{  }$					

<b>Day 2</b>	<b>Foods and Amounts Wasted</b>				
	<input style="width: 95%;" type="text"/>	(Optional: weight)	<input style="width: 95%;" type="text"/>	lb:oz or g	
(date)	<input style="width: 95%;" type="text"/>	(Optional: weight)	<input style="width: 95%;" type="text"/>	lb:oz or g	
<b>Why Did It Go To Waste?</b>					
<input style="width: 95%;" type="text"/>					
<b>How Much Did These Items Cost You / Your Family?</b>					
$\$ \text{  } + \$ \text{  } + \$ \text{  } + \$ \text{  } + \$ \text{  } = \$ \text{  }$					

<b>Day 3</b>	<b>Foods and Amounts Wasted</b>				
	<input style="width: 95%;" type="text"/>	(Optional: weight)	<input style="width: 95%;" type="text"/>	lb:oz or g	
(date)	<input style="width: 95%;" type="text"/>	(Optional: weight)	<input style="width: 95%;" type="text"/>	lb:oz or g	
<b>Why Did It Go To Waste?</b>					
<input style="width: 95%;" type="text"/>					
<b>How Much Did These Items Cost You / Your Family?</b>					
$\$ \text{  } + \$ \text{  } + \$ \text{  } + \$ \text{  } + \$ \text{  } = \$ \text{  }$					

**You're doing GREAT!**

# D.I.Y. Wasted Food Discovery Week

**Day 4** **Foods and Amounts Wasted** (e.g. 2 bananas, 1 c. cooked oats, 1/2 chicken breast, 1/2 pt berries, heels of bread, leftover burrito, etc.)

(date) \_\_\_\_\_ (Optional: weight) \_\_\_\_\_ lb:oz or g

\_\_\_\_\_ (Optional: weight) \_\_\_\_\_ lb:oz or g

**Why Did It Go To Waste?**

\_\_\_\_\_

**How Much Did These Items Cost You / Your Family?**

\$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ = \$ \_\_\_\_\_

**Day 5** **Foods and Amounts Wasted**

(date) \_\_\_\_\_ (Optional: weight) \_\_\_\_\_ lb:oz or g

\_\_\_\_\_ (Optional: weight) \_\_\_\_\_ lb:oz or g

**Why Was It Wasted?**

\_\_\_\_\_

**How Much Did These Items Cost You / Your Family?**

\$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ = \$ \_\_\_\_\_

**Day 6** **Foods and Amounts Wasted**

(date) \_\_\_\_\_ (Optional: weight) \_\_\_\_\_ lb:oz or g

\_\_\_\_\_ (Optional: weight) \_\_\_\_\_ lb:oz or g

**Why Did It Go To Waste?**

\_\_\_\_\_

**How Much Did These Items Cost You / Your Family?**

\$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ = \$ \_\_\_\_\_



**KEEP GOING, YOU'RE ALMOST THERE!**

You may be amazed how much LESS goes bad after this exercise...

# D.I.Y. Wasted Food Discovery Week

<b>Day 7</b>	<b>Foods and Amounts Wasted</b> (e.g. 2 bananas, 1 c. cooked oats, 1/2 chicken breast, 1/2 pt berries, heels of bread, leftover burrito, etc.)		
(date)		(Optional: weight)	
		(Optional: weight)	
<b>Why Did It Go To Waste?</b>			
<hr/>			
<b>How Much Did These Items Cost You / Your Family?</b>			
\$	+	\$	+
\$	+	\$	+
\$	+	\$	=
\$			\$

<b>YOU'RE DONE! Now for some totaling:</b>			
<b>Simply add up all amounts and note it to the right.</b>	<b>TOTAL \$\$ SPENT FROM DAY 1-7 ABOVE:</b>	\$	
	<b>TOTAL WEIGHT OR VOL. FROM ABOVE:</b>		
<b>Multiply by 52 to see what might be wasted in a year.</b>	<b>x 52 weeks</b>	\$	money wasted / year
	<b>x 52 weeks</b>		weight wasted / year



A project of the Corvallis Sustainability Coalition

[NoFoodLeftBehindCorvallis.org](http://NoFoodLeftBehindCorvallis.org)

We hope you discovered which foods you might be wasting and why.  
Feel free to print and use this worksheet again and again!  
Now that you have a good sense of *why* food gets wasted, **visit our website and find Smart Strategies and Tools to help** target those reasons... learn *how* to reduce wasted food to help both the planet and your pocketbook!

**NOTES TO SELF:**

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