

# West London Waste

Let's be resourceful

[www.westlondonwaste.gov.uk/lovefood](http://www.westlondonwaste.gov.uk/lovefood)



## Your food waste diary for 7 days

Have a go at keeping this diary for 7 days. We hope that after a week you'll become more aware of the type of food you end up throwing away.

To make it as easy as possible here are some tips to help you:

- ✓ Get everyone at home involved, talking about food could give you some ideas.
- ✓ Record all the food including the bits you can't eat like banana skins.
- ✓ Include the food thrown away from every meal and snack during the day.
- ✓ Also record anything you throw away because you check the cupboard or fridge and see it can't be eaten.
- ✓ To measure how much was thrown away record each item or quantity giving a rough measurement e.g. 1 slice, half a plate, a handful or 200g.
- ✓ Use the filled in example below to help you.

Day or date	Type of food thrown away	How much was thrown away?	What stopped you eating it?	How did you get rid of it?
Saturday	Cornflakes	Half a bowl	Ate too much	Food waste recycling
Sunday	Milk Bread Potato peelings Stuffing	1 pint 2 slices 5 potatoes Whole packet	Past sell by date Mouldy Can't eat it Burnt it	Put down the sink Fed the birds In the compost bin In the rubbish bin
Monday	Pasta  Banana	Quarter of a plate  3 bananas	Cooked too much  It was brown	Food waste recycling  In the compost bin

If you want to know more or would like to receive individual advice please email [info@westlondonwaste.gov.uk](mailto:info@westlondonwaste.gov.uk)

Day or date	Type of food thrown away	How much was thrown away?	What stopped you eating it?	How did you get rid of it?
1				
2				
3				
4				
5				
6				
7				

**My ideas to reduce how much food we throw away**

If you want to know more or would like to receive individual advice please email [info@westlondonwaste.gov.uk](mailto:info@westlondonwaste.gov.uk)