Day 1	Participant ID:	Today's Date:	

									_															
Time Note AM		_	_						Weight of Food Discarded			R	Reaso	n(s)	for Dis	carding	9			Where discarded?				
or PM		N	viea	/Sn	ack			Description of Discarded Food or Beverage	(in grams)		1	1		eck a	III that a	1	1				Where	disca	arde	17
Example								Examples:	Examples:	Ę,	نه.	i i	late		0	y /	g.							
7:30 AM					Ф		٤	Hamburger on bun with ketchup and mustard	20 grams	<u>_</u> و	saf	ea o	l uc	ے	of to	se b y da	pits,	ags)	5		_ lg	SIS		€
			per		rag			Coffee, prepared	60 grams	bad	was	nt to	등	unc	Ę L	st us	9. G	gΩ	elò	Offill	drair spos	nim		elò
	ast		Sup.	(S	9eVe		u p	Cooked green beans	53 grams	/ent rot/r	e it	wa	E	00	fbnc	pa / be) (e	S, te	in b	lan	he di	ts/a	st	i b
	Breakfast	Lunch	Dinner/Supper	Snack(s)	Just a beverage	Other	(explai	Hamburger on bun with ketchup and mustard Coffee, prepared Cooked green beans If no waste, write "NW"		Food went bad (foul, visible rot/mold)	Not sure it was safe to eat	Did not want to eat it	Put too much on plate	Made too much	Not enough food to save	Food is past use by / sell by / best by date	Inedible (e.g., pits, peels, bones, coffee	ground	Other (explain below)	Trash / landfill	Down the drain / garbage disposal	Fed pets/animals	Compost	Other (explain below)

Daily comments section: Use this section to provide additional explanations as needed.

Daily Food	Waste Logs
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Time								Weight of Food					T									
Note AM								Discarded			F	Reaso	n(s)	for Dis	cardin	9						ĺ
or PM			Mea	I/Sn	ack		Description of Discarded Food or Beverage	(in grams)			_	(ch	eck a	all that a	ipply)				Where	disc	arde	d?
Example							Examples:	Examples:	=	o)	=	ate			/ a	Φ						
7:30 AM					a	5	Hamburger on bun with ketchup and mustard	20 grams	(for	safe	eat	ld u	n pla						<u> </u>	sis		<u>\$</u>
			per		rag	ole	Coffee, prepared	60 grams	bad nold	was	t to	등	Juc	o loc	st us	9. F 8s, c	<u> </u>	≣	rain	ime		ole
	St		Sup	(s	eve	n be	Cooked green beans	53 grams	ent ot/n	e E	wai	ш	0	ong	pas / be	e (e.	l b	lanc	he d e dis	ts/ar	st	n be
	Breakfast	Lunch	Dinner/Supper	Snack(s)	Just a beverage	Other (explain below)	If no waste, write "NW"		Food went bad (foul, visible rot/mold)	Not sure it was safe to eat	Did not want to eat it	Put too much on plate	Made too much	Not enough food to save	Food is past use by / sell by / best by date	Inedible (e.g., pits, peels, bones, coffee grounds, tea bags)	Other (explai	Trash / landfill	Down the drain / garbage disposal	Fed pets/animals	Compost	Other (explain below)
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Paily comments section: Use this section to provide additional explanations as needed.	

Participant ID:

Today's Date:

Day 3	Participant ID:	Today's Date:	

Time Note AM or PM	AM Meal/Snack Description of Discarded Food or Beverag								Weight of Food Discarded (in grams)			R	Reaso (ch	n(s) eck a	for Dis	carding	9			Where	disc	arde	d?
Example							Examp	oles:	Examples:	l,		it	ate			_ e	o o						
7:30 AM					4	-	Hambu	urger on bun with ketchup and mustard	20 grams	(fou	safe	eat	n pl		d to	e by	its, offee		_	\ <u>\</u>	<u>s</u>		
			per		rage	2	Coffee,	e, prepared	60 grams	bad nold)	vas	t to	유	honc	90	t us	9.,p	3	[]	rain	ima		ရှိ
	ıst		Sup	<u>(6</u>	eve	2	Cooked	ed green beans	53 grams	ent ot/r	e it	war	mu	ω υ	hgno	pas / bes	(e.g	1	lanc	he d	ıs/ar	st	n be
	Breakfast	Lunch	Dinner/Supper	Snack(s)	Just a beverage	Other	If no w	e, prepared ed green beans waste, write "NW"		Food went bad (foul, visible rot/mold)	Not sure it was safe to eat	Did not want to eat it	Put too much on plate	Made too much	Not enough food to save	Food is past use by / sell by / best by date	Inedible (e.g., pits, peels, bones, coffee grounds, tea bags)	Other	Trash / landfill	Down the drain / garbage disposal	Fed pets/animals	Compost	Other (explain below)
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ly comments section: Use this section to provide additional explanations as needed.	

Day 4	Participant ID:	Today's Date:	

Time Note AM or PM	M Meal/Snack						Description of Discarded Food or Beverage	Weight of Food Discarded (in grams)			R	Reaso (ch	n(s) eck a	for Dis	carding	9			Where discarded?					
Example							Examples:	Examples:	<u>,</u>		±Ξ	ate			- ө	0								
7:30 AM					<u></u>	-	Hamburger on bun with ketchup and mustard	20 grams	(fou	safe	eat	n ple		d to	e by	its, offee igs)			~ =	S				
			per		rage	-	Coffee, prepared	60 grams	bad nold)	vas	t to	유	huch	<u>Ş</u>	t us	g., p s, ca a ba	<u> </u>	≣	rain	ima		ŏ		
	ıst		Sup	<u>(6</u>	eve		Cooked green beans	53 grams	ent ot/n	e it	war	йш	00	dgno	pas / bes	e (e. oone s, te	n be	lanc	he d e dis	ts/ar	st	n be		
	Breakfast	Lunch	Dinner/Supper	Snack(s)	Just a beverage	Other	Hamburger on bun with ketchup and mustard Coffee, prepared Cooked green beans If no waste, write "NW"		Food went bad (foul, visible rot/mold)	Not sure it was safe to eat	Did not want to eat it	Put too much on plate	Made too much	Not enough food to save	Food is past use by / sell by / best by date	Inedible (e.g., pits, peels, bones, coffee grounds, tea bags)	Other (explai	Trash / landfill	Down the drain / garbage disposal	Fed pets/animals	Compost	Other (explain below)		
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Daily comments section: Use this section to provide additional explanations as needed.