Food Waste Journal

Session 1: The What and Why About Home Food Waste

Keeping track of the types and amounts of food disposed of during a typical week in your home can help you determine patterns of food waste so you can prevent it in the future. Follow these steps to determine how much food you are wasting, why it is being wasted, and how much money you could be saving!

- For a 7-day period (including 1 weekend), keep track of foods and beverages that you or your family members throw away.
- Include food or beverages thrown out due to spoilage, not being consumed, or food that you bring home (i.e., leftovers from a meal eaten out) but goes uneaten.
- Include the type of food/beverage, amount, and how you disposed of it (i.e., threw it away, placed down the garbage disposal, composted, fed it to the dog, etc.)
- Estimate the value of the wasted food or beverage.
- Add up the estimated values of all of the wasted foods and beverages to see how much money you could save by reducing the amount of food waste in your home!

Food	Amount	Method of Disposal	Why It Was Disposed	Estimated Value

Texas A&M AgriLife Extension

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