

## My Household's Food Waste Diary

For the next week, try to separate your food waste and recycling (including food and drink packaging) from all other rubbish. Let us know how you get on at the next session!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

How many people live in my house: \_\_\_\_\_

	Did you eat all your food?	Did your family eat all their food?	How many bin bags of food did you throw away today?	How many bin bags of food packaging did you throw away today?	Other than throwing it in the bin, what other ways did you get rid of your food waste?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Can you think about what else you could do with your food waste and packaging? Write your ideas below: