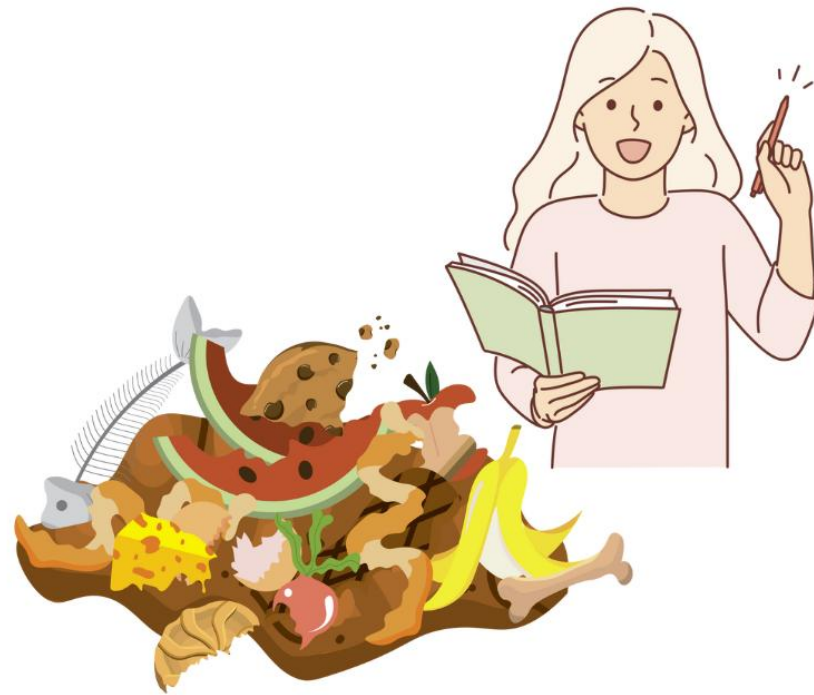


# FOOD WASTE DIARY









**DATE:**

**DAY SEVEN**

**What food did you throw away?**

<b>MEAL</b> (breakfast, lunch, dinner, snack)	<b>FOOD</b>	<b>HOW MUCH?</b> (1/2 bowl, 5 spoons ...)	<b>WHY?</b> (What was the reason)	<b>WHAT DID I DO WITH IT?</b>

**a) The food that was most often left over:**

**b) What was the main reason for leftovers?**

**c) What did I do with leftovers?**