

## **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?