

Food Hero

Plate Waste Study Worksheet



Extension Service

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.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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