

GET SMART Measurement Guide

Over four weeks, together with your family, measure how much food your household throws away.

From the list below, choose the best way for your household to measure avoidable food waste. This is food that could have been eaten but wasn't. Don't measure food you would never eat such as peels, bones or shells. Be sure to include food scraped off **plates** and from the **fridge, counter** and **cabinets**:

1. Estimate or take a picture when you throw food away — at the end of the day, is it more, less or same as the days before?
2. Measure at the end of each day with a kitchen scale.
3. Measure at the end of each day with a large container — is it quarter full, half or more?
4. Measure wasted food at the end of each day with a container with graduated measurements.



Write the results on the table below and post them on your fridge. Report results online each week at <http://conta.cc/1YdlvKi> and win prizes.

AMOUNT OF AVOIDABLE WASTED FOOD	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	WEEK 1							WEEK 2							WEEK 3							WEEK 4						

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