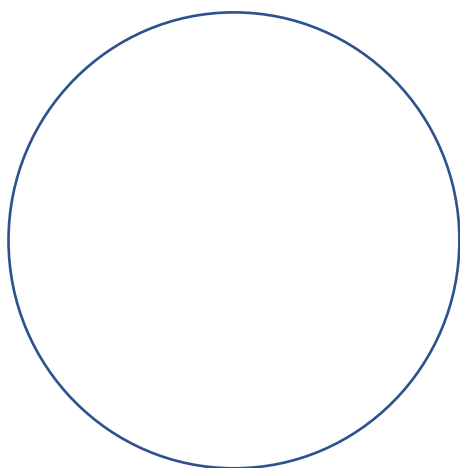


## 1 Day Food Waste Audit

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

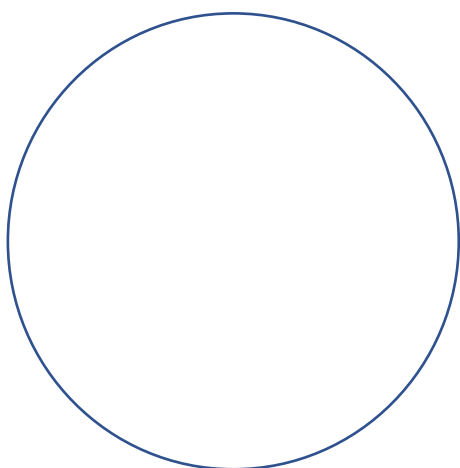
Each of us waste food differently. This activity helps you figure out what type of food YOU waste and how to reduce it. Draw the food left over on your plate at the end of each meal below and label the leftover food items.



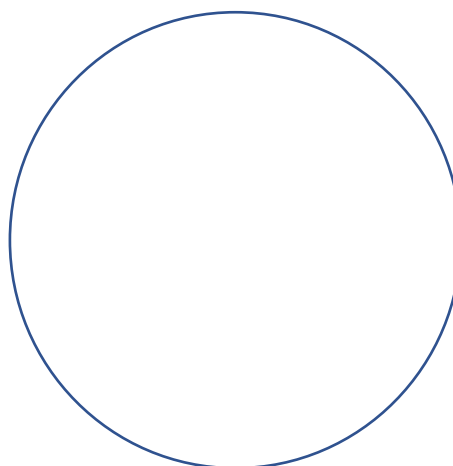
Breakfast



Snack

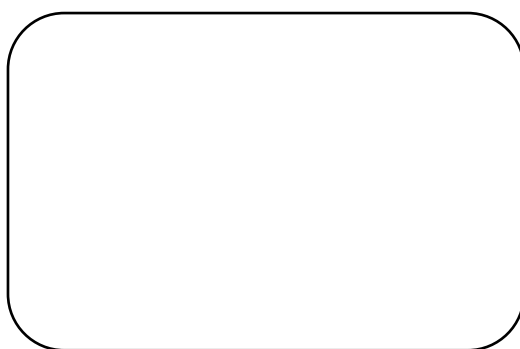


Lunch



Dinner

Look at your trash at the end of the day and draw the food waste in the trash.



Trash Can

Note the type of food you have left over and the amount. Then fill in the table below.

Types of leftovers	Why it is not eaten	How to reduce left overs
Example: Rice	Too much	Tell food stall Aunty I want less rice.

Do you put your leftover food in the fridge hoping to eat it later? Do you actually eat it later? Often leftovers are thrown away after a few days in the fridge. Check your trash to see if that happens in your home! The best way to reduce food waste is to have less leftovers on your plate at the end of a meal.

**Don't waste food! It's the easiest way to fight climate change.**