Daily Food Waste Tracker

Name:
Food Waste Goal:

Date	Meal - Breakfast, Lunch or Dinner	Description of Food	Amount - (# of portions, # of LBS, etc.)	Reason - Leftovers, Spoiled, etc.	Disposal Method - Garbage, Compost, Donated, Fed to animals etc.

Tracking Instructions –

1. **Log food waste information at the time of discard.**

2. **Record the description of food and the amount. Try to be as specific as possible e.g. "Boneless chicken breast" instead of "Chicken".**

   ****If you do not have a scale to weigh your food, use these easy comparisons as your guide.**
   1 Cup = A fist
   1 Ounce = A thumb
   1 Teaspoon = The tip of a thumb
   2 Tablespoons = A ping pong ball
   3 Ounces of meat, fish, or poultry = A deck of cards

3. **State the reason why the food is being discarded.**

4. **Record how the food is disposed of. This includes garbage, compost, donation, etc.**