Weekly Food Waste
Recording Sheet

STOPFoodWaste.ie

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Food Thrown Out

	Food waste type	Details	Where it ended up	Why it was thrown out	Weight
SAMPLE	Yogurt Plate scrapings Bread	1/2 tub Leftovers 1/4 loaf slice pan	Down the sink Dog bowl Bin	Out of date Uneaten Mouldy	100 gms 450 gms 50 gms
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					

What was wasted most and why?		
	Total weight for week	
	Multiply by €2*	
	Total cost of waste	

* €2 per kilo is a conservative estimate of the cost of food waste (including purchasing and disposal)

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