









# OTHERS

(meat, fruit, veg and others)

Please record all the other food you saved this week

## Week 2 – Food Saver Diary

How much food can you save?

Why not ... buy loose fruit and veg then you can buy what you need rather than buying a huge bag and chucking half of it in the bin!



How much food did you save from being thrown away?		Daily totals	When was it saved?					How did you save it?	Who was the Food Saver Superhero?
Be creative with how you record the amount of food thrown away e.g. draw pictures, use numbers, etc			Breakfast	Lunch	Tea/dinner	Snack	Other time		
Keep it simple to make it easy for you to add up how much of this food has been thrown away at the end of this week.									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

GRAND TOTAL FOR WEEK – for each different food on this page