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.

Date tossed	What was it?	Why did I have to toss it?	Category (produce, bread, dairy, meat, leftovers)	Price*	What could I do differently?

*Keep your grocery receipts for 2-4 weeks to see how much money you toss. If you waste half a bag of lettuce, divide the price in half.