



He Mana tō te Kai

Weekly Kai Waste Tracking Tool

Based on a **2 litre icecream container**, please note below your food waste. On the day that you fill a container, add '**2L**' in that day. On Sunday, please note if not full, how full ($\frac{1}{2}$ full for example). Please measure this before giving to any animals.

On an average week - how much kai waste does your whānau usually create? (Based on a 2 litre icecream container) _____

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week One							
Week Two							
Week Three							
Week Four							

Notes:

Week One: _____

Week Two: _____

Week Three: _____

Week Four: _____