

This week on Radio Nova we chatted about household food waste.

**How do I track my food wastage?**

**Step 1. Separate your food waste**

Collect all your food waste in a separate container for at least a week. Any container will do but make sure that it is large enough, has a tight fitting lid and is close to where you dispose of your food waste (near the sink is often the best place).

**Step 2. Keep a record of what you throw out**

During the week, as you have food waste to dispose of, put it in this container. Make a note of what and how much you are throwing out. If you can, then weigh it with a kitchen scales. Keep a record of each deposit.

**Step 3. Identify the reasons that you have thrown food out**

Each time you throw out food, keep a note of the reasons why. We are creatures of habit and often waste food for the same reasons each week. If you find that you are constantly throwing out the same thing for the same reasons then this is a key change you can make.

**Well – how did you do?**

At the end of the week have a look at what you have wasted. If you have kept it all in one container you should weigh it just to see how much food you bin each week. If not, go through your recording sheet and add it all up. The important thing is to look at the reasons. If you notice a trend in the reasons then this is the next thing to look at.

**Links for more information:**

[www.epa.ie](http://www.epa.ie)

[www.stopfoodwaste.ie](http://www.stopfoodwaste.ie)

