

# WHY DO A FOOD AUDIT?

FIND OUT WHAT FOODS MOST-OFTEN GO TO WASTE & WHY! DEVELOP A PLAN TO AVOID FOOD WASTE, SAVE MONEY, AND HELP PEOPLE MAKE HEALTHY CHOICES!

# HOW IS A FOOD AUDIT DONE?

- Get a school on board and interested in having a food audit done!
- Get supplies ordered: Buckets, aprons, clipboards, weigh scales, paper towels, gloves, trash bags, pens/pencils, signage, and student interview sheets.
- Find out how many students will be participating & request student volunteers!  
*NOTE: Four (4) volunteers per 100 students participating in audit.*
- Meet with cafeteria staff and teachers to go over the audit plan! Remember to get a copy of the menu for the day of the audit.
- Print and laminate labels with pictures and words for buckets from the food items on menu.
- *SETTING UP ON THE DAY OF* audit: Set up the audit area so only volunteers can access trash cans, have an area for unopened food items, put up signage, walk student volunteers through their tasks and hand out teacher resource packets!
- *DURING* the audit: Student volunteers will conduct interviews to find out which foods were not eaten and why. Other student volunteers will place uneaten food items in the appropriate trash bag-lined buckets and stack trays.
- *AFTER* the audit: Weigh each bucket of uneaten food and record the data! Look over the interview sheets and see what the reasons were for uneaten items to better understand the wasted food items to help with food waste in the future.

REMEMBER TO TAKE LOTS OF PHOTOS AND HAVE FUN!

*Note: Check with school administration on permission to photograph students.*