

Love food hate waste diary



Use your first week to track how much food you throw away, and your second week to see how much you can save.

How much food was thrown away?

Be creative with how you record the amount of food thrown away. You could draw pictures, take photos or simply use numbers. Keep it simple to make it easy for you to add up how much of this food has been thrown away at the end of this week.

When was it thrown away?

Make sure to note down the meal when the food was wasted. We've added the first letter of each meal time at the top of these columns:

- **B** is for Breakfast
- **L** is for Lunch
- **D** is for Dinner
- **S** is for Snacks
- **O** is for Other

Asto-nosh-ing food facts:

Get inspired to cut down on food waste with these asto-nosh-ing facts:

- **Around 3 million glasses of milk are chucked away in the UK each day.** This is enough to fill 110 Olympic-sized swimming pools every year.
- **Every day 20 million slices of bread are thrown away in UK homes.** This could have fed breakfast to 10 million people and, a year's worth of wasted bread slices, laid end-to-end, could circle the Earth from pole-to-pole 28 times.
- **At least 1/3 of all edible food produced across the world never gets eaten.** This is enough to feed 2 billion people – just over 1/4 of the world's population.
- **An average British family can save £840 a year if they stopped throwing their food in the bin.** This could go towards a holiday, buy 28 winter coats for young people, or pay for 32 family trips to the cinema.

Week 1 - Food diary

Track your food footprint



Bread



		How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
				B	L	D	S	O		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Grand total for week										

Did you know?

The amount of bread thrown away in UK homes in 2012 weighed the same as three adult blue whales!

Week 1 - Food diary

Track your food footprint



Milk



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
			B	L	D	S	O		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Grand total for week									

Did you know?

Around three million glasses of milk are chucked away in the UK each day!

Week 1 - Food diary

Track your food footprint



Potatoes



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
			B	L	D	S	O		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Grand total for week									

Did you know?

Enough potatoes were thrown away in UK homes in 2012 to make roast potatoes for the whole country on Christmas Day for 48 years (half a century!)

Week 1 - Food diary

Track your food footprint



Meat, fruit, vegetables and others



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
			B	L	D	S	O		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Grand total for week									

Did you know?

Nearly 1 million bananas were thrown away each day in UK homes in 2012 - enough to make 460,000 banana breads!

Week 2 - Food diary

How much can you save?



Bread



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
			B	L	D	S	O		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
	Grand total for week								

Hey you – freeze!
 Why not pop your spare bread in the freezer and never bin a slice again?

Week 2 - Food diary

How much can you save?



Milk



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
			B	L	D	S	O		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Grand total for week									

Chill the fridge!

A lot of milk is chucked away as it's gone off and not been used in time. Keep your fridge at a cool 5 °C or below to make it last longer.

Week 2 - Food diary

How much can you save?



Potatoes



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
			B	L	D	S	O		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
	Grand total for week								

Bring diversity to your plate!

There are many ways to cook and eat potatoes – why not vary your dish? Try mash, gratin, fries, frittata and more.

Week 2 - Food diary

How much can you save?



Meat, fruit, vegetables and others



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
			B	L	D	S	O		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
	Grand total for week								

Why not buy loose fruit and veg?
 Then you can buy what you need rather than buying a huge bag and chucking half of it in the bin!