Household Food-Waste Observation Diary

See the repeated cause before choosing the fix

An honest observation is more useful than a confident accusation.

Hypothetical example: Unused recipe ingredients appear after a second meal is cancelled, so the adults test a smaller planned purchase.

01 Watch the bin before blaming the menu

Choose the observation days and an honest quantity method.

Observation dates

Quantity method and its limits

People recording entries

02 Make the observation repeatable

Record actual discarded items and known circumstances.

Food and estimated amount

Known discard circumstance

Unknown facts

Household Food-Waste Observation Diary / Review & follow-through

03 Choose a cause the record actually supports

Select one supported cause and one prevention experiment.

Repeated pattern

Single adult-controlled change

Safety and dietary boundaries

04 Review the next comparable days

Compare later entries and decide what the evidence supports.

Later comparable entries

Differences between periods

Next decision without invented savings