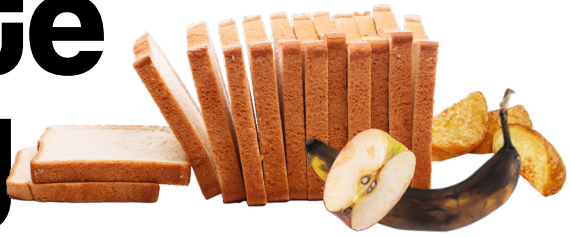


My Food Waste Diary



Developed with participants of the 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 Bolton Food Waste Study diaries, like this one, showed that the average household wastes around of food a week.

1kg



That would have cost a lot to buy. After filling this in, talking, and sharing ideas, they reduced their waste and saved money and resources.

Why don't you and your household take part and find out how much food and money you waste? Then, access some of our top tips to help you reduce your food waste.

We then challenge you to tell at least one other person to take part and have a go at filling in the diary.



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 Bolton residents

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

USE THOSE CRUSTS FOR BREADCRUMBS!

BUYING SMALLER QUANTITIES E.G. INDIVIDUAL FRUIT AND VEGETABLES WHERE AVAILABLE. IT SAVES MONEY TOO!

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

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

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

USE LEFTOVERS FOR PACKED LUNCHES

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

Shepherd's pie

Milk

Cheese

Spring greens

Bread

Butter

How much?

A plateful

Half a pint of milk

Half a pack of cheese

Full cabbage

4 slices

Full pack

Why?

Served too much

Went off over the weekend

It went off in fridge - not wrapped properly

Went off - not liked by most of the family

Went stale

Dog ate it!

What could you have done differently?

Put it in a lunch box and take it to work, or freeze the leftovers

Store in an airtight container to prevent it going off

Add to a soup or get a smaller portion

Freeze the bread and take it out when needed

Put all food away quickly before the dog gets it

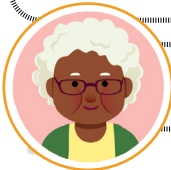
Day 1

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?"



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

Day 2

What

How much?

Why?

What could you have done differently?



LEFTOVER MILK AND BANANAS, WHY NOT MAKE A SMOOTHIE?

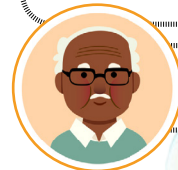
Day 3

What

How much?

Why?

What could you have done differently?



LOOK EACH MORNING IN THE FRIDGE TO SEE WHAT NEEDS USING THAT DAY AND CHECK THE FRIDGE BEFORE YOU GO SHOPPING.

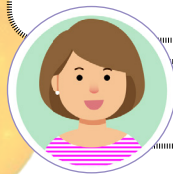
Day 4

What

How much?

Why?

What could you have done differently?



***WHY DON'T YOU SWAP BAGGED SALAD FOR A WHOLE LETTUCE
- IT WILL LAST LONGER!***

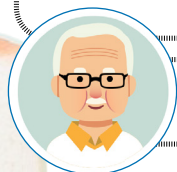
Day 5

What

How much?

Why?

What could you have done differently?



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

Who was the food waste champion in your house this week?

Reflections

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

How many non-food waste days did you have?

How much money do you think you wasted?

If you did this again, do you think you could reduce your number of food waste days?



Further information and support

We found the main reasons for wasting food were time...and not knowing how to use leftovers. **What did you discover?**

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.

Please visit [Bolton Food Waste Survey](#) to find out more about the study and to find out how you support more residents to take part using the toolkit. You will also be able to download our local [Tops Tips leaflet](#) developed by Horwich residents.

There is also a wealth of information on the WRAP (Waste and Resources Action Programme) [Love Food Hate Waste / Preventing food waste](#)



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