



challenge worksheet



Use this worksheet to help keep track of how much food you throw away each week. Throughout the week:

step 1: Place wasted food items in the bucket as you find them.

step 2: When the bucket is full on Saturday, attach bucket to hanging scale.

step 3: Record the weight (in pounds) on this handout.

step 4: Toss wasted food items in organics recycling bin

step 5: Repeat.

Note: If your bucket fills-up before Saturday, weigh and record the measurement on this worksheet, toss wasted items in the organics recycling bin, and follow **steps 1-4** again. Use this worksheet to calculate your weekly total.

Complete all six weeks of the challenge? Email mgcc@macgrove.org to share your results!

week 1: Get Smart! Find out how much food you're throwing away.

| week 1 - measurement #1 | |
|----------------------------------|--------------------------|
| weight of wasted food in bucket: | <input type="text"/> lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | <input type="text"/> lbs |

| week 1—measurement #2 | |
|----------------------------------|--------------------------|
| weight of wasted food in bucket: | <input type="text"/> lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | <input type="text"/> lbs |

| WEEK 1 |
|--------------------------|
| TOTAL |
| <input type="text"/> lbs |

total weight 1: lbs

+

total weight 2: lbs

=

week 2: Get Smart! Find out how much food you're throwing away.

| week 2—measurement #1 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| week 2—measurement #2 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| WEEK 2 |
|--------|
| TOTAL |
| lbs |

total weight 1: lbs

+

total weight 2: lbs

=

week 3: Smart Saving: Eat What You Buy

| week 3—measurement #1 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| week 3—measurement #2 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| WEEK 3 |
|--------|
| TOTAL |
| lbs |

total weight 1: lbs

+

total weight 2: lbs

=

week 4: Smart Shopping: Buy What You Need

| week 4—measurement #1 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| week 4—measurement #2 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| |
|---------------|
| WEEK 4 |
| TOTAL |
| lbs |

total weight 1: lbs

+

total weight 2: lbs

=

week 5: Smart Prep: Prep Now, Eat Later

+ Smart Storage: Keep Fruits and Vegetables Fresh

| week 5—measurement #1 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| week 5—measurement #2 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| |
|---------------|
| WEEK 5 |
| TOTAL |
| lbs |

total weight 1: lbs

+

total weight 2: lbs

=

week 6:

(do what works best for you!)

| week 6—measurement #1 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| week 6—measurement #2 | |
|----------------------------------|-----------|
| weight of wasted food in bucket: | lbs |
| subtract weight of bucket: | — .20 lbs |
| total weight of wasted food: | lbs |

| WEEK 6 |
|--------|
| TOTAL |
| lbs |

total weight 1: lbs

+

total weight 2: lbs

=

**congratulations on completing the
FOOD: TOO GOOD TO WASTE CHALLENGE!**