



Let's Scrap Food Waste!

Food Scrap Audit Guide

If you do nothing else—do this part:

Every time you put food scraps in your bin, note on the tracking sheet:

- What the item is
- Reason it was scrapped (inedible, like eggshells, apple cores, coffee grounds, etc., or because it was moldy, burnt, plate scrapings, etc.)
- Estimated amount (cups, tablespoons, handfuls, etc.).
- Estimated cost (optional)
- Take a picture of it (optional—if you do, share with us! #scrapfoodwasteVT)



Make a plan:

What are you going to track? Three options:

- One container with all food scraps
- Two containers—one with inedible food scraps and the other with preventable scraps
- Only track preventable scraps

How are you going to measure?

- A kitchen scale can let you track by weight (make sure to tare your scale first so you aren't weighing your container, too!)
- Any clear container can let you estimate by volume

Set up your tracking station:

- Find a convenient space to set up your containers and scale (if you're using one)
- Print the tracking sheet and put it at your tracking station. Don't forget to print double-sided! Going virtual is great, but you're more likely to keep track if record-keeping is easy. You can also make your own tracking sheet on scrap paper.



Share your plan:

- Make sure everyone in your household is on board with tracking their food scraps and knows what to do.
- Don't make any changes to your normal habits for the first several days (ideally one week of baseline and two weeks of challenging yourself to improve!)

Measure!

- Each evening, measure your food scraps (this is another great photo-op!)
- Empty your tracking containers so you can start fresh the next day (make sure to keep your scraps out of the trash!)

