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].

LEARN MORE
Visit azdeq.gov/Food2Good2Waste