

Team Building



The household food waste diary could be part of a team building exercise.

Participants of the Food Waste Study shared how much they enjoyed filling in the food waste diary.



The food waste diary is meant for individuals to complete independently at home and then to be brought back for discussion with their group.

Reflections and tips can be an excellent exercise in team building.

STEP 1

Introduce your food waste project.

One suggestion for doing this is the food waste game (Food Waste True or False Myth Busting Game, which is in the toolkit).

If you are using the game allow plenty of time to discuss the answers.

STEP 2

Introduce the food waste diary.

Introduce the diary to those who would like to complete it on behalf of their households.

STEP 3

Get together.

Make a date for people to come back together with their diaries.

We found two weeks was a good amount of time.

STEP 4

Sharing thoughts and reflections on filling in the diary is important.

You could ask the following questions:

Do you think you could have saved any money by reducing your food waste?

Was there anything that surprised you about your food waste? e.g. were some days easier than others?

Do you think you might do anything differently in the future?

How did it make you feel?

What are your top tips for reducing food waste?

Would any of your friends be interested in filling out a diary like this?

