

TAKE THE CHALLENGE:

KEEP GOOD FOOD FROM GOING TO WASTE

Take the Challenge



**TOO GOOD
TO WASTE**

**Seeing is
believing!**

Collect ONLY avoidable food waste for the challenge. Food that you meant to eat, but has since spoiled (or food that was prepared, but not eaten and thrown away). For example, moldy leftovers, rotten fruit or vegetables, moldy cheese or bread.

Figure out how much food is really going to waste in your home and learn what you can do to prevent it. **Here's how:**

WEEK 1: COLLECT AND MEASURE WASTED FOOD. DO NOT TRY ANY NEW STEPS TO REDUCE YOUR FOOD WASTE THIS WEEK.

The goal is to get a baseline of how much food your family typically wastes.

1. Find a leak-proof container that will hold one week of wasted food, such as a paper bag with a [compostable bag liner](#), a coffee can, crockpot, food scrap collection container, plastic juice pitcher, large yogurt tub or other washable container of a similar size, preferably with a lid. Make sure it is not too big and the sides are straight (vertical) so that you can measure the amount as accurately as possible.
2. Using a ruler, make one-inch measurement marks up the side of the container, almost to the top. If you don't want to write on the container, use a piece of masking or duct tape.
3. Place all your uneaten food in the container for the entire week—such as stale bread, old fruit, or leftovers from the back of the fridge.
4. Do **not** collect liquid waste such as spoiled soups or drinks, or inedible food such as apple cores, orange peels or bones. Do **not** collect food-soiled paper such as dirty paper towels, plates or napkins. These items can all be put directly into your yard waste cart as well as the edible food that you collect, once you have measured it for one week. The goal is to measure how much food could have been eaten but went to waste.
5. If the collection container fills up before the end of the week, empty the food into your yard waste cart and continue to measure and track the total amount you've thrown out for the week.
6. If you are concerned about odor and have space, store the collection container in the fridge or freezer or in an animal-proof container in your garage.
7. At the end of the week, note how full your container is in inches and record the amount on the back of this worksheet.

WEEK 2–4: PRACTICE USING FOOD: TOO GOOD TO WASTE TIPS AND TOOLS.

Visit RecycleFood.com for links to videos, tips and tools to prevent food waste at home. Watch our videos with Chef Jackie for ideas on how to waste less. Try the smart tips and tools for [shopping](#), [prep](#), [storage](#) and [saving](#). Continue to collect and measure the food your household tosses each week. Record the amount for each week on the worksheet. At the end of week 4, see how much food waste your family reduced as a result of trying new strategies. Keep it going and see if you can waste even less!

I don't waste food... I compost it! When food is wasted at home, it is best to put it in your yard waste cart so it can be turned into compost. However, it's BEST to prevent food waste in the first place. You'll save money and help conserve natural resources used to produce food.

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WORKSHEET RECORD THE AMOUNT OF FOOD WASTE AT THE END OF EACH 7-DAY PERIOD.

WEEK 1 DATE: _____

OUR HOME'S WASTED FOOD

_____ INCHES

Note what food items were wasted this week.

Examples: leftover pasta with meatballs, stale bread, moldy cheese, restaurant take-out, etc: _____

WHY DID FOOD GO TO WASTE THIS WEEK?

Check all that apply:

- Bought too much food
- Forgot what we had on hand
- Prepared too much food
- Food spoiled before it was eaten
- Other _____

WEEK 2 DATE: _____

OUR HOME'S WASTED FOOD

_____ INCHES

Note what food items were wasted this week.

Examples: leftover pasta with meatballs, stale bread, moldy cheese, restaurant take-out, etc: _____

WHY DID FOOD GO TO WASTE THIS WEEK?

Check all that apply:

- Bought too much food
- Forgot what we had on hand
- Prepared too much food
- Food spoiled before it was eaten
- Other _____

WEEK 3 DATE: _____

OUR HOME'S WASTED FOOD

_____ INCHES

Note what food items were wasted this week.

Examples: leftover pasta with meatballs, stale bread, moldy cheese, restaurant take-out, etc: _____

WHY DID FOOD GO TO WASTE THIS WEEK?

Check all that apply:

- Bought too much food
- Forgot what we had on hand
- Prepared too much food
- Food spoiled before it was eaten
- Other _____

WEEK 4 DATE: _____

OUR HOME'S WASTED FOOD

_____ INCHES

Note what food items were wasted this week.

Examples: leftover pasta with meatballs, stale bread, moldy cheese, restaurant take-out, etc: _____

WHY DID FOOD GO TO WASTE THIS WEEK?

Check all that apply:

- Bought too much food
- Forgot what we had on hand
- Prepared too much food
- Food spoiled before it was eaten
- Other _____