Food Waste Tracker

Notice what goes unused and make smarter grocery decisions.

WEEK OF _____ **HOUSEHOLD** _____

WHAT WAS THROWN AWAY?

FOOD / ITEM	AMOUNT	REASON	DATE

WHY DID IT GO TO WASTE?

- ☐ Expired before use
- ☐ Made or bought too much
- ☐ Forgotten in fridge / pantry
- ☐ Spoiled after opening

ONE CHANGE FOR NEXT WEEK

What could help prevent the same waste next time?

_____

_____

_____