

Cost calculator Guide:

Keep your receipts from grocery purchases so you can better estimate the cost of your tossed foods. There are two options for tracking the costs:

- Keep track of price per unit, such as ounces, and estimate the ounces that were tossed
- Keep track of the total cost of the item on your receipt and estimate the percentage of that item that was tossed

If you have a leftover dish that you tossed, you can break it up into the main few items to get an estimate. If you have leftover takeout, you can record the amount spent on the meal and what percentage was tossed. If you are ever unclear about the pricing of an item you can look up a standard price per unit on Amazon. It does not have to be exact, but do your best estimate the value of the food that was tossed to help you see where money can be saved.

Date	What was it?	How much did it cost? (Price/unit: \$/oz or \$/item) (total cost)	About how much was tossed?	Price Price/unit x unit = price Total cost x percentage = price
Ex: 4/1/21	Zucchini	\$0.96 each	2	\$1.92
Ex: 4/1/21	Yogurt	\$0.26/oz	10 oz	\$2.60
Ex: 4/1/21	Leftover Italian beef vegetable soup: Lean ground beef, frozen vegetable blend, diced tomatoes	Beef (16 oz): \$4.48 Frozen vegetable blend: \$2.99 Diced tomatoes (30 oz can): \$3.80	20%	Beef: 4.48 x 0.20 = 0.90 Vegetable blend: 2.99 x 0.20 = 0.60 Diced tomatoes: 3.80 x 0.20 = 0.76 Total = \$2.26

