



# Food Waste Diary



*Supplied Courtesy of  
Exodus Research, March  
2007.*



# CLEARING OUT



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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regular waste; council food waste collections; home compost; sink)	Why it was disposed of (e.g. unwanted leftovers; out of date; tasted bad; mouldy, freezer burnt)
<i>Apple</i>	<i>Quarter</i>	<i>Bird Table</i>	<i>Left in fridge, gone brown</i>
<i>Small Packet Tomatoes</i>	<i>Six cherry toms</i>	<i>Regular Waste</i>	<i>Gone soft, couldn't eat</i>
<i>Ham</i>	<i>Six Slices</i>	<i>Regular Waste</i>	<i>Out of Date</i>
<i>Mushrooms</i>	<i>Five</i>	<i>Regular Waste</i>	<i>Out of Date</i>
<i>Mince Pies</i>	<i>5</i>	<i>Bird Table</i>	<i>Out of Date</i>
<i>Bread</i>	<i>3 Slices</i>	<i>Bird Table</i>	<i>Gone Stale</i>
<i>Crumpets</i>	<i>2</i>	<i>Bird Table</i>	<i>Gone Stale</i>
<i>Cheese</i>	<i>½ pack of brie</i>	<i>Regular waste</i>	<i>Gone mouldy</i>

**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](http://lovefoodhatewaste.com).**