First Check	Participant ID:		Today's Date:	

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)	**Where This Food Was Stored**				**Reason(s) for Discarding** (check all that apply)									**Where discarded?**				
Examples:	*Examples:*	Refrigerator	Freezer	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	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 **(explain below)**	Trash / landfill	Down the drain / garbage disposal;	Fed pets / animals	Compost	Other **(explain below)**
Leftover pizza	*85 grams*																		
2% milk	*225 grams*																		
Canned green beans, unopened	*411 grams*																		
Tortilla chips, ½ bag	*50 grams*																		
If no waste, write "NW"																			

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