



# **BREAD**Please record all the bread you saved this week

GRAND TOTAL FOR WEEK - number of slices of bread saved

# Week 2 – Food Saver Diary

### How much food can you save?

#### Hey you! freeze!

Why not pop your spare bread in the freezer and never bin a slice again!



	How much food did you save from being thrown away?	Daily totals	When was it saved?					How did you save it?	<b>Who</b> was the Food Saver Superhero?
	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									





## Week 2 – Food Saver Diary

How much food can you save?

#### Chill the fridge!

A lot of milk is chucked away as it's gone off and not been used in time. Keep your fridge at a cool 5 °C or below to make it last longer.



	How much food did you save from being thrown away?	Daily totals	When was it saved?					How did you save it?	Who was the Food Saver Superhero?
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Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
	GRAND TOTAL FOR WEEK - how much milk saved								





## **POTATOES**

Please record all the potatoes you saved this week

## Week 2 – Food Saver Diary

How much food can you save?

#### Bring diversity to your plate!

There are many ways to cook and eat potatoes, why not vary your dish? Try mash, gratin, fries, frittata and more.



	<b>How much</b> food did you save from being thrown away?	Daily totals	When was it saved?					How did you save it?	<b>Who</b> was the Food Saver Superhero?
	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 – number of potatoes saved								





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

## Week 2 – Food Saver Diary

How much food can you save?

Why not ... buy loose fruit and veg then you can buy what you need rather than buying a huge bag and chucking half of it in the bin!



	How much food did you save from being thrown away?	Daily totals	When was it saved?					How did you save it?	<b>Who</b> was the Food Saver Superhero?
	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									