

Bin Less Save More Logbook



How to measure your food waste BEFORE the workshop

Record your food waste for 1 week



Start of day 1: Start collecting your food waste.

Line your caddy first with one of the bin liners provided.

Every day: Collect your food waste in the caddy.

Put scraps from plates, vegetable and fruit peelings, or any other food waste you have in the caddy.



Liquids: Do not put liquids in the caddy.

If you have liquid food such as milk or soup to throw away do not pour it into the caddy. Estimate how much you are throwing away and make a note in the food waste logbook.



If the caddy gets full before the end of the week: If the caddy gets full before the end of the 7 days, weigh it and record the weight in your food waste logbook in the column labelled 'weight'. Continue collecting your food waste.

End of day 7: Weigh your food waste.

Put your caddy filled with the food waste you've collected on the scales and weigh in grams. Record the weight in your food waste logbook in the column labelled 'weight'.



How to dispose of your food waste: If you have a food waste recycling service use it to dispose of the food waste you've collected. If not, dispose of it in your general rubbish.

BEFORE the workshop - Food Waste Logbook

Name:

Week 1	Weight	Weight	Weight	Liquids thrown away
Date started collecting food waste:	g	g	g	ml



AFTER the workshop - Food Waste Logbook

You will record your food waste for 4 weeks by following the instructions from week 1 (before the workshop)

Week 1	Weight	Weight	Weight	Liquids thrown away
Date started collecting food waste:	g	g	g	ml

Week 2	Weight	Weight	Weight	Liquids thrown away
Date started collecting food waste:	g	g	g	ml

Week 3	Weight	Weight	Weight	Liquids thrown away
Date started collecting food waste:	g	g	g	ml

Week 4	Weight	Weight	Weight	Liquids thrown away
Date started collecting food waste: 	g	g	g	ml

FINAL STEP: Email a photo of the logbook to WastePreventionTeam@NLWA.gov.uk



Congratulations! You have completed the Bin Less Save More Challenge. To enter a prize draw for £150 voucher submit your logbook by emailing it or sending a picture to **wastepreventionteam@nlwa.gov.uk**