



Name: _____

Food waste diary

Sometimes food has to be thrown away because it is no longer safe to eat. However, lots of food gets thrown away when there are better options. Write down all the food that is thrown away at home or school for a week. Place a tick in the column(s) to decide what could have happened to the food instead.

Day	Food waste	Could have composted (✓)	Could have made less (✓)	Could have used /eaten at a different mealtime (✓)