



Food Waste Control: A Practical Checklist


Reducing food waste doesn't just help the planet but also boosts your bottom line. Here's a simple, hands-on guide to help you audit and control food waste in your establishment.

Step 1: Audit Your Waste

"What gets measured gets managed."

Audit Duration: Pick a timeframe that works for your team—1 day, three days, or even a week. The longer you audit, the more accurate your average data will be.

Team Training: Ensure your whole team understands why you're doing this and what's in it for them—highlight the environmental and financial benefits. This way, they're engaged and on board.



Create a Team: Whether it's your existing "Green Team" or a new group, assemble a team to champion this audit. They'll be the driving force behind reducing waste.

Separate Waste Streams: During your audit, split your bins (or trays for production prep) into three categories.

Spoilage: Place this near your central chiller to catch anything wrong.

Production: Keep this in the middle of your prep area for trimmings and scraps.

Plate Waste: Position this where dishes are cleared after service to track what's returning uneaten.

Weigh and Record: At the end of each day, measure the weight of each waste bin. A simple set of luggage scales can do the trick. (If you're interested in more advanced tech options with AI, contact The Table Food Consultants for guidance.)

Track Major Contributors: Along with the weight, note the top 3 most significant contributors in each bin (spoilage, production, plate). This helps you pinpoint what's driving your waste.



Step 2: Analyse Your Data

Now that you've gathered data, this becomes your "baseline."


Identify Key Waste Streams: Which area contributes the most waste—plate, spoilage, or production?

Top Waste Items: What specific items are you wasting the most, and where are they coming from?

Focus on Your Top 2: Isolate the two highest waste contributors and investigate why they are wasted.

Step 3: Test Interventions

Work with your Green Team (or audit team) to brainstorm ways to reduce or eliminate your top waste Streams. It could be as simple as adjusting portion sizes or finding a use for commonly wasted ingredients.



Test & Implement: Once you have an idea, test it and see how it works. If you need advice or want to know about tried-and-tested methods, contact The Table Food Consultants for tips or guidance.

Step 4: Re-Audit

After testing your interventions, rerun the same audit using the same method you used for your baseline. This re-audit is crucial in seeing if your waste reduction efforts are working.

Monitor Results: Re-audits are crucial after launching a new menu or making operational changes to see how those tweaks affect waste levels.

Step 5: Rinse and Repeat

Follow these steps regularly to keep waste in check. Please keep track of the data, both the food waste KG (note its decline) and your financial impact. The results—both for the planet and your bottom line—are well worth it.



Following these simple steps will show tangible results in your establishment's food waste management. For more tips or to explore tech solutions, contact The Table Food Consultants at www.thetablefoodconsultants.com.au.