



Food Waste Diary



*Supplied Courtesy of
Exodus Research, March
2007.*

Introduction

Welcome to the Love Food Hate Waste diary!

You can use this diary in a number of ways to help you to understand more about the food that is thrown away in your home, and how you might cut this down. You can concentrate on **what's** being thrown away, throughout the day or just at main meal times, or you can include an estimate of **how much** is thrown away. You can also record **why** you throw away the food, and how you dispose of it. By doing this, and looking back after you've completed the diary, you'll hopefully see where and how you can reduce the amount of food you have to throw away, and also how you might dispose of the food that you can't avoid throwing away in a more environmentally friendly way (such as in to a compost bin). For help and advice on how to reduce the amount of food you throw away, and what you can do with the unavoidable food waste see lovefoodhatewaste.com

The diary is based over a period of seven days, although you can keep it for shorter or a longer period, or even repeat the exercise after a while to see how successful your efforts at reducing the amount of food thrown away have been.

There's a section at the end where you can record any tips or ideas that have helped you to throw less food away. You can keep this for future reference, or share it with others by sending it to: lovefoodhatewaste.com

Within the diary is a scale of measurement so you can estimate the quantities of food that you are throwing away. On the following pages there is information on food amounts followed by some examples of completed tables so that you know how to go about filling in the tables. If you skip a meal, eat out or don't have any food waste on any occasion, please tick the box and give some information on why that particular section or table has not been completed (for future reference).

THINGS TO REMEMBER WHEN FILLING IN THE DIARY

- Every time you dispose of food, fill in what food it is, how much and how it was disposed of (e.g. in the regular waste bin, in the council food waste collection bin, home compost container, etc).
- For each day, there is a table for recording food thrown away for meals prepared or served in the morning, lunch time and evening. There is also a table relating to daily snacks and you will find a separate table at the end of the diary on page 20 for recording food disposed of due to a clear-out of cupboards or fridge. Please fill in the appropriate table every time food is thrown away.
- You should record information on all food thrown away, including inedible and unwanted food waste like vegetable peelings, fruit skins, bread crusts and teabags etc).
- If on any occasion, there is no food waste to record, please indicate on the table the reason for this (e.g. meal not eaten in the home or no food waste was created because you had a takeaway and everything was eaten.)

Good luck and have fun!

Ways of measuring

If you want to estimate the amount of food thrown away, we suggest using the following scales. Try and describe the foods and amounts in a way that can be easily understood, so descriptions like 'half a Mars bar' or 'half a loaf of Tesco's wholemeal bread' will mean more to you and others than simply 'chocolate' or 'bread'.

1) For "whole" food items, such as a fish finger, a slice of bread, a bar of chocolate, an apple, a meat joint, a leg of chicken, a cheese sandwich, a sausage or a banana:

Record how much is being thrown away using the scale:

- *A whole*
- *Half*
- *A quarter*
- *Less than a quarter*



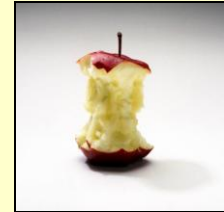
A whole



Half



A quarter



Less than a quarter

2) For other types of food, such as baked beans, pasta, rice, cereal, soup or yoghurt:

Record how much is being thrown away using the scale:

- A flat tea-spoon
- A heaped tea-spoon
- A flat table-spoon
- A heaped table-spoon
- A flat handful
- A heaped handful



A tea spoon



A table spoon



A flat handful

Examples of completing the diary

BREAKFAST : What food did you dispose of from breakfast / in the morning?

Number of people: 2 adults and 2 children

If table is left blank state why: no food waste meal eaten out _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)
Egg shells	From 4 eggs	Regular rubbish bin	Inedible waste
yogurt (Ski)	a heaped tea-spoon	down the sink	just the last little bits left at the bottom of the pot
cereal (Weetabix)	a flat table spoon	Fed to dog	it had gone all mushy
Teabags	Four	in the compost bin	They had been used

LUNCH : What food did you dispose of from lunch?

Number of people: one adult and two children

If table is left blank state why: no food waste meal eaten out _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)
Bread crusts	From 4 slices of bread	Bird table in garden	Kids won't eat crusts on sandwiches
Crisps	One heaped handful	Regular waste bin	Left in kids' lunchboxes
Banana skin	From one banana	in the compost bin	it is inedible – you can't eat it

TEA / DINNER : What food did you dispose of from tea/dinner?

Number of people: 5 adults and two children

If table is left blank state why: no food waste meal eaten out we had a takeaway and ate it all except 4 spring-rolls which we put in fridge to eat tomorrow. _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)
N/A			

Example continued...

