

REPORT ON DAILY RECORD WORK

Team : CIBI SALUTARIS

Method :-

Keep a diary record of all the family members during one week to check the implementation of following 9 tips:-

1. **Start small** -Take smaller portions at home or share large dishes at restaurants.
2. **Leave nothing behind** -Keep your leftovers for another meal or use them in a different dish.
3. **Buy only what you need** -Be smart with your shopping. Make a list of what you need and stick to it. Don't buy more than you can use.
4. **Don't be prejudiced** -Buy "ugly" or irregularly shaped fruits and vegetables that are just as good but look a little different.
5. **Check your fridge** -Store food between 1 and 5 degrees Celsius for maximum freshness and shelf-life.
6. **First in, first out** -Try using produce that you had bought previously and, when you stack up your fridge and cupboards, move older products to the front and place newer ones in the back.
7. **Understand dates** - Use "by" indicates a date by which the food is safe to be eaten, while "best before" means the food's quality is best prior to that date, but it is still safe for consumption after it
8. **Compost** -Some food waste might be unavoidable, so why not set up a compost bin!
9. **Donate the surplus** -Sharing is caring.

Nishtha's diary record

Nov, 22 nd - 24 th	ME (NISHTHA)	MOM	DAD
START SMALL	Very regularly	Very regularly	Very regularly
LEAVE NOTHING BEHIND	Often	Very regularly	Often
BUY ONLY WHAT YOU NEED	Very regularly	Very regularly	Very regularly
DON'T BE PREJUDICED	From time to time	From time to time	From time to time
CHECK YOUR FRIDGE	Regularly	Very regularly	Often
FIRST IN, FIRST OUT	From time to time	Very regularly	From time to time
UNDERSTAND DATES	Very regularly	Very regularly	Very regularly
COMPOST	Seldom	Seldom	Seldom
DONATE THE SURPLUS	Very regularly	Very regularly	Very regularly

Niall's Diary record

Nov 27 th - 29 th	Me (NIALL)	Mom	Dad
START SMALL	Very regularly	Very regularly	Very regularly
LEAVE NOTHING BEHIND	Very regularly	Very regularly	Very regularly
BUY ONLY WHAT YOU NEED	Often	Often	Very regularly
DON'T BE PREJUDICED	From time to time	From time to time	From time to time
CHECK YOUR FRIDGE	Often	Often	Often
FIRST IN, FIRST OUT	From time to time	often	often
UNDERSTAND THE DATES	Very regularly	Very regularly	Very regularly
COMPOST	Seldom	Seldom	Seldom
DONATE THE SURPLUS	Seldom	Seldom	Seldom

Aditi's Diary record

Nov 27 th - 29 th	Aditi (me)	Mom	Dad	sister
Start small	Very regularly	Very regularly	Very regularly	Very regularly
Leave nothing behind	From time to time	Very regularly	Very regularly	From time to time
Buy only what you need	Very regularly	Very regularly	Very regularly	From time to time
Don't be prejudiced	From time to time	From time to time	From time to time	From time to time
Check your fridge	From time to	Very	From time to	From time to

	time	regularly	time	time
First in, first out	From time to time	Very regularly	Very regularly	Very seldom
Understand dates	Very regularly	Very regularly	Very regularly	Very regularly
compost	Very seldom	From time to time	From time to time	Very seldom
Donate the surplus	From time to time	From time to time	From time to time	From time to time

Anishka's Diary record

Nov 26 th - 28 th	Anishka (Me)	My mom	My dad
Start small	Very regularly	Very regularly	Very regularly
Leave nothing behind	From time to time	From time to time	Very regularly
Buy only what you need	From time to time	Very regularly	Very regularly
Don't be prejudiced	From time to time	From time to time	From time to time
Check your fridge	Very regularly	Very regularly	Very seldom
First in, first out	From time to time	Very regularly	Very regularly
Understand dates	Very regularly	Very regularly	From time to time
Compost	Very seldom	Very regularly	Very regularly
Donate the surplus	Very regularly	Very regularly	Very regularly

CONCLUSION :- After observing all the diary records,

We can conclude that all the nine tips are being implemented at some point of time by someone in the family.

Most of the tips are being followed very regularly and must continue to do so.

Some of the tips like "buy only what you need", "don't be prejudiced" and "leave nothing behind" still need improvement, but we're getting there.

These tips are very useful in households on a daily basis as it can really help reduce food waste and help save money by buying only what you need when you need it.