

# Track Your Waste



Weeks 1 and 2: Discover your baseline household waste.  
Don't change your habits, just collect all wasted edible food.

WEEK 1 Date: \_\_\_\_\_ - \_\_\_\_\_. Total Volume:

Notes: \_\_\_\_\_

WEEK 2 Date: \_\_\_\_\_ - \_\_\_\_\_. Total Volume:

Notes: \_\_\_\_\_

Weeks 3 and 4: Implement as many SMART tips as you can. Also, try to use the storage guide, Eat First bin, and shopping list for these two weeks.

WEEK 3 Date: \_\_\_\_\_ - \_\_\_\_\_. Total Volume:

Notes: \_\_\_\_\_

WEEK 4 Date: \_\_\_\_\_ - \_\_\_\_\_. Total Volume:

Notes: \_\_\_\_\_

## Congratulations, you successfully completed the Food Waste Challenge!

Please submit your results within 1 week of completing the Challenge. Every participant will be entered to win a **\$50 gift certificate** to your grocery store of choice. Submit your results online at [surveymonkey.com/r/PreventingWastedFood](https://surveymonkey.com/r/PreventingWastedFood) (web address is case-sensitive) or mail this whole page to Food Waste Challenge Attn: Jetta Antonakos, 3510 S. Mullen Street, Tacoma, WA 98409. If mailing in results, please provide the following contact information:

Name \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

Number of Participants in Household \_\_\_\_\_

# Join the Challenge!



Keep your food and your money from going to waste while helping your community.



Costing our nation billions of dollars, adding massive amounts of greenhouse gasses to the atmosphere, and perpetuating food insecurity for millions of Americans — edible food that goes to waste is not often recognized as the problem it is. Get the facts on wasted food and see what you can do!

## What's the Challenge?

The **Food: Too Good To Waste Challenge** will show you how much edible food goes to waste in your own home and help you to waste less. With some easy planning and slight changes to your shopping, prep, and storage habits, the Challenge will help you save time, money and keep the food you buy from going to waste.



# Challenge Instructions

## How does the Food: Too Good to Waste Challenge work?

**The Challenge lasts four weeks.** Weeks 1 and 2 help you discover how much food you typically waste. Simply collect and track your wasted food to create a baseline of your current habits.

**In weeks 3 and 4, it's time to start saving!** Use the Eat First bin, shopping lists, freezer labels, food storage guide, and SMART tips to reduce the amount of food you waste. Find out how much wasted food you can prevent and how much money you can save.

**At the end of week 4, submit your results.** Participants will be entered into a drawing for one of several \$50 gift certificates to their grocery store of choice!



### Tips for Success

- ✓ Explain the Challenge to everyone in your home and ask for participation.
- ✓ Keep your usual routine as much as possible. For example, unless you clean out your freezer regularly, do not clean it during the Challenge.
- ✓ If you fill the container before a week is over, record the volume, empty it, and keep collecting. Make sure you include the entire amount in "Total Volume."
- ✓ Keep the container in the fridge or freezer to avoid flies or smells.

### Use the collection container to collect all wasted edible food.

This includes uneaten leftovers, table scraps, spoiled food, and all other **PREVENTABLE** wasted food. Do not track liquids or non-edible food waste such as banana peels, carrot tops, or egg shells (compost or discard these as usual).

At the end of each week, **record the volume of wasted food** you collected on the last page of this packet. Then empty your container and start collecting for the next week.

## SMART Planning

Reducing wasted food at home starts with some simple planning. Follow these tips to help get you ready for the week:

- Plan out what meals you will make that week.
- Know your schedule and plan for nights you will eat out.
- Keep a list of recipes that you're comfortable with and your family enjoys to help with meal planning.
- Plan one leftovers night per week.
- Plan to make a double recipe some nights in order to freeze an easy meal for later.



- Plan on shopping once weekly and only for what is needed that week.
- Serve smaller first portions and allow for seconds.

## SMART Shopping

Save money and time by being prepared when shopping and know what to look for with these tips:

- Make a shopping list based on your meal plan for the week.
- Include quantities based on how much you will use that week.
- Shop through your fridge, freezer, and pantry first to see what you already have.
- Buy fresh foods in smaller quantities, more often.
- Buy loose fruit and vegetables rather than prepackaged produce to control quantities.
- Choose grains, pasta, and beans from the bulk section to control quantities.
- Avoid "buy one, get one" deals and impulse buys that may go uneaten.
- Stick to the list!



## SMART Prep



Use these tips to cut down on meal prep time and help you use all the fresh food you buy:

- Try prepping your food right when you get home from shopping.
- Set a specific time each week to prep fresh produce for meal purposes and for snacks.
- Marinate chicken or brown ground beef while you are prepping the fresh foods.
- Getting the whole family involved with food prep can make it more fun.
- Let kids help! Kids are more likely to eat a meal they helped prep or cook.
- Prepare double portions of rice or beans. Freeze the extra portions as ingredients for a future meal.

## SMART Storage

Use these tips to store your fresh produce, leftovers, and freezer items to help keep foods fresh and limit wasted food:

- Use clear storage containers so you can easily see what food you have.
- Label all freezer items with the contents and date.
- Use the Storage Guide to keep your produce fresh as long as possible.
- Freeze fruits and greens that are about to go bad for smoothies and soups.
- Know the difference between "use-by," "sell-by," and other dates.
- Put an "Eat First" box in your fridge for fresh items that need to be eaten soon.
- Tidy your fridge and freezer regularly.

