






Waste Tracker

Pin the **Waste Tracker** on your fridge or near your garbage disposal area. Pick a family member to be the **Waste Buster**, and record how much food was wasted each day, like expired produce that had to be thrown away, or discarded leftovers. At the end of the week, your family could discuss ways to reduce waste and other options for disposal, such as composting.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fruits	⋮	⋮	⋮	⋮	⋮	⋮	⋮ 
Vegetables	⋮	⋮	⋮	⋮	⋮	⋮	⋮ 
Beans & Nuts	⋮	⋮	⋮	⋮	⋮	⋮	⋮ 
Dairy	⋮	⋮	⋮	⋮	⋮	⋮	⋮ 
Meat, Fish & Poultry	⋮	⋮	⋮	⋮	⋮	⋮	⋮ 
Grain Products	⋮	⋮	⋮	⋮	⋮	⋮	⋮ 
Processed Foods	⋮	⋮	⋮	⋮	⋮	⋮	⋮ 

waste Tracker

REFLECTION QUESTIONS

Did I make a grocery list and plan ahead?

1

Was anything wasted from my own garden?

4

Did I do my best to buy products with minimal packaging?

7

Did I purchase foods that are lower on the food chain?

2

Did I compost what I could have?

5

Did I recycle the packaging?

8

Did I shop in season and buy locally?

3

What leftovers were used creatively?

6

What could I have done better?

9

