



# Food Waste Diary



# Welcome to the Love Food Hate Waste diary!

Every year in the UK households are throwing around 7.2 million tonnes of food and drink.

Of course some of it is peelings, cores and bones, but most of it is, or once was perfectly good food.

Wasted food has a big impact on climate change. Most of it ends up in landfill sites where it rots and releases methane a damaging green house gas. The food we throw away is also a huge waste of the energy, water and packaging used in its production, transportation and storage.

This diary will help you understand more about the food you are throwing away in your home; the types of foods you are throwing away, when you're throwing it away, and why.

The diary is based over a period of seven days, although you can keep it for a shorter or longer period.

## Filling in the Diary

Each day record the foods that you throw away after each meal and at other times of the day, such as in-between meals or after clearing out your cupboards, fridge or freezer.

### Note down;

- What food you are throwing away e.g. cereal, toast, ham sandwich, apple, chicken, pasta
- How much you are throwing away e.g. handful,  $\frac{1}{4}$  a bowl, a packet,  $\frac{1}{2}$  a plate, a bag, whole item, peelings
- Where you are throwing the food away e.g. normal waste bin, compost bin, council food waste collection, fed to pet
- Why you are throwing the food away e.g. gone past use-by date, cooked too much, served too much, looks or smells bad
- Or if you haven't had to throw away any food why e.g. eaten out, skipped the meal, saved the leftovers, no food waste

## Good luck and have fun!

### Once you've completed the diary...

- Look back over your diary and try to find ways where you might be able to reduce your food waste
- Take a look at the tips at the back of the diary and visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com) for lots more tips, ideas and recipes to help you reduce your food waste
- Why not repeat the diary after a while to see how successful you have been in reducing your food waste

# Day 1:

BREAKFAST : What food did you throw away from breakfast?

What?	How Much?	Where?	Why?
eg: cereal	¼ bowl	council food waste collection	served too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

Lunch : What food did you throw away from Lunch?

What?	How Much?	Where?	Why?
eg: sandwich	½	kitchen bin at work	didn't have time to eat

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

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Dinner : What food did you throw away from Dinner?

What?	How Much?	Where?	Why?
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If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

Other : What other food have you thrown away today?

What?	How Much?	Where?	Why?
eg: chicken	packet	kitchen bin	out of date

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

# Day 2:

BREAKFAST : What food did you throw away from breakfast?

What?	How Much?	Where?	Why?
eg: cereal	¼ bowl	council food waste collection	served too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

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Other: \_\_\_\_\_

# Day 3:

BREAKFAST : What food did you throw away from breakfast?

What?	How Much?	Where?	Why?
eg: cereal	¼ bowl	council food waste collection	served too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

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If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_



# Day 4:

BREAKFAST : What food did you throw away from breakfast?

What?	How Much?	Where?	Why?
eg: cereal	¼ bowl	council food waste collection	served too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

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What?	How Much?	Where?	Why?
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If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

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What?	How Much?	Where?	Why?
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Other : What other food have you thrown away today?

What?	How Much?	Where?	Why?
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If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

# Day 5:

BREAKFAST : What food did you throw away from breakfast?

What?	How Much?	Where?	Why?
eg: cereal	¼ bowl	council food waste collection	served too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

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What?	How Much?	Where?	Why?
eg: sandwich	½	kitchen bin at work	didn't have time to eat

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

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Dinner : What food did you throw away from Dinner?

What?	How Much?	Where?	Why?
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If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

Other : What other food have you thrown away today?

What?	How Much?	Where?	Why?
eg: chicken	packet	kitchen bin	out of date

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

# Day 6:

BREAKFAST : What food did you throw away from breakfast?

What?	How Much?	Where?	Why?
eg: cereal	¼ bowl	council food waste collection	served too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

Lunch : What food did you throw away from Lunch?

What?	How Much?	Where?	Why?
eg: sandwich	½	kitchen bin at work	didn't have time to eat

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

# Day 6:

Dinner : What food did you throw away from Dinner?

What?	How Much?	Where?	Why?
eg: pasta	couple of handfuls left	council food waste collection	cooked too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

Other : What other food have you thrown away today?

What?	How Much?	Where?	Why?
eg: chicken	packet	kitchen bin	out of date

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

# Day 7:

BREAKFAST : What food did you throw away from breakfast?

What?	How Much?	Where?	Why?
eg: cereal	¼ bowl	council food waste collection	served too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

Other: \_\_\_\_\_

Lunch : What food did you throw away from Lunch?

What?	How Much?	Where?	Why?
eg: sandwich	½	kitchen bin at work	didn't have time to eat

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

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Dinner : What food did you throw away from Dinner?

What?	How Much?	Where?	Why?
eg: pasta	couple of handfuls left	council food waste collection	cooked too much

If table is left blank state why: No food waste: ☐ Meal eaten out: ☐ Meal skipped: ☐

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# Top Tips & Ideas

## Plan Ahead

A great way to save time and money is to check what's in the cupboard, fridge and freezer and plan your meals for the week ahead, that way you'll know what you need to buy before you go shopping.

## Know your dates

Foods can be eaten or frozen right up to the end of the 'use-by' date. 'Best before' dates are for quality so foods can be eaten after this date but may not be at their best – eggs being the exception.

## Savvy Storage

Knowing the best way to store your food will help you make the most of it. Most of your fruit and vegetables will keep fresher for longer stored in the fridge. Leftovers will be good for up to two days kept in the fridge well wrapped. And don't forget to wrap or store in air tight containers fresh foods once opened.

## Perfect Portions

Remove the guesswork when it comes to portioning. A mug of uncooked rice is enough for four adults. Kitchen scales are great for measuring exact portions. And use a spaghetti measurer to avoid cooking too much spaghetti

## Lovely Leftovers

Being creative with leftovers is a clever way to make the most of your food. Sundays roast leftovers can be used in many dishes from cheeky curries to cracking risottos.



For more handy tips and recipes to help reduce food waste, visit **[lovefoodhatewaste.com](http://lovefoodhatewaste.com)**