TAKE THE CHALLENGE:
KEEP GOOD FOOD FROM GOING TO WASTE

WORKSHEET

WEEK 1

Start Date: _____ Day of Week: _____

How many person-meals did your family eat away from home this week? *(To calculate person-meals, add up the number of meals eaten away from home for all residents. For example, count 3 lunches away from home by one household member and 5 lunches by another as 8 person-meals.)*

_____ breakfast _____ lunch _____ dinner

How many times did you go shopping last week (the week before the challenge started)? _____

Please describe any irregular household events —if any—that affected how much food was wasted this week, for example, a party:

_____
_____
_____

PREVENTABLE Food Waste:

_____ Bag Volume _____ Weight

_____ # of days collected

NON-EDIBLE Food Waste:

_____ Weight _____ # of days collected

Return your data for Week 1 to [insert survey monkey url number 1].

WEEK 4

Start Date: _____ Day of Week: _____

How many person-meals did your family eat away from home this week? *(To calculate person-meals, add up the number of meals eaten away from home for all residents. For example, count 3 lunches away from home by one household member and 5 lunches by another as 8 person-meals.)*

_____ breakfast _____ lunch _____ dinner

How many times did you go shopping last week (the week before the challenge started)? _____

Please describe any irregular household events —if any—that affected how much food was wasted this week, for example, a party:

_____
_____
_____

PREVENTABLE Food Waste:

_____ Bag Volume _____ Weight

_____ # of days collected

NON-EDIBLE Food Waste:

_____ Weight _____ # of days collected

Return your data for Week 4 to [insert survey monkey url number 2].

EPA

ADEQ Arizona Department of Environmental Quality

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food

TOO GOOD TO WASTE