North Yorkshire ROTTERS

NORTH YORKSHIRE COUNCIL

Every little thing you do, everyday, makes a huge difference.

Two Week Food Waste Reduction Challenge

Week 1 - do not change your food habits in week 1, simply record the weight in grammes of each of the food types that you waste in Grid 1 below. At the end of week 1 count up and make a total for each food type in Grid 3 and calculate a total weight of food waste in grammes.

Week 2 - look at which food types that you waste most of in week 1 and see if you can reduce the amount of food that you waste in week 2. Complete week 2 by again recording the weight of wasted food in grammes in Grid 2. At the end of the week count up the totals and transfer the numbers to Grid 3 and compare.

Food Types	Food Types
Bread, pasta, potatoes, rice	1
Meat and poultry	2
Dairy - Milk, yoghurt, cheese	3
Fruit & vegetables	4
Drinks fizzy	5
Mixed leftovers	6

To help identify which food types that you waste most of and those that you don't waste we have created 6 food type groups - if you cannot find a food type in the food type groups you decide which food type best describes the food waste that is produced. Try to be consistent.

Do not include inedible food waste such vegetable peelings and trimmings, meat bones etc. only include things which could have been eaten.

Try not to include the weight of any packaging.

This Two-Week Food Waste Challenge is solely for your own information and it is hoped that it will help you take action to try to reduce your food waste going forward and save yourself some money in the process.

If you would like to share your results with us, you can do that, and we would love to hear from you send your results to nyrotters@northyorks.gov.uk.

Grid 1 - Week 1	Food type group	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 1 Totals
Bread, pasta, potatoes rice	1								
Meat and poultry	2								
Dairy - milk, yoghurt, cheese	3								
Fruit & vegetables	4								
Drinks fizzy or otherwise	5								
Mixed leftovers	6								

All food waste weights in grammes, do not include inedible food wastes e.g. vegetable peeling or bones

Grid 2 - Week 2	Food type group	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 2 Totals
Bread, pasta, potatoes rice	1								
Meat and poultry	2								
Dairy - milk, yoghurt, cheese	3								
Fruit & vegetables	4								
Drinks fizzy or otherwise	5								
Mixed leftovers	6								

All food waste weights in grammes, do not include inedible food wastes e.g. vegetable peelings or bones

Grid 3	Food Types	Week 1 Grammes	Week 2 Grammes	Difference week 1 and 2 + or -	Rank food types 1 to 6 (1 being the most wasted food type)
Bread, pasta, potatoes, rice	1				
Meat and poultry	2				
Dairy - Milk, yoghurt, cheese	3				
Fruit & vegetables	4				
Drinks milk, fizzy	5				
Mixed leftovers	6				
Totals					

How do you compare - are you on track or do you need to do better or are you already a food waste champion

The 2023 food waste weights in grid 4 are the average household food waste, weekly and annually in grammes whilst the 2030 target is the national food waste target in grammes. Insert your results to see how you are doing

Grid 4

Household	2023	2023	2030 Target	2030 Target	Your results grammes	Your results grammes
Type	Weekly	Per year	Weekly	Per year	Week 1	Week 2
1 person	1452 gm	75,500 gm	875 gm	45,500 gm		
2 persons	2903 gm	151,000 gm	1750 gm	91,000 gm		
4 persons	5807 gm	302,000 gm	3500 gm	182,000 gm		

Thank you for taking the North Yorkshire Rotters Two-Week Food Waste Reduction Challenge