Date	What food item was disposed of?	Why was it tossed?	Category?								How full is the bag?
			Produce (fresh fruit or vegetables)	Dairy	Grain (bread, oats)	Meat	Leftovers w/meat	Leftovers w/o meat	Shelf stable (cereal, pasta, nuts, chips, crackers)	Condiments (salad dressing, ketchup, fish sauce)	Record when a marking on the bag is reached Estimate amount (g, oz, handful, #) *optional- record weight in grams

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