



Maine Food – Too Good to Waste

Food Rescue Maine Home Food Waste Challenge Tracker

Please keep this handy, printable paper tracker in your kitchen or near your food waste container to make it easy to keep track of your weekly food waste weights. Weigh and record each day's food waste weight - or every few days - or just once a week depending on how much waste you have! Note: Submit only the Week's **Total** for the Challenge.

Week	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Food Waste Total				
Notes				

Each week, note what and why food is wasted. Try to reduce your food waste total each week!

	Week 1	Week 2	Week 3	Week 4
What food are you wasting most often?				
What is your primary cause of waste?				