



FOOD WASTE AUDIT

Use this chart to record the results of your kitchen food waste audit

Note: Food waste can be categorised into two types of waste – avoidable and non-avoidable.

AVOIDABLE: Food that could have been eaten, but wasn't e.g. leftovers, sandwich crusts, limp lettuce, brown bananas

NON-AVOIDABLE: Food that could not have been eaten e.g. bones, eggshells, orange peels

DAY OR DATE	WEIGHT OF TODAY'S FOOD WASTE (AVOIDABLE & NON-AVOIDABLE)	AVOIDABLE FOODS WE THREW AWAY TODAY

WEEKLY TOTAL These are the foods we wasted the most this week:

Weight of your container: Remember to subtract the weight of the container from the weight of the food waste **before** you record the day's food waste total.

For more information about how to do a food waste audit, and for tips and tricks to reduce your food waste, visit lovefoodhatewaste.co.nz