

WEEKLY FOOD WASTE AUDIT

Use this chart to record the results of your kitchen food waste audit

Note: Food waste can be categorised into two types of waste – **avoidable** and **non-avoidable**. **Avoidable** food waste are foods that could have been eaten but weren't e.g. leftovers, sandwich crusts, limp lettuce, brown bananas. **Non-avoidable** are foods that could not have been eaten e.g. bones, eggshells, orange peels. It's important to focus on monitoring how much avoidable food waste you are throwing out each week. Choose two containers to store your food waste, one for avoidable and one for unavoidable. If you can, note the size of the container (example 1 litre).

DATE	AVOIDABLE FOODS WE THREW AWAY TODAY	NUMBER OF CONTAINERS TODAY
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/		
/		

FOODS WE WASTED MOST THIS WEEK

VOLUME OF MY CONTAINER

MY WEEKLY TOTAL