**Food Waste Assessment Table**

|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Food type: **Cereals** |  |  |  |  |  |  |  |
| Amount of food wasted |  |  |  |  |  |  |  |
| Why was it wasted? |  |  |  |  |  |  |  |
| Food type: **Vegetables** |  |  |  |  |  |  |  |
| Amount of food wasted |  |  |  |  |  |  |  |
| Why was it wasted? |  |  |  |  |  |  |  |
| Food type: **Legumes** |  |  |  |  |  |  |  |
| Amount of food wasted |  |  |  |  |  |  |  |
| Why was it wasted? |  |  |  |  |  |  |  |
| Food type: **Fruit** |  |  |  |  |  |  |  |
| Amount of food wasted |  |  |  |  |  |  |  |
| Why was it wasted? |  |  |  |  |  |  |  |
| Food type: **Meat/Fish** |  |  |  |  |  |  |  |
| Amount of food wasted |  |  |  |  |  |  |  |
| Why was it wasted? |  |  |  |  |  |  |  |
| Food type: Others |  |  |  |  |  |  |  |
| Amount of food wasted |  |  |  |  |  |  |  |
| Why was it wasted? |  |  |  |  |  |  |  |