

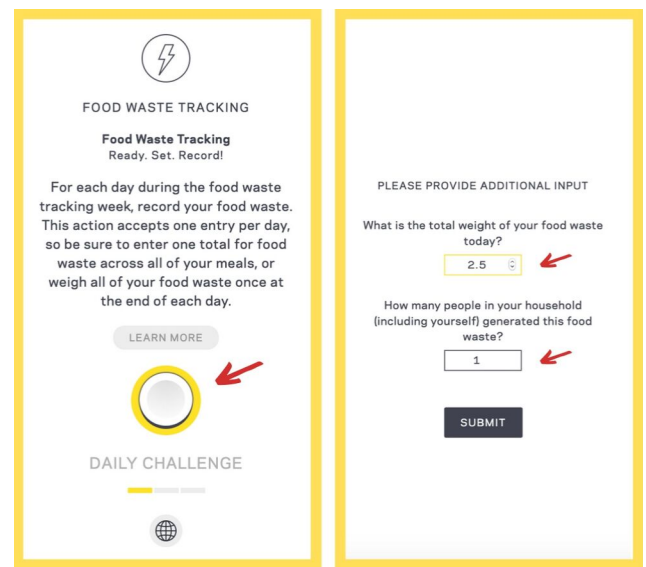
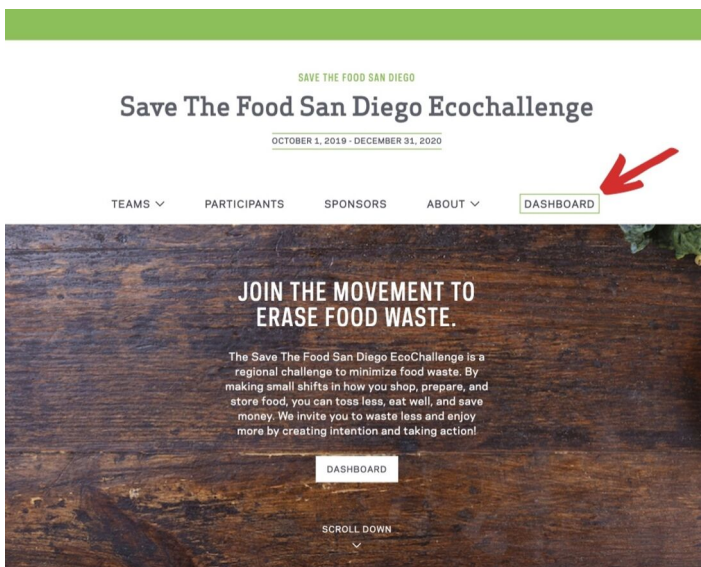


# SAVE THE FOOD SAN DIEGO ecochallenge!

# FOOD WASTE TRACKING

## USING YOUR DASHBOARD

You can access your dashboard from the EcoChallenge homepage. All EcoChallenge participants will have the "Food Waste Tracking" action added to their dashboard. Click on the yellow button to record your food waste for the day, and the website will prompt you to enter your information.



## FOOD SCALE

Use your food scale to weigh your food waste at the end of each day, and enter the total weight displayed on your scale onto the EcoChallenge dashboard.

- You must record your food waste in **ounces**
  - Press the "unit" button on the right hand side of your scale until your scale displays "oz" to ensure that your scale is set to the correct measurement metric
  - If using a plate or bowl, be sure to use the "zero" or "tare" button to zero-out the weight of the empty container before placing your food waste in it
  - Record the weight displayed in ounces (rounded to the tenth decimal) on your dashboard





SAVE THE FOOD  
SAN DIEGO

eco**challenge!**

# FOOD WASTE TRACKING

## WHAT TO WEIGH

*A lot of different food items make their way into our trash. If you aren't sure whether something counts as food waste, check out this handy guide for what to weigh during your food waste tracking week*



### Meal Leftovers

Be sure to weigh any food on your plate that doesn't make it into your stomach or a leftover container

### Food Scraps

Weigh any food scraps (e.g. banana peels, strawberry tops, meat bones, potato peels) that are leftover after food preparation



### Spoiled Food

If you're throwing something out that has gone bad or is past its printed date label, place it on the scale and record its weight first

## TRACKING TIPS

*Here are some helpful tips for your food waste tracking week*

- Keep a small plastic bag or container on hand to store your food waste during the day, and place it on the scale at the end of the day to weigh it
  - Pro tip: store the bag or container in the freezer to keep odors at bay
- If you're using a plate or bowl to weigh your food waste, use the "Zero" or "Tare" feature on your scale. This will "zero-out" the weight of your plate/bowl before you add food to it
- Already composting? You can continue to compost your food scraps, just be sure to weigh and record the scraps first

