



SUPPLIES

Container for food
Scale



FIGURE 1. Use a kitchen scale and measure how much food waste you create in a day. Are there ways you can think of to reduce this?

WEIGHING WASTES

Time needed: 15 minutes

Do you normally clean your plate, or do you have food remaining? Where does your uneaten food go?

LET'S DO IT!

1. Set aside a special container to drop the uneaten parts of your meal.
2. Place all leftovers from breakfast, lunch and dinner as well as any snacks into your container. This activity can be done as a family or individually.
3. First, estimate the weight of your food. Using a bathroom, kitchen or spring scale, weigh your food at the end of the day.
4. Calculate how much waste you would have at the end of the week, month and year.
5. Devise a plan to reduce the amount of waste being produced in your household.
6. Do you know what composting is? Consider asking your parents to work with you to build a compost bin for your food scraps!

ACTIVITY EXTENSION

- In addition to weighing your food waste, weigh the packaging and containers your food comes in. Calculate this waste for the week and the month.
- Is this weight more or less than your food waste?
- Is this weight more or less than you expected?
- What are ways that you can reduce the weight of plastic and other garbage

TALK IT OVER

1. Are you surprised by the amount of waste you have produced in one day?
2. What are you throwing away?
3. How can you reduce your food waste?