First Pa Check	rticipant ID:		Today's Date:												(Refer	Fi l to the in				Che cumer		-	-
Please go th	nrough the	food items in your fri	dge, freezer,	and pantry/cabine	s a	nd id	denti	fy AN`	Y FOO	D and	BEV	'ERA	GE i										•
				Weight of Food Discarded				Food			R				carding	g							
	Description of	of Discarded Food or Be	verage	(in grams)		Was	Stor	ed		ı	1	(ch	eck a	II that a	apply)					Where	disc	arded	₫? •
Examples:				Examples:					– –	e to	=	ate			- a	يو							
Leftover pizza	9			85 grams			>	<u>\$</u>	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	_	pc	Food is past use by / sell by/ best by date	Inedible (e.g., pits, peels, bones, coffee	ags)	≥		_ <u>;</u> ;	nals		5
2% milk				225 grams	Ę		Cabinet / Pantry	Other (explain below)	bad nold	was	nt to	당	Made too much	Not enough food to save	st us	.g., F	a Di	Other (explain below)	ijĘ,	Down the drain / garbage disposal;	Fed pets / animals		Other (explain below)
Canned gree		pened		411 grams	Refrigerator	_	t / P	u p	ent rot/r	e E	wa	m	J 00	ong	pas	(e.	S, TE	п	Trash / landfill	he c e dis	ts/	st	n b
Tortilla chips,	½ bag			50 grams	rige	Freezer	oine	er plai	od v	snr	not	too	de to	enc	si bo	dible ils, t	nug	er plai	/ us	vn t bag	be I	Compost	er plai
If no waste,	write "NW"				Ref	Fre	Cat	Other (expla	Foc	Not eat	Did	Put	Ma	Not eno to save	Poc Sell	lne pee	gro	Other (expla	Tra	Doy	Fec	Ö	ફ ૐ
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Comments section: Use this se	ection to provide additional explanations as	needed.		

	Participant ID:	Today's Date:	
Check			

First Kitchen Check, page 2 (Refer to the instruction document as needed)

Please go through the food items in your fridge, freezer, and pantry/cabinets and identify ANY FOOD and BEVERAGE items that will likely go uneaten or be thrown away.

Description of Discarded Food or Beverage	Weight of Food Discarded (in grams)	Wł		This Stor	Food ed	Reason(s) for Discarding (check all that apply)									Where discarded				
Examples:	Examples:						ţ	يز	ate										
Leftover pizza	85 grams					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		ъ	Food is past use by / sell by/ best by date	Inedible (e.g., pits, peels, bones, coffee grounds, tea bags)			~ . .	als		
2% milk	225 grams	١.		Cabinet / Pantry	No.	Food went bad (visible rot/mold)	vas	t to	ا ا	Made too much	Not enough food to save	t use	у., р s, α a ba	<u> </u>	Trash / landfill	Down the drain / garbage disposal;	Fed pets / animals		Other (explain below)
Canned green beans, unopened	411 grams	Refrigerator		/ Pį	l be	ent l	i i	war	mu	ω μ	ngh	pas	(e.g	l be	land	ne di dis	s/s	st	η pe
Tortilla chips, ½ bag	50 grams	riger	Freezer	inet	er olai i	d ×	sure	not	too	le to	eno	d is	Jible Is, b Inds	er olaii	y / ys	vn th	pet	odu	er olai i
If no waste, write "NW"		Ref	Fre	Cab	Other (explain	Foo Visib	Not eat	Did	Put	Мас	Not to s	Foo sell	Inec pee grou	Other (expla	Tra	Dov	Fed	Compost	Other (expla
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l	I	<u> </u>				<u> </u>	<u> </u>			<u> </u>	<u> </u>	l	<u> </u>	1			1		

Last	Participant ID:	Today's Date	:
Check			

Last Kitchen Check, page 1 (Refer to the instruction document as needed)

Please go through the food items in your fridge, freezer, and pantry/cabinets and identify ANY FOOD and BEVERAGE items that will likely go uneaten or be thrown away.

Description of Discarded Food	l or Beverage	Weight of Food Discarded (in grams)	Discarded Where This Food					Reason(s) for Discarding (check all that apply)								Where discarded?					
Examples:		Examples:					•	\$		te											
Leftover pizza		85 grams					(foul	safe	eat i	pla (70	e by date	ts, offee gs)			_ ;	als			
2% milk		225 grams			antry	NO N	old)	/as	t t	h or	hch	Į00	t use	s, cc a ba	No/	≡	ain	nim		Other (explain below)	
Canned green beans, unopened		411 grams	Refrigerator		Cabinet / Pantry Other (explain below)	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	ngh	Food is past use by sell by/ best by date	Inedible (e.g., pits, peels, bones, coffe grounds, tea bags)	Other (explain below)	Trash / landfill	Down the drain / garbage disposal;	Fed pets / animals	**	aq ι		
Tortilla chips, ½ bag		50 grams	iger	ezer	inet	e olair	d we	sure	not	90	le to	eno	d is	lible Is, b Inds	er Slair	y l	n th	pet	sodu	er Slair	
If no waste, write "NW"			Refr	Freezer	Cab	Other (expla	Foo visib	Not eat	ΡiΟ	Put	Мас	Not enough food to save	Foo	Inedible (e.g., pits, peels, bones, coffee grounds, tea bags)	Other (expla	Tras	Dow	Fed	Compost	Other (expla	
Comments section: Use this section to provide	de additional explanations	as needed.																			
Last Participant ID: Check	Today's Date:													to the inst		n do	cumer	nt as	nee	ded)	
Please go through the food items in your fridge, freezer, and pantry/cabinets and identify ANY FOOD and BEVERAGE items that will likely go uneaten or Weight of Food Discarded Where This Food Reason(s) for Discarding (check all that apply) Was Stored								or be													

Was Stored

(in grams)

Reason(s) for Discarding (check all that apply)

Where discarded?

Description of Discarded Food or Beverage

Examples:	Examples:					_	Q	1	te			/								
Leftover pizza	85 grams					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		70	Food is past use by / sell by/ best by date	Inedible (e.g., pits, peels, bones, coffee	gs)	_		/ al;	als		
2% milk	225 grams] .		Cabinet / Pantry	No N	Food went bad (visible rot/mold)	vas	nt to	ر اه	Made too much	Not enough food to save	t use	J. p	a ba	<u>8</u>	Trash / landfill	Down the drain / garbage disposal;	Fed pets / animals		Other (explain below)
Canned green beans, unopened	411 grams	Refrigerator		/ P.	n be	ent l	e i	war	mu	ν υ	ugh	pas best	(e.g	s, te	n be	land	he di e dis	s/s	Nt	n be
Tortilla chips, ½ bag	50 grams	rige	Freezer	inet	er plai i	od w	snr	not	too	de to	Not enor	si bo by/	dible Is, b	gun	er plai i	/ ys	vn th bage	l pet	Compost	er plai i
If no waste, write "NW"		Ref	Fre	Cat	Other (expla	Foc visit	Not eat	Did	Put	Мас	Not to s	Foc sell	eed Jeul	gro	Other (expla	Tra	Dov gar∣	Fec	Cor	Other (expla
																			\vdash	
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Comments section: Use this section to provide additional explanations	as needed.			•			•	•						1				•		