EAT WELL, AGE WELL.
Monthly Tracking Calendar –Minimizing Food Waste

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Identify times during each day when you waste food and WHY you wasted it (for example, throwing out because you are full, the portion was too large, or if it went bad).

WEEK 2: Record HOW you reduced your food waste this week. (Examples: taking smaller portions, saving leftovers, watching expiration dates more closely, etc.).

WEEK 3: Encourage those around you to limit their food waste too. Help them be conscientious of the importance of minimizing food waste.

WEEK 4: Make a personal plan to continue reducing food waste in the upcoming month. How will you maintain these goals?