

At-Home Food Waste Tracker

Instructions:

1: Set up a bag or bucket for food waste, separate from your normal container.

2: Weigh your unused food before donating, composting, or disposing each week. If you want to get even more insightful data, weigh it each day!

Unfortunately, most household scales will not be able to weigh your food waste directly. In order to weigh this, weigh yourself, and then weigh yourself holding the container. Subtracting your initial weight from the weight of you holding the container will give you the weight of your food waste and container. If you have a plastic bag, this is your final step. If you have a container, subtract the weight of the container.

Weight of your food waste = Your weight - Your weight while holding the food waste bag

3: Record the weight of your wasted food on the tracker. For example, if it's monday of week 1 and you weighed 1.5 pounds of food waste, this is what your tracker would look like:

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
1		1.5					

4: Note the causes of your food waste, and change your purchases or cooking practices to better accommodate your needs.

For example, if you notice that you have 1 pound of bread wasted every Friday, purchase less bread each week.

5: Continue reducing your food waste to help Maine's economy and environment!



Maine Food – Too Good to Waste



Senator George J. Mitchell
Center for Sustainability Solutions



Food: Too Good to Waste Tracker:

Week	Sunday lbs	Monday lbs	Tuesday lbs	Wednesday lbs	Thursday lbs	Friday lbs	Weekly Total lbs
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							

This tracker is divided into months by color.

Improve every month!

For an extra challenge, plan all your meals on week 2 and see how much waste you cut!