SNACKS : What food did you dispose of from snacks?			
WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)
Apple (Cox)	One whole	Home compost bin	It was bruised / damaged
Peanuts (KP)	About 3 whole nuts	Regular waste bin	End of packet/too full to eat
Peelings	From 2 potatoes	Regular waste bin	Made chips for snack – skins had eyes on so I peeled them

CLEARING OUT

If you have disposed of any other food when you have been examining your cupboards, bread bin or fridge/ freezer, please use this space to describe what food was thrown away

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. unwanted leftovers; out of date; tasted bad; mouldy, freezer burnt)
Loaf of white sliced bread (Hovis)	Half a loaf (about 13 slices)	In regular waste bin	Bought a new loaf and this one looked past its best
Home made lasagna	Half a Pyrex dish (about 500gms)	Fed to dog	Leftover from meal some time ago. Don't want to heat it up after so long in the fridge.

Day 1:



BREAKFAST : What food did you dispose of from breakfast / in the morning?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : What food did you dispose of from lunch?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : What food did you dispose of from tea/dinner?

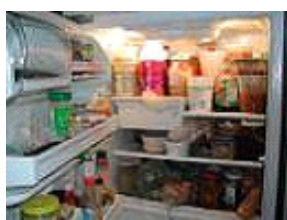
Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



REMEMBER!
 IF YOU HAVE CLEARED OUT YOUR FRIDGE, FREEZER OR CUPBOARDS AND THROWN ANY FOOD ITEMS AWAY PLEASE ENTER THE INFORMATION IN THE TABLE ON PAGE 20.



Day 2:

BREAKFAST : What food did you dispose of from breakfast / in the morning?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : What food did you dispose of from lunch?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : What food did you dispose of from tea/dinner?

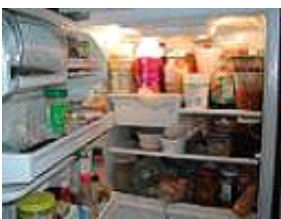
Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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Day 3:

BREAKFAST : What food did you dispose of from breakfast / in the morning?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : What food did you dispose of from lunch?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : What food did you dispose of from tea/dinner?

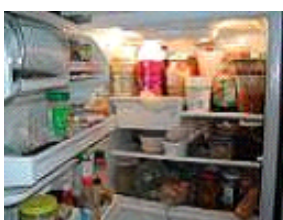
Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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Day 4:

BREAKFAST : What food did you dispose of from breakfast / in the morning?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : What food did you dispose of from lunch?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : What food did you dispose of from tea/dinner?

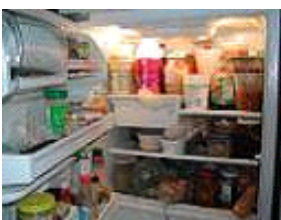
Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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Day 5:

BREAKFAST : What food did you dispose of from breakfast / in the morning?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : What food did you dispose of from lunch?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : What food did you dispose of from tea/dinner?

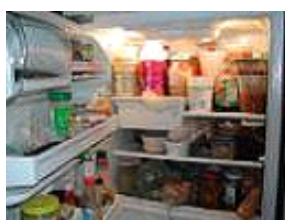
Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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Day 6:

BREAKFAST : What food did you dispose of from breakfast / in the morning?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : What food did you dispose of from lunch?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : What food did you dispose of from tea/dinner?

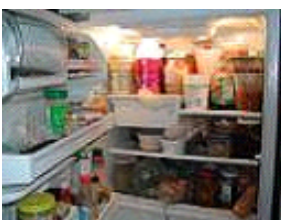
Number of people: _____

If table is left blank state why: no food waste meal eaten out _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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Day 7:

BREAKFAST : What food did you dispose of from breakfast / in the morning?

Number of people: _____

If table is left blank state why: no food waste meal eaten out _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

LUNCH : What food did you dispose of from lunch?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

TEA / DINNER : What food did you dispose of from tea/dinner?

Number of people: _____

If table is left blank state why: no food waste meal eaten out meal skipped _____

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)

SNACKS : What food did you dispose of from snacks?

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. inedible peelings; leftovers; out of date; tasted bad; mouldy)



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CLEARING OUT



CLEARING OUT

If you have disposed of any other food when you have been examining your cupboards, bread bin or fridge/ freezer, please use this space to describe what food was thrown away

WHAT?	HOW MUCH?	WHERE?	WHY?
Description of food (include brand if known)	Quantity disposed of (using scale or description)	Method of disposal (e.g. regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. unwanted leftovers; out of date; tasted bad; mouldy, freezer burnt)

Well done! You can now look back and see where you might be able to reduce the amount of food being thrown away, and don't forget there are lots of helpful tips, tools, recipes etc at lovefoodhatewaste.com.

Useful Tips & Ideas

Useful tips & ideas for reducing the amount of food being thrown away	
Useful Tip or Idea	Where did you find this? (your own discovery (!), from a friend or family member; from the lovefoodhatewaste web-site, from a book or magazine etc)

You can keep this as a record, and if you want to share these tips and ideas with others please send them to:

lovefoodhatewaste.com