



FOOD WASTE DIARY

Welcome to the Love Food Hate Waste food diary!

Every year in the NZ households are throwing away 229,022 tonnes food and drink.

Of course some of it is peelings, cores and bones, but most of it is, or once was perfectly good food.

Wasted food has a big impact on climate change. Most of it ends up in landfill sites where it rots and releases methane a damaging green house gas. The food we throw away is also a huge waste of the energy, water and packaging used in its production, transportation and storage.

This diary will help you understand more about the food you

Filling in the diary

Each day record the foods that you throw away after each meal and at other times of the day, such as in-between meals or after clearing out your cupboards, fridge or freezer.

Note down:

- What food you are throwing away eg. cereal, toast, ham sandwich, apple, chicken, pasta
- How much you are throwing away eg. handful, $\frac{1}{4}$ of a bowl, a packet, $\frac{1}{2}$ a plate, a bag, whole item, peelings
- Why you are throwing the food away eg. gone past use-by date, cooked too much, served too much, looks or smells bad
- Or if you haven't had to throw away any food why eg. eaten out, skipped the meal, saved the leftovers, no food waste

Good luck and have fun!

Once you've completed the diary...

- Look back over your diary and try to find ways where you might be able to reduce your food waste
- Take a look at the tips at the back of the diary and visit lovefoodhatewaste.co.nz for lots more tips, ideas and recipes to help you reduce your food waste
- Why not repeat the diary after a while to see how successful you have been in reducing your food waste

DAY ONE

BREAKFAST : What food did you throw away from breakfast?

WHAT?	HOW MUCH?	WHY?
eg. cereal	1/4 bowl	served too much

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

LUNCH : What food did you throw away from lunch?

WHAT?	HOW MUCH?	WHY?
eg. sandwich	1/2	didn't have time to eat

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

DAY ONE

DINNER : What food did you throw away from dinner?

WHAT?	HOW MUCH?	WHY?
eg. pasta	couple of handfuls left	cooked too much

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

OTHER : What other food did you throw away?

WHAT?	HOW MUCH?	WHY?
eg. chicken	packet	out of date

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

DAY TWO

BREAKFAST : What food did you throw away from breakfast?

WHAT?	HOW MUCH?	WHY?
eg. cereal	1/4 bowl	served too much

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

LUNCH : What food did you throw away from lunch?

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eg. sandwich	1/2	didn't have time to eat

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

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DAY THREE

BREAKFAST : What food did you throw away from breakfast?

WHAT?	HOW MUCH?	WHY?
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DAY FOUR

BREAKFAST : What food did you throw away from breakfast?

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If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

LUNCH : What food did you throw away from lunch?

WHAT?	HOW MUCH?	WHY?
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If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

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DINNER : What food did you throw away from dinner?

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If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

OTHER : What other food did you throw away?

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eg. chicken	packet	out of date

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

DAY FIVE

BREAKFAST : What food did you throw away from breakfast?

WHAT?	HOW MUCH?	WHY?
eg. cereal	1/4 bowl	served too much

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

LUNCH : What food did you throw away from lunch?

WHAT?	HOW MUCH?	WHY?
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If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

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DAY SIX

BREAKFAST : What food did you throw away from breakfast?

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LUNCH : What food did you throw away from lunch?

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OTHER : What other food did you throw away?

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eg. chicken	packet	out of date

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

DAY SEVEN

BREAKFAST : What food did you throw away from breakfast?

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eg. cereal	1/4 bowl	served too much

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

LUNCH : What food did you throw away from lunch?

WHAT?	HOW MUCH?	WHY?
eg. sandwich	1/2	didn't have time to eat

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

DAY SEVEN

DINNER : What food did you throw away from dinner?

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eg. pasta	couple of handfuls left	cooked too much

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

OTHER : What other food did you throw away?

WHAT?	HOW MUCH?	WHY?
eg. chicken	packet	out of date

If table is left blank state why: No food waste ☐ Meal eaten out ☐ Meal skipped ☐ Other

TOP TIPS & IDEAS

TOP 10 FOODS NEW ZEALANDERS THROW AWAY



bread



leftovers



potatoes



apples



chicken



bananas



lettuce



oranges



pumpkins



carrots

Plan ahead

A great way to save time and money is to check what's in the cupboard, fridge and freezer and plan your meals for the week ahead, that way you'll know what you need to buy before you go shopping.

Know your dates

Foods can be eaten or frozen right up to the end of the 'use-by' date. 'Best before' dates are for quality so foods can be eaten after this date but may not be at their best. Eggs being the exception.

Savvy Storage

Knowing the best way to store your food will help you make the most of it. Most of your fruit and vegetables will keep fresher for longer stored in the fridge. Leftovers will be good for up to two days kept in the fridge well wrapped.

For fresh food don't forget to wrap it or store it in air tight containers.

Perfect Portions

Remove the guesswork when it comes to portioning. A mug of uncooked rice is enough for four adults. Kitchen scales are great for measuring exact portions.

Lovely Leftovers

Being creative with leftovers is a clever way to make the most of your food. Sundays roast leftovers can be used in many dishes from cheeky curries to cracking risottos.

For more handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.co.nz