

Food Waste Audit

To complete the food audit start by collecting three separate containers with lids to collect your food waste, for example, large yoghurt or ice cream containers. Label the containers "avoidable", "potentially avoidable" and "unavoidable" and weigh each one taking note of the weight below.

Place food waste in the containers as appropriate e.g. when preparing meals or when throwing away spoiled food. Weigh each container before you empty it and note the weight on the food audit sheet in the corresponding column, subtracting the weight of the container to accurately measure the food waste.

After a week, review what you have wasted in each column and consider ways you may be able to reduce waste in that area. For example, if you have a lot of waste in the avoidable food waste column maybe better meal planning, purchasing decisions, or eating leftovers will help, or if you have lots of potentially avoidable food waste look at recipes that use more of a fruit or vegetable.

Definitions:

- Unavoidable food waste: food waste that is not typically eaten e.g. bones, citrus peels etc
- Potentially avoidable food waste: food waste that may be eaten but often isn't depending on tastes/culture etc e.g. vegetable skins, bread crusts, fish skin.
- Avoidable food waste: food waste that could have been eaten but was not e.g. leftovers, wilted vegetables, mouldy yoghurt.

Weight of containers:

Avoidable food waste container weight

Potentially avoidable food waste container weight

Unavoidable food waste container weight

