

FOOD DIARY

TRACK YOUR FOOD FOOTPRINT



STOP
—THE—
WASTE

World Food Programme

join us today
wfp.org/foodwaste

	WHAT FOOD WAS WASTED?	WHEN WAS IT WASTED?					WHY WAS IT WASTED?	WHO WASTED THEIR FOOD?
		Breakfast	Lunch	Tea/Dinner	Snack	Other		
	<p>BE CREATIVE Draw pictures of the food and use numbers</p> <p>KEEP IT SIMPLE Easily add up how much food was thrown away</p>							
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								