
LOW-WASTE KITCHEN KIT

Kitchen Assessment & Goal Planner

Identify your current habits, waste patterns, and realistic goals.

D O C U M E N T 2 O F 8

Know your habits. Choose your focus. Build smarter routines.



Before You Begin

This workbook helps you take a closer look at your kitchen habits and identify where waste may be happening. It is not a test or a judgment, it is a practical tool for building awareness so the rest of the kit becomes more useful and personal to you.

You do not need to already be organized. You do not need to already be low-waste. This document is designed to help you start exactly where you are.

How to Use This Planner

Answer honestly, estimates are fine. Focus on patterns, not precision. You do not need to fill out every single section in one sitting. Choose what feels most relevant and come back to the rest later. The goal is clarity, not perfection.

Awareness Is Progress

The more clearly you understand your habits, the easier it becomes to build a kitchen system that works better for you. Simply noticing your patterns is already a strong first step.

When you finish this planner, you will have a clear picture of your habits, your biggest frustrations, and realistic goals to work toward. That foundation makes everything else in the kit more effective.

My Current Kitchen Snapshot

Before diving into details, take a broad look at how your kitchen feels right now. Rate each statement honestly.

	1	2	3	4	5
My kitchen feels organized	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually know what food I already have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use leftovers consistently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I shop with a plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I waste less food than I used to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My fridge stays reasonably under control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use disposable kitchen products often	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confident managing food before it spoils	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Complete the Sentence

The part of my kitchen routine that feels easiest is...

The part of my kitchen routine that feels most frustrating is...

I most want help with...

Kitchen Stress Level

How stressful does managing your kitchen feel right now?

<input type="radio"/> Low	<input type="radio"/> Moderate	<input type="radio"/> High	<input type="radio"/> Overwhelming
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One-Word Check-In

If I had to describe my current kitchen system in a few words, I would say it feels...

Where Waste Happens Most Often

Where do you think waste happens most often in your kitchen? Check all that apply, then rate how frequently each one occurs.

	Rarely	Sometimes	Often	Very Often
Fridge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pantry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Freezer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Countertop produce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leftovers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grocery shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meal prep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooking too much food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Takeout or convenience habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disposable products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Expired items	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unplanned purchases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My Top 3 Kitchen Waste Problem Areas Right Now

- 1.
- 2.
- 3.

Why These Areas Are Difficult

Check the reasons that apply to you:

- ☐ I forget what I have
- ☐ Things spoil too quickly
- ☐ I buy too much
- ☐ I do not plan meals around what I already own
- ☐ Leftovers do not get used
- ☐ I do not check before shopping
- ☐ Storage is messy or disorganized
- ☐ I am too busy to stay on top of it
- ☐ I cook inconsistently
- ☐ I shop impulsively

Other:

What Usually Gets Wasted in My Kitchen

Move from general awareness to specific patterns. Which categories of food or items tend to get wasted most often?

<input type="checkbox"/> Fresh produce	<input type="checkbox"/> Leftovers
<input type="checkbox"/> Dairy	<input type="checkbox"/> Bread or baked goods
<input type="checkbox"/> Frozen food	<input type="checkbox"/> Meat or protein
<input type="checkbox"/> Pantry items	<input type="checkbox"/> Condiments or sauces
<input type="checkbox"/> Snacks	<input type="checkbox"/> Beverages
<input type="checkbox"/> Prepared meals	<input type="checkbox"/> Herbs
<input type="checkbox"/> Overripe fruit	<input type="checkbox"/> Expired items
<input type="checkbox"/> Single-use kitchen supplies	

My Top Wasted Items

The foods or products I waste most often are:

- 1.
- 2.
- 3.
- 4.
- 5.

When Waste Happens, It Is Usually Because...

Check all that apply:

- ☐ I bought too much
- ☐ I forgot about it
- ☐ I did not have a plan for it
- ☐ I stored it poorly
- ☐ I ran out of time
- ☐ I changed my mind about the meal
- ☐ No one wanted to eat it
- ☐ Leftovers got ignored
- ☐ I cooked too much
- ☐ I overestimated how much I needed

First Priority

The waste category I most want to improve first is... because...

My Shopping Habits Check-In

A lot of kitchen waste starts before food even enters the home. This section helps you assess how your shopping patterns may be contributing to waste.

	Never	Sometimes	Often	Very Often
I shop without checking what I already have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I buy duplicates by accident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I buy food with good intentions and don't use it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I buy too much produce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make impulse purchases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I buy in bulk and do not finish it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I shop when hungry or rushed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not always use a list	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I buy items for 1 recipe and never use the rest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I restock before I actually need to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My Grocery Shopping Style Is Usually...

