

HOME FOOD WASTE AUDIT



FEAST
FOOD EDUCATION AND SUSTAINABILITY TRAINING

Question: Do you know just how much food you're throwing away?

Scenario: Food waste is when any food that could have been eaten by people is wasted or thrown away. Food waste occurs every day in Australian homes.

Task: Undertake an audit of your fridge, kitchen cupboards and bin at home by investigating and recording all the foods you are regularly throwing away and why.



FOODS REGULARLY THROWN AWAY FROM YOUR FRIDGE	FOODS REGULARLY THROWN AWAY FROM YOUR CUPBOARD	WHAT TYPES OF FOOD OFTEN END UP IN THE BIN

THINK ABOUT THE FOOD ITEMS YOU HAVE IDENTIFIED ABOVE AND NAME 3 WAYS WE COULD AVOID LETTING THESE ITEMS GO TO WASTE. FOR EXAMPLE WE COULD FREEZE OUR LEFTOVERS.

1. _____
2. _____
3. _____