


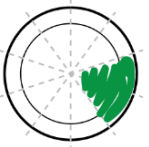
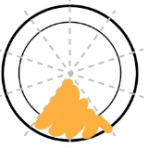
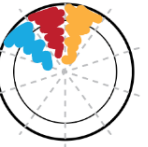
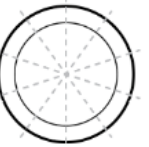

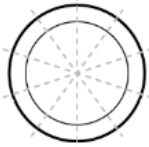
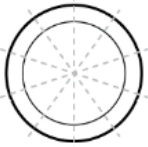
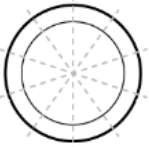
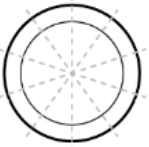
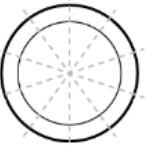
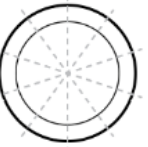
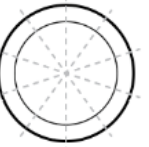
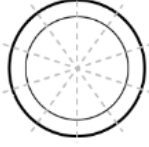
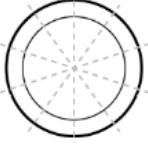
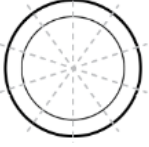
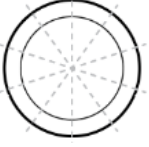
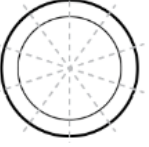
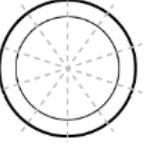
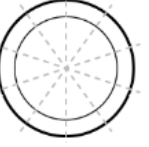
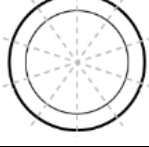
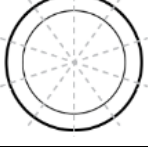
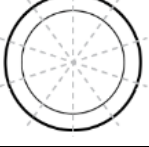
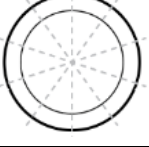
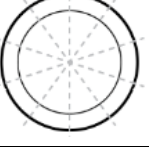
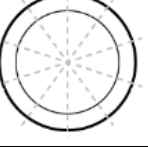
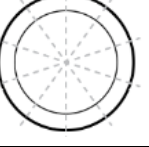


Avoidable Food Waste

Plate Waste Worksheet

Complete this worksheet for 7 consecutive days. At the end of each meal, colour how much of your plate has food that will be thrown away. If possible, use different colours for each of the four food groups. This will be helpful for follow-up activities as different foods have different waste footprints. In the example below, **green** represents vegetables and fruit, **yellow** represents grains, **blue** represents dairy products, and **red** represents protein (beans, soy, pork, fish, etc.).

Food that is thrown away instead of eaten as leftovers is one type of *avoidable food waste*. *Unavoidable food waste* includes inedible rinds, peels, bones, stems, etc. so do not count those during this activity. In the last column, draw your own plates to represent the total amount of wasted food. Each member of your household could track their use on a separate worksheet to compare results at the end of the week.

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Example								
Breakfast								
Lunch								
Dinner								
Snack	