

BISHOPS WALTHAM– WASTE DIARY



Keeping a waste diary is a simple but effective idea that can help you become more aware of the amount of food and other things that you throw away each week and the reasons behind it. By filling in two waste diaries, the second 2 weeks later, you can compare your savings.

Keeping a waste diary can also help you save money by reducing what you throw away or buy in the first place.

How to complete the diary: For 7 days, make a mark in each of the boxes below every time you throw a piece of rubbish away, put it in the recycling, in the food caddy or compost. You are aiming to identify what you throw away so you can then reduce it.

At the end of the week total up each column to see which things you throw away the most.

Write some thoughts on why you throw these things away and what you could do to reduce your rubbish. E.g., donate furniture, electrical items or clothes to charity, use a Repair Café, buy reusable or refillable bottles and plan your meals or store your food correctly.

<i>Measure food either by a cup or half cup and everything else by item</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	End of week Totals
WEEK 1 */ FOLLOW UP* delete								
Eggshells, bones, fruit and veg offcuts (things that can't be eaten)								
Food that could have been eaten but has gone off or leftovers from meals								
Single use packaging (food packaging, yoghurt pots, cling film, foil, plastic bottles etc)								
Clothing or textiles								
Sanitary items (nappies, wet wipes, tissues etc)								
Electrical items, toys or furniture								
Paper and card								
Glass								
Tins, cans and aerosols								
Other								

What did you throw away the most?

Why do think that is?

What could you do to reduce what you throw away:

- 1.
- 2.
- 3.
- 4.
- 5.

After 2 weeks, keep another Waste Diary to see if you've managed to reduce what you throw away.

When you have finished filling in your two waste diaries, either take them to **Bishop's Waltham Parish Council Offices**, Jubilee Hall, Little Shore Ln, Bishop's Waltham, Southampton SO32 1ED, **OR** scan or email them to wastepreventionbw@gmail.com.

We will then feedback to your community how much waste we've all saved together. Good luck and have fun!

For more information on Waste Prevention or tackling climate change in your community visit www.greening-campaign.org