Track what you toss

Find out what food you waste at home and why it was wasted (spoilage, forgotten about, overcooked, etc.). We all are guilty of wasting some food—The only way to change your habits is to understand what you're doing at home.

FOOD
SMARTS
Dakota
COUNTY

Week	Volume	What types of food	Why was it wasted
Week 1			
Week 2			
Week 3			
Week 4			

Report measurements at www.dakotacounty.us, search *food challenge* or click on link in weekly email

How to track

WEEK 1: COLLECT AND MEASURE WASTED FOOD

The goal is to get a baseline of how much food your family typically tosses.
Don't use any of your new tools yet.

WEEK 2-4: TRY OUT SOME TOOLS AND TIPS

Keep collecting your edible food waste like Week 1.
Now try out some of the tools you learned about:

- Kitchen Inventory
- Food Storage Guide
- Meal Planner
- Eat First bin
- Phone app
- Prep now for later

USING YOUR BUCKET

1. Put all your edible food waste (see list below) into your bucket.

2. Each Saturday evening or Sunday morning, record the amount of food in your bucket.
   If your bucket gets full before the end of the week, add the volume to your tracking sheet and empty it.

3. Empty your bucket each week. Your collected food will go wherever you would have normally put it before the Challenge (trash, compost bin, etc.).

4. Report your totals online each week. This will automatically enter you to win a fun prize worth up to $30.
   Find a link to the reporting form in a weekly email or online at www.dakotacounty.us, search *food challenge*.

WHAT TO COLLECT

Any food you could have eaten including

- Leftovers (from home cooking or take-out)
- Spoiled meat
- Stale grains or bread
- Lettuce, fruit, vegetables gone bad
- Spoiled or moldy dairy, yogurt, cheese

Track these liquids by their container volume

- Milk
- Juice

DON'T COLLECT

- Fruit peels and rinds
- Eggshells
- Coffee or coffee grounds
- Tea or teabags
- Soda or water
- Bones
- Shells from nuts
- Beer, wine, liquor

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