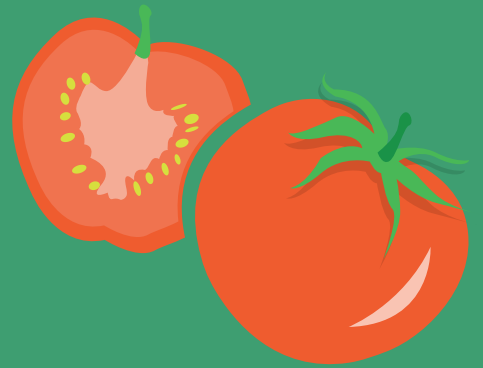


SAVE THE  
PLANET

# 10 DAY FOOD WASTE CHALLENGE!

## 1. MEASURE

...by using a bag or a container to see how much food goes to waste for the **first** five days.



## 3. SAVE

...money while cutting food waste and emissions while tackling climate change.



## 2. READ

...tips and tricks to help you cut food waste over the **next** five days.

## 5. WIN

...by taking part you'll be entered into a prize draw!



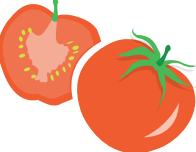







## 4. SEND

...us a photo of how you did and which tips and tricks worked for you.



Send us a photo of your completed food waste log at [climate@kingston.gov.uk](mailto:climate@kingston.gov.uk)

Day	<b>Food waste log - what went in your food waste bin?</b> Use a food waste bag or a container to measure your food waste at the end of the day.	<b>Number of bags or containers</b>
Eg.	Applecore, potato peels, old bread, leftover soup	Half a bag
1		
2		
3		
4		
5		
  	<p>Visit the <b>lovefoodhatewaste.com</b> and <b>eatlikealondoner.com</b> websites.</p> <p>Pick some of their ideas to help cut back on food waste - which ones will you use for the next five days? Let us know by making a note of them below.</p> <p>.....</p>	
	<p>How many bags or containers of food waste did you have at the end of the first five days? Make a note below.</p> <p>.....</p>	
6		
7		
8		
9		
10		
	<p>How many new food waste bags or containers did you have between day 6 and 10? Make a note below.</p> <p>.....</p>	
	<p>Which ideas did you find the most helpful? Make a note below.</p> <p>.....</p>	