



Food Waste or Wasted Food?



Keep a diary to track what food you are throwing away, are there ways you could reduce your wasted food by, buying less or smaller packs, freezing fresh foods to keep them for longer or even looking at your portion sizes to make sure you are not leaving any excess food on your plate.

	Breakfast		Lunch		Dinner	
	Food Waste	Wasted Food	Food Waste	Wasted Food	Food Waste	Wasted Food
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Food Waste or Wasted Food?

What is the difference?

Food Waste

Food waste is the parts of the food that we cannot eat and get thrown away such as - egg shells, tea bags, peelings, roots, bones, etc



Wasted Food

Wasted food is food that could have been eaten such as - leftovers, food left on a plate, bread left to go stale, fruit forgotten in the fridge etc

