

WASTED FOOD = WASTED MONEY

You can change that! Track your wasted food for one week, and see how much \$\$\$ you can save NEXT week.

HERE'S HOW TO TRACK:

STEP 1) Use the form on page two - jot down only the food tossed (compost or trash) that you had intended to eat (not kitchen scraps):

- 🍅 Which foods?
- 🍅 Why did they get tossed?
- 🍅 Approximate price you paid
- 🍅 Optional: volumes or weights

STEP 2) Add up the cost for the week and year (and amounts, if tracked).

STEP 3) Review reasons WHY the food was wasted. Choose which of our "Smart Strategies" will help you SAVE MONEY and prevent waste:

- 🍅 "Eat First!" sign - for a leftovers area (examples, right)
- 🍅 A-Z Fruit & Veggie Storage Guide - prevent spoilage
- 🍅 Freezer Inventory - track what's buried in there
- 🍅 Meal Planner & Smart Shopping List - prevent overbuying
- 🍅 "Kitchen Confessions" blog - facts, tips and lessons learned

FIND ALL OUR SMART STRATEGIES AND MORE:
<https://NoFoodLeftBehindCorvallis.org>

Old Me



Food got lost & forgotten in the fridge

Photo Credit:
@thecookingblueprint

New Me

@ReduceWasteNow



Keeps "eat first" bin in fridge to prevent spoiling

Photo Credit: @theecomamas



EAT FIRST! 



**Behaviors change when
we measure them...
try it and see!**

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D.I.Y. WASTED FOOD DISCOVERY WEEK

REMEMBER: only track once-edible food that could've/should've/would've been eaten



DATE	FOODS AND AMOUNTS WASTED (e.g. 2 bananas, 1 c. oatmeal, 1 uncooked chicken breast, 1/2 pint berries, heels of bread, 1 avocado, half a burrito, bag of slimy lettuce, 2 oz. dried or moldy cheese, etc.)	WHY DID IT GO TO WASTE? (e.g. overcooked, overbought, didn't like taste, spoiled because stored it too long / hidden behind other foods / forgot about leftovers / left it out, etc.)	HOW MUCH DID IT COST? (estimate the cost to replace it)	OPTIONAL WT / VOL
	<i>Example: 1/4 gal. of milk; 1.5 cups stirfry</i>	<i>Example: bought too much milk; kids' plate scrapings</i>	<i>\$1.25 + \$2.00</i>	<i>2.5 lbs.</i>

YOU'RE DONE! Now for some totaling:

Simply add up all amounts and note it to the right.

Multiply by 52 to see what might be wasted in a year.

TOTAL \$\$ SPENT FROM DAY 1-7 ABOVE: \$ _____
 TOTAL WEIGHT OR VOLUME FROM ABOVE: # _____
 x 52 weeks \$ _____ money wasted/year
 x 52 weeks # _____ amount wasted/year



**NO FOOD
LEFT BEHIND**
- CORVALLIS -

Now that you've discovered which foods you're wasting and why, **visit our website and find Smart Strategies to help you target those behaviors!** Learn how to easily reduce wasted food and save money: <https://NoFoodLeftBehindCorvallis.org>