

Waste-Reduction Log sheet.

Week	Food Waste Contents	Food Waste Weight in Kilograms
Day 1		
Day 2		
Day 3		

Day 4		
Day 5		

Number of Days Recorded	Top Three Foods Wasted	Total Weight of Food Waste in Kg	Total Value of Food Waste in €

1 kilo of food = €3

Calculate the cost of that food waste.

Waste-Reduction Analysis.

What were the most common foods wasted	Why was it thrown out?	How can we avoid wasting this food?
Example: Sandwich crusts	Don't like them	Eat them or take them home to compost.