



Week 1 - Food Diary

Tracking your food footprint

Did you know?

The amount of bread thrown away in UK homes in 2012 weighed the same as 3 adult blue whales!



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
	Be creative with how you record the amount of food thrown away e.g. draw pictures, use numbers, etc Keep it simple to make it easy for you to add up how much of this food has been thrown away at the end of this week		Breakfast	Lunch	Tea/dinner	Snack	Other time		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									





GRAND TOTAL FOR WEEK - how much milk was thrown away

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Did you know?

Around 3 million glasses of milk are chucked away in the UK each day!



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
	Be creative with how you record the amount of food thrown away e.g. draw pictures, use numbers, etc Keep it simple to make it easy for you to add up how much of this food has been thrown away at the end of this week		Breakfast	Lunch	Tea/dinner	Snack	Other time		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									





POTATOES

GRAND TOTAL FOR WEEK - number of potatoes thrown away

Please record all potatoes that are thrown away this week

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Did you know?

Enough potatoes were thrown away in UK homes in 2012 to make roast potatoes for the whole country on Christmas Day for 48 years (half a century!)



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
	Be creative with how you record the amount of food thrown away e.g. draw pictures, use numbers, etc Keep it simple to make it easy for you to add up how much of this food has been thrown away at the end of this week		Breakfast	Lunch	Tea/dinner	Snack	Other time		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									





OTHERS (meat, fruit, veg and others)

Please record all other food that is thrown away this week

GRAND TOTAL FOR WEEK - for each different food on this page

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Did you know?

Nearly 1 million bananas were thrown away each day in UK homes in 2012 - enough to make 460,000 banana breads!



	How much food was thrown away?	Daily totals	When was it thrown away?					Why didn't it get eaten?	Who didn't eat their food?
	Be creative with how you record the amount of food thrown away e.g. draw pictures, use numbers, etc Keep it simple to make it easy for you to add up how much of this food has been thrown away at the end of this week		Breakfast	Lunch	Tea/dinner	Snack	Other time		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									