

# 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 preventable 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. Measure total weight at the end of each week with a kitchen, luggage, or bathroom scale.
2. Measure total volume at the end of each day with a container — is it quarter full, half or more.



**Helpful tips:**

If you're worried about leakage, line your collection container with a used plastic grocery bag.

Add graduated measurements to whatever container you chose to make visual estimates easier and more accurate.

Take a picture when you throw food away — it will help you visualize personal food wastes for long term habit change.

Write the results on the table below. Keep the sheet somewhere convenient like the kitchen counter top, posted on your fridge, or taped to the trash can. Note what foods are wasted the most and what strategies work best in your home.

<b>AMOUNT OF PREVENTABLE WASTED FOOD</b>	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
	<b>WEEK 1</b>							<b>WEEK 2</b>							<b>WEEK 3</b>							<b>WEEK 4</b>						
	<b>TOTALS</b>																											
	WEEK 1: _____							WEEK 2: _____							WEEK 3: _____							WEEK 4: _____						

**NOTES**

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