<input type="checkbox"/> Highly planned	<input type="checkbox"/> Somewhat planned	<input type="checkbox"/> Reactive
<input type="checkbox"/> Convenience-based	<input type="checkbox"/> Budget-driven	<input type="checkbox"/> Impulse-driven
<input type="checkbox"/> Variety-seeking	<input type="checkbox"/> Bulk-focused	<input type="checkbox"/> Rushed

Biggest Shopping Challenge

The biggest way my shopping habits contribute to waste is...

One Habit to Improve

One shopping habit I most want to improve is...

Focus on Patterns, Not Perfection

This assessment is not about judging yourself. It is about understanding what is happening in your kitchen so you can improve it realistically.

Leftovers, Meal Planning & Food Use

This section looks at the gap between what is bought, cooked, stored, and actually eaten. Food waste is often a systems issue, not laziness.

	1	2	3	4	5
I plan meals before shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I build meals around what I already have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I remember to use leftovers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I label or track leftovers clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat ingredients before they spoil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what needs to be used first	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I cook appropriate portions most of the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I check my fridge before planning meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I freeze food before it goes bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I regularly rescue ingredients that need to be used soon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When Leftovers Go Unused, It Is Usually Because...

- ☐ I forget they are there
- ☐ They are not visible in the fridge
- ☐ No one wants to eat them
- ☐ I do not have a plan for them
- ☐ I make too much food
- ☐ I get tired of repeating meals
- ☐ I do not know when they were stored
- ☐ I choose convenience foods instead

My Current Meal Planning System Feels...

Foods I Often Mean to Use but Forget About

Disposables & Low-Waste Habits

This section helps you assess how often you rely on disposable kitchen products and identify easy sustainability improvements, without pressure.

Which Single-Use Items Do You Use Most Often?

	Occasionally	Weekly	Frequently	Daily
Paper towels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plastic wrap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Zip bags	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disposable water bottles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Takeout utensils	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disposable napkins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Paper plates or cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Single-use food storage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Produce bags	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plastic grocery bags	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disposable cleaning products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of These Do You Already Do?

Check any lower-waste habits you already practice sometimes or regularly:

- ☐ Use reusable containers
- ☐ Bring reusable shopping bags
- ☐ Save leftovers intentionally
- ☐ Freeze food before it spoils
- ☐ Reuse jars or containers
- ☐ Use cloth towels or rags
- ☐ Meal plan before shopping
- ☐ Buy only what I need
- ☐ Compost if available
- ☐ Keep a grocery list

Easiest Swap

The easiest low-waste kitchen habit for me to improve first would be...

Not Ready Yet

One change I am not ready for yet, or need to approach slowly, is...

My Biggest Kitchen Waste Triggers

Waste is not just about what gets thrown out, it is about the real-life conditions that cause it. Identifying your triggers helps you build systems that work.

Waste Happens More Often in My Kitchen When...

Check all that apply:

<input type="checkbox"/> I am busy or stressed	<input type="checkbox"/> I do not have a plan
<input type="checkbox"/> I am tired after a long day	<input type="checkbox"/> Groceries are disorganized
<input type="checkbox"/> I skip meal planning	<input type="checkbox"/> The fridge is cluttered
<input type="checkbox"/> I shop in a rush	<input type="checkbox"/> I buy too many “healthy intention” foods
<input type="checkbox"/> I have a changing schedule	<input type="checkbox"/> I eat out unexpectedly
<input type="checkbox"/> I overprepare for the week	<input type="checkbox"/> I forget what I already have
<input type="checkbox"/> No one wants leftovers	<input type="checkbox"/> I do not check expiration dates
<input type="checkbox"/> I am trying to save time	<input type="checkbox"/> I buy things on sale that I do not really need
<input type="checkbox"/> Special event leftovers pile up	<input type="checkbox"/> I lack storage containers or systems

My Top 5 Kitchen Waste Triggers

- 1.
- 2.
- 3.
- 4.
- 5.

Trigger Pattern Reflection

The trigger I think causes the most waste in my kitchen is... because...

A Trigger I Could Reduce With a Simple System

What Is Working Well Already

Before setting goals, it is important to recognize what you are already doing well. Your strengths are the foundation for building better systems.

Strengths Matter Too

Noticing what is already working can help you build a system that feels sustainable long term. You are not starting from zero.

Which of These Already Go Fairly Well in Your Kitchen?

- ☐ I use some leftovers
- ☐ I usually keep certain areas organized
- ☐ I shop with a list sometimes
- ☐ I am good at using certain foods before they spoil
- ☐