

Food waste survey



Do a food waste survey at home and find ways to use food wisely.

Task

Before someone at home goes shopping to buy food, ask them to help you look at what is left in the fridge and identify what might get thrown away when the new shopping arrives.

Food that might get thrown away

Has passed its use-by date mark and needs to be thrown away

Could be used (might be a bit wrinkly or soft)

Task

After a meal, record the food that has been left over and ways to stop this going to waste in the future. Here are some ideas:

A little left over in cooking dishes

Put it in a container, cover and place in the fridge for lunch the next day.

Leftovers on plates

Cook or make less in the future and serve smaller portions to those who eat less.

Lots left over in cooking dishes

If the food can be frozen (most food can), put it in a container and freeze it for a meal another day.

Leftover food

We could...
