



Reduce Your Waste

MEAL AUDIT

Pick one day of the week and complete the chart below on what you ate for breakfast, lunch, dinner and snacks. Note the waste that comes with those meals. Can you change anything to reduce your food waste?

	What did you have?	What waste was created in <i>making</i> this meal?	What did you do with that waste?	What waste was created after you <i>finished</i> your meal?	What did you do with that waste?	What can you do to reduce your waste?
Example: Lunch	Peanut butter and jelly sandwich, apple slices, juice box	Bread crusts Apple core	Put them in the trash	Napkin Paper plate Juice box straw Juice box	Napkin, paper plate, and straw went into the trash, juice box was recycled	Compost bread crusts, apple core, napkin, and paper plate. Drink juice from a jug to reduce waste.
BREAKFAST						
LUNCH						
DINNER						
SNACKS						