# **Food waste survey**

## Do a food waste survey at home and find ways to use food wisely.

### Task

Before someone at home goes shopping to buy food, ask them to help you look at what is left in the fridge and identify what could get thrown away when the new shopping arrives.

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| **Food which may get** **thrown away** | **Tick** |
| **Has passed its used by date mark and needs to be thrown away** | **Could be used (might be a bit wrinkly or soft)** |
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### Task

After a meal, record the food that has been left over and ways to stop this going to waste in the future. Here are some ideas:

**Lots left over in cooking dishes -** if the food can be frozen (most food can), put it in a container and freeze it for a meal another day.

**A little leftover in cooking dishes -** put it in a container, cover and place in the fridge for lunchor a snack the next day.

**Leftovers on plates**

Cook or make less in the future and serve smaller portions to those who eat less.

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| Leftover food | We could… |
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