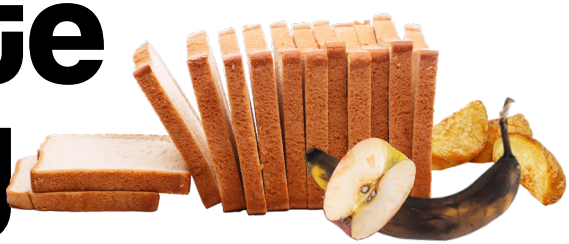
My Food Waste Diary



Developed with participants of the Bolton Food Waste Study

Reduce food waste
Save money
Save the planet
Bolton Food Waste Study

Background

Food is grown in fields and orchards across the world. Throwing away food wastes money and resources such as water and energy, and damages the planet through climate change.

The Food Waste Study collected diaries like this one from 130 households, showing that the average household wastes around 1kg of food a week.

Anybody can reduce their food waste and save money. Talking to others and sharing ideas is really helpful.

You can use this diary to find out how much food you could save. You can access more top tips online and then let others know about this challenge.

Instructions

This diary will help you to find out how much food you have thrown away for five days.

Before completing it, have a go at guessing how much you think you waste...

A little ◯ **Some** ◯ **A lot** ◯

You don't need to measure or weigh just follow the guidance on the example day in the diary.

TOP TIPS from households

Why don't you try some of these top tips this week?...

BROCCOLI STUMPS CAN BE CHOPPED UP AND USED IN STIR-FRIES

WHY DON'T YOU HAVE A 'USE ME UP' SHELF IN THE FRIDGE?

I USE LEFTOVERS FOR PACKED LUNCHES

I USE THOSE CRUSTS FOR BREADCRUMBS!

I BUY SMALLER QUANTITIES E.G. INDIVIDUAL FRUIT AND VEGETABLES. IT SAVES MONEY TOO!

I MAKE A STEW, EAT FOR A COUPLE OF DAYS AND THEN FREEZE THE REST USING TUPPERWARE

Did you know that on average food waste costs **£250 a year** or **£1000** for a household of four (WRAP 2022)

Household food waste diary

Example day...

What	How much?	Why?	What could you have done differently?
Shepherd's pie	A plateful	Served too much	Put it in a lunch box and take it to work, or freeze the leftovers
Milk	Half a pint of milk	Went off over the weekend	
Cheese	Half a pack of cheese	It went off in fridge – not wrapped properly	Store in an airtight container to prevent it going off
Spring greens	Full cabbage	Went off – not liked by most of the family	Add to a soup or get a smaller portion
Bread	4 slices	Went stale	Freeze the bread and take it out when needed
Butter	Full pack	Dog ate it!	Put all food away quickly before the dog gets it

What

How much?

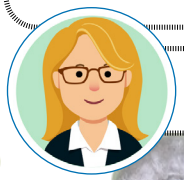
Why?

What could you have done differently?

"WASTED BREAD. WHY DON'T YOU FREEZE THE LOAF AND JUST TAKE OUT THE SLICES AS AND WHEN YOU NEED THEM? IT TASTES EXACTLY THE SAME"

"DID YOU KNOW THAT EVERY DAY IN UK HOMES, WE THROW AWAY APPROXIMATELY 25 MILLION SLICES OF BREAD OR 1,300,000 LOAVES?"

What	How much?	Why?	What could you have done differently?



"LEFTOVER MILK AND BANANAS, WHY NOT MAKE A SMOOTHIE?"

What

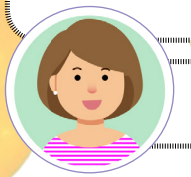
How much?

Why?

What could you have done differently?

"CHECK THE FRIDGE EACH MORNING, AND BEFORE YOU GO SHOPPING, TO SEE WHAT NEEDS USING."

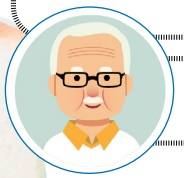
What	How much?	Why?	What could you have done differently?



"WHY DON'T YOU BUY A WHOLE LETTUCE INSTEAD OF BAGGED SALAD - IT WILL LAST LONGER AND IS MUCH CHEAPER!"

What

How much?



"REMEMBER THAT 'BEST BEFORE' IS ABOUT THE QUALITY OF FOOD, NOT FOOD SAFETY."

Reflections

This page is for you to note any ideas you have for saving food.

Further information and support

We found some of the key influences on food waste were lack of time, lack of skills and knowledge to use up leftovers and concerns about food safety. What did you discover?

Please visit **www.bolton.gov.uk/sustainability-1/bolton-food-waste-study** to find out more about the study and to find out discover how more households could take part using the Toolkit. You will also be able to download our local Tops Tips leaflet **www.bolton.gov.uk/downloads/file/5819/food-waste-top-tips-leaflet** developed by households.

There is also a wealth of information on the WRAP (Waste and Resources Action Programme) **www.lovefoodhatewaste.com**

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