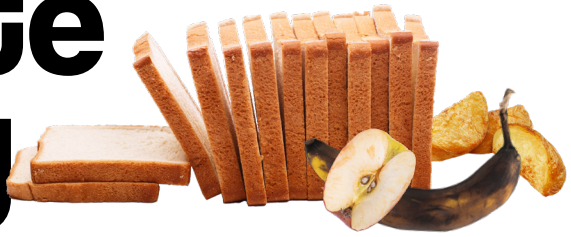


# My Food Waste Diary



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 Food Waste Study collected diaries like this one from 130 households, showing that the average household wastes around 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 THOSE CRUSTS FOR BREADCRUMBS!**

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

**I USE LEFTOVERS FOR PACKED LUNCHES**

**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

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

**What**

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**What could you have  
done differently?**

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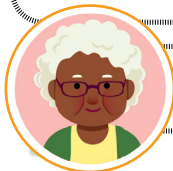
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**"WASTED BREAD. WHY DON'T YOU FREEZE THE LOAF AND JUST TAKE OUT THE SLICES AS AND WHEN YOU NEED THEM? IT TASTES EXACTLY THE SAME"**



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

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## Why?

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## What could you have done differently?

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



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### What could you have done differently?

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

**What**

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**How much?**

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**Why?**

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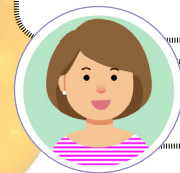
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**"WHY DON'T YOU BUY A WHOLE LETTUCE INSTEAD OF BAGGED SALAD - IT WILL LAST LONGER AND IS MUCH CHEAPER!"**

**What**

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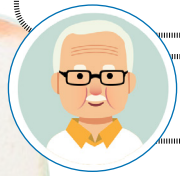
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*"REMEMBER THAT 'BEST BEFORE' IS ABOUT THE QUALITY OF FOOD, NOT FOOD SAFETY."*



# Reflections

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

- Do you think you could have saved any money by reducing your food waste?
- Was there anything that surprised you about your food waste? Were some days easier than others?
- Do you think you might do anything differently in the future?

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



## 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](http://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](http://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](http://www.lovefoodhatewaste.com)

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