

## Food Waste Audit Worksheet

Use this worksheet to track your food waste daily or weekly. The top row is filled in as an example.

Date	Food wasted	Amount	Approximate cost	Reason	Ideas to reduce waste
e.g., Monday	carrots	1/2 pound	\$0.90	wrinkled and dried out	buy fewer carrots; store in water before they dry out; add to soup next time