



# Plate Waste Study Worksheet

Food Hero Recipe Tested: \_\_\_\_\_

Date: \_\_\_\_\_

Educator Name: \_\_\_\_\_

Audience:  Kids\*  Teens  Adults  
(\*Priority)

## Before the Tasting

**Step 1:** Weigh the trash container and bag(s) that will collect the used serving containers after sampling.

Enter total weight



**Step 2:** Weigh 4 empty serving containers with accompanying utensils.

Enter total weight



**Step 3:** Measure 2 Tablespoons of the food you will sample into the 4 serving containers weighed in Step 2. Keep the servings as equal as possible.



**Step 4:** Weigh the 4 filled serving containers with accompanying utensils.

Enter total weight

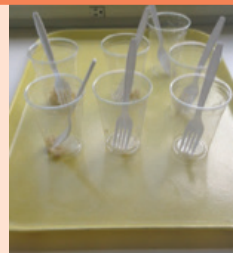


## At the Tasting and Beyond

**Step 5:** Conduct sampling using 2 Tablespoon samples. Use the same type of serving containers and utensils (if needed) and trash container and bags as those weighed in Steps 1 through 4. Tell participants clearly where to put trash when they are done sampling.

**Step 6:** After sampling, collect the serving containers with remaining food in a manner that allows counting (i.e. on trays). Be sure utensils (if used) are included. Do not include samples that were not handed out.

Enter number of serving containers collected



**Step 7:** Weigh the post-consumption waste (containers, utensils (if used), food, plastic bags and trash holder). Be sure to include the same number of bags (empty or full) that were weighed in Step 1.

Enter total weight of waste including bag and trash container



**Step 8:** Send this completed worksheet (mail or scan and email) with the *Food Hero Intercept Survey Coversheet* to Lauren Tobey on Campus.