

REPORT ON DAILY RECORD WORK

Team : CIBI SALUTARIS

Method :-

Keep a diary record of all the family members during one week on throwing away some food.



Anishka's Diary record

Day of the week	Anishka (Me)	My mom	My dad
Sunday, 22 nd Nov 2020 Breakfast	Little; 1 egg yolk	None	Little; Crusts of 1 slice of bread
Monday, 23 rd Nov 2020 Lunch	None	Little; 3 curry leaves	Little; 1 green chili
Tuesday, 24 th Nov 2020 Dinner	None	None	None

Aditi's Diary record

Day of the week	Aditi (me)	Mom	Dad	sister
Monday, 23 rd November	none	none	none	Little; salad
Tuesday, 24 th November	none	Little; pickle	None	none
Wednesday, 25 th November	Little; pieces of onions	none	none	Little; capsicum

Nishtha's diary record

DAY OF THE WEEK	ME (NISHTHA)	MOM	DAD
Thursday, November 19 Breakfast	Little (few curry leaves)	None	None
Friday, November 20 Lunch	None	None	None
Saturday, November 21 Dinner	None	None	Little (few pieces of mushroom)

Niall's diary record

Day of the week	Me (Niall)	Mom	Dad
Friday, November 27 th Breakfast	None	Some veggies	None
Saturday, November 28 th Lunch	Some part of rice	None	little
Sunday, November 29 th Dinner	None	little	None

CONCLUSION :- *Diary Work - Throwing away food*

After observing all the group members' diary work, we can conclude that everyone has thrown away some food at some point of time.

Most of the us throw at least some leftover food, usually the spices and leaves used to give fragrance and taste to the food.

There are few times when durable food is also thrown away for no reason, maybe because the person ate at full capacity and no more can be eaten now.

We have realized that we can help save food by

- only eating how much we can at a time
- by taking small portions of meals at a time
- by donating leftovers or add them to composts
- saving leftovers for next day to utilize them
- keeping a fixed schedule and time for having food
- eating together so if we don't eat others can eat and finish the food stuff. (share your food)
- eating with full attention so that we don't eat extra
- avoiding social gathering because lot of food is wasted.