

# FIND YOUR FOOD WASTE SUPER HERO! - MEASURE YOUR WASTE CONTENT

Use this tracking sheet to record the amount of food waste generated by your business/site over a typical 5 days.

If you don't complete it every day, don't worry, but do use the results and share them with staff so they can think up some great food waste prevention ideas for the competition.

1



To get the best information weigh the amount of food waste that is generated each day (use kilograms to keep it consistent) and complete the table. Alternatively you could use volumes/amounts of food waste.

2



Look at the different types of products that have been disposed of in the bins and take a note of them. This can easily be done by using a clear bag and doing it approximately by sight. This doesn't need to be exact but the information you will get from this visual audit will be valuable.

3



Identify the 4 main types of food waste (what you have the most of) and estimate the percentage volume of each within the bin.

4



After you have collected this information for a typical 5 days, make a note of the main food wastes that have been identified: these are what you should focus on reducing or preventing.

Day:	Date:	Number of food bins:	Weight (kg):	Type/s of food waste:	Main Waste 1 and %:	Main Waste 2 and %:	Main Waste 3 and %:	Main Waste 4 and %:
1								
2								
3								
4								
5								

<b>Total Weight:</b>	<b>Main food wastes that have been identified:</b>



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