

Food waste diary



Most people are not aware about the amount of food they throw away. The idea behind a food waste diary is for a citizen to **note down all the food that he throws away in the course of the week**, also specifying the reasons for this food becoming waste. After one week is over, all participants come together with the Action Developer for the first day of the EWWR action to **analyse their waste diary**: How much food do I throw away? What kind of food? What is the reason for them being thrown away? How much money could I have saved if I hadn't thrown these foods away? Participants of the EWWR food waste diary action will then also learn about **how to avoid these food losses**: What can I change in my planning, shopping, storing, and cooking habits to prevent food waste and to save money? As a next step, participants take all these tips back home and implement them by changing habits accordingly. Starting from this day, participants again note down all food losses for another week. At the end of this second week participants and Action Developer meet again and evaluate the changes since the first meeting. They analyse what has been achieved so far and what other measures could be taken to avoid even more food waste in the future.

Objectives

- ▶ Raise awareness among participants about the amount of food wasted every day
- ▶ Make European citizens aware that actions to reduce food waste can be taken on a daily basis
- ▶ Raise awareness among participants about good habits for food waste reduction
- ▶ Make European citizens aware on how much money they could save through monitoring food waste

What you need

- ▶ A **food waste diary** that participants can use. You can find examples of such diaries at the end of this document
- ▶ A **location** where you can hold the two meetings: It is great to hold the meetings at home of one of the participants as this allows for direct implementation of the learned lessons. Otherwise find a room in a community center, at your work place, in a school, or somewhere else.
- ▶ **Information and communication material**: Advertise for your food waste diary action by putting up promotional posters on strategic points or via other communication means. Prepare information material on how to avoid food losses ([free for download here](#)) to be handed out to participants during the first meeting.
- ▶ **A balance** for the day of your action (all participants need to have one at home as well)

Preparing the action

Before the EWWR (at least one month beforehand)

- ▶ Decide on your target audience: Who do you want to reach with this food waste diary action? Families, single households, couples, young professionals, your colleagues?
- ▶ Set a date for the two meetings and thereby determine the time frame for the action
- ▶ Prepare a poster to advertise for your EWWR action or use the EWWR posters ([download here](#))
- ▶ Send the waste diary and information on how to fill it in per mail to your target group or print it and give it out to them, together with the [EWWR factsheet about food waste](#)



- ▶ Invite people to participate in your event

Pre-EWWR (two weeks beforehand)

- ▶ Enhance advertisement of your event, remind people about the event and invite them again to take part
- ▶ Make sure that all participants received the food waste diary
- ▶ Remind participants of the procedure:
 - One week before the day of the first meeting, participants start filling in their waste diary:
 - All food waste thrown away per day needs to be recorded, for all 7 days of the week
 - Ask them to distinguish between non-avoidable food waste (peelings, cores, etc.) and avoidable food waste
 - Weigh all your food waste, get a balance for this
 - At the day of the meeting the diaries will be analysed and participants receive tips on how to reduce their food wastes
 - In the second week participants fill again in their waste diaries during a whole week, counting every meal and snack on all seven days
 - At the final meeting that takes place after the second week of filling in their waste diary the findings will be put together and additional tips and tricks are given out and exchanged amongst participants
- ▶ Print information material to be distributed during the action, informing participants about food waste and food waste prevention measures ([free to download here](#))

First meeting

- ▶ Hold the first meeting of your food waste diary action after the first week of filling in the food waste diary
- ▶ Use the event to inform about the problematic of food waste and to give out tips and tricks to participants on how to reduce food waste in everyday life, distribute the information material
- ▶ Ask the participants to fill in their waste diary for another week when implementing the tips received
- ▶ Take pictures and videos

Implementing the action = days of the action!

Second meeting

- ▶ Hold the second meeting of your food waste diary action after the second week of filling in the food waste diary
- ▶ Put in all the data from the first and second week in two sheets of the "[EWWR food waste audit](#)" to analyse the differences in the amount of food wasted in the first and the second week and to see the impacts of these food wastes
- ▶ Repeat tips and tricks given put at the first meeting
- ▶ Give additional advice to your participants on specific issues/problems they came about
- ▶ Communicate the results of your analysis to the participants and to your Coordinator
- ▶ Take pictures and videos

Evaluation and feedback

After the EWWR

- ▶ Give feedback to your Coordinator: number of participants, amount of waste avoided, etc.
- ▶ Send back pictures and videos of your action to your Coordinator



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More information

► Information material

- Food waste and its impact: [Do you dare to be aware?](#)
- Tips to reduce food waste:
 - [Shopping & Planning](#)
 - [Storing](#)
 - [Cooking & Eating](#)
 - [Use-by / best-before dates](#)

► EWWR Coordinator's website/contact: www.ewwr.eu/list-organisers

► European Week for Waste Reduction: www.ewwr.eu contact@ewwr.eu

► Interesting links

- European Commission: [Stop Food Waste](#)
- [European Environment Agency](#) (EEA)
- [European Environmental Bureau](#) (EEB)
- [Every Crumb Counts](#)
- [Food and Agriculture Organization](#) (FAO)
- IGD: [Food redistribution](#)
- [Love Food Hate Waste](#)
- Love Food Hate Waste: [Food waste recycling - What to do with the food you can't eat?](#)
- OECD [Food Chain Network](#)
- [SAVE FOOD initiative](#)
- [Slow Food Movement](#)
- [Think.Eat.Save.](#)

► Food waste diaries

- WRAP/Love Food Hate Waste: Food waste diary by Love Food Hate Waste: [Food Waste Diary](#)
- Fischer, Christoph / Ganglbauer, Eva / Molzer, Georg: [Food Waste Diary app](#) (on [Itunes](#) and [Google Play](#))
- SafeFood: [Food diary](#)
- NLWA: [Wise Up To Waste](#) – Food Waste Diary