

TAKE

ON AVERAGE, AMERICAN HOUSEHOLDS  
THROW OUT ABOUT 25 PERCENT  
OF FOOD PURCHASES.

# THE CHALLENGE

GET SMART: TAKE THE FOUR WEEK CHALLENGE TO SEE  
HOW MUCH FOOD (AND MONEY!) YOU'RE THROWING AWAY.

## WEEK 1: COLLECT AND MEASURE WASTED FOOD

DON'T TRY ANY NEW STEPS TO REDUCE YOUR FOOD WASTE THIS WEEK.  
THE GOAL IS TO GET A BASELINE OF HOW MUCH FOOD YOUR FAMILY TYPICALLY WASTES.

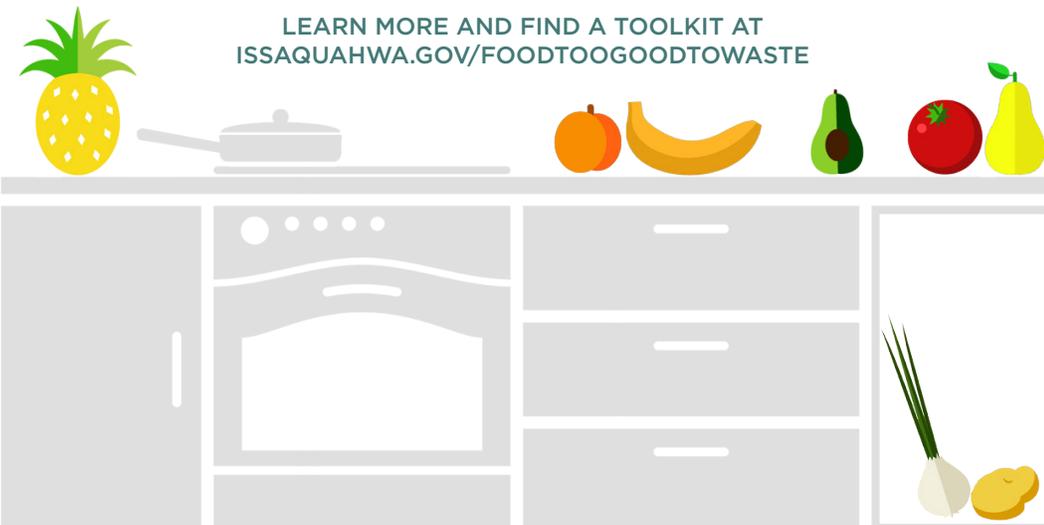
1. Find a leak-proof container that will hold one week of wasted food, such as a paper bag with a compostable bag liner or a food scrap collection container.
2. Place all your uneaten food, such as stale bread, old fruit or leftovers, in the container for the entire week. Do not collect inedible food, such as apple cores or egg shells. The goal is to measure how much food could have been eaten but instead went to waste.
3. If the collection container fills up before the end of the week, empty the food into your yard waste cart and continue to measure and track the total amount you've thrown out for the week.
4. At the end of the week, use a ruler to measure how full your container is in inches, and record the amount on the back of this worksheet. Place all food waste scraps into your yard waste cart for collection.

## WEEKS 2-4: USE OUR FOOD WASTE TOOLS AND TIPS

USE THE WORKSHEET AS YOU CONTINUE TO COLLECT  
AND RECORD THE FOOD WASTE YOUR HOUSEHOLD TOSSES EACH WEEK.

- SMART Shopping: Buy What You Need
- SMART Storage: Keep Fruits and Vegetables Fresh
- SMART Prep: Prep Now, Eat Later
- SMART Saving: Eat What You Buy

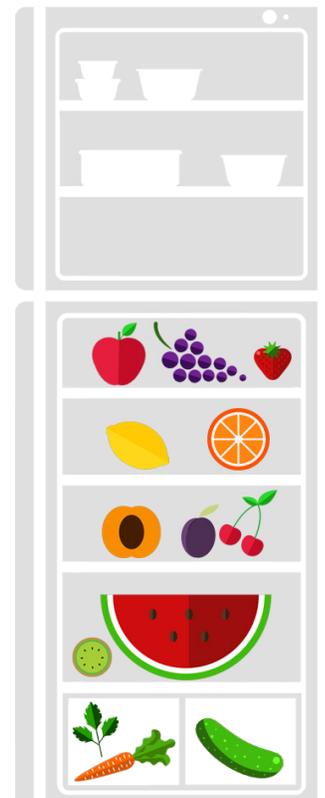
LEARN MORE AND FIND A TOOLKIT AT  
[ISSAQUAHWA.GOV/FOODTOOGOODTOWASTE](http://ISSAQUAHWA.GOV/FOODTOOGOODTOWASTE)



## TIPS

If you're concerned about odor, store the collection container in the fridge or freezer.

Do not collect liquid waste, such as soup or food-soiled paper products. These should be emptied directly into your yard waste container.



# WORKSHEET

RECORD THE AMOUNT OF FOOD WASTE  
AT THE END OF EACH SEVEN-DAY PERIOD



## WEEK 1

DATE \_\_\_\_\_ TYPE OF CONTAINER \_\_\_\_\_

OUR WASTED FOOD \_\_\_\_\_ INCHES

Note what food items were wasted.  
Examples: stale bread, moldy cheese, takeout, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### WHY DID FOOD GO TO WASTE?

Check all that apply.

- BOUGHT TOO MUCH
- FORGOT WHAT WE HAD ON HAND
- PREPARED TOO MUCH
- SPOILED BEFORE IT WAS EATEN
- OTHER \_\_\_\_\_

## WEEK 2

DATE \_\_\_\_\_ TYPE OF CONTAINER \_\_\_\_\_

OUR WASTED FOOD \_\_\_\_\_ INCHES

Note what food items were wasted.  
Examples: stale bread, moldy cheese, takeout, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### WHY DID FOOD GO TO WASTE?

Check all that apply.

- BOUGHT TOO MUCH
- FORGOT WHAT WE HAD ON HAND
- PREPARED TOO MUCH
- SPOILED BEFORE IT WAS EATEN
- OTHER \_\_\_\_\_

## WEEK 3

DATE \_\_\_\_\_ TYPE OF CONTAINER \_\_\_\_\_

OUR WASTED FOOD \_\_\_\_\_ INCHES

Note what food items were wasted.  
Examples: stale bread, moldy cheese, takeout, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### WHY DID FOOD GO TO WASTE?

Check all that apply.

- BOUGHT TOO MUCH
- FORGOT WHAT WE HAD ON HAND
- PREPARED TOO MUCH
- SPOILED BEFORE IT WAS EATEN
- OTHER \_\_\_\_\_

## WEEK 4

DATE \_\_\_\_\_ TYPE OF CONTAINER \_\_\_\_\_

OUR WASTED FOOD \_\_\_\_\_ INCHES

Note what food items were wasted.  
Examples: stale bread, moldy cheese, takeout, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### WHY DID FOOD GO TO WASTE?

Check all that apply.

- BOUGHT TOO MUCH
- FORGOT WHAT WE HAD ON HAND
- PREPARED TOO MUCH
- SPOILED BEFORE IT WAS EATEN
- OTHER \_\_\_\_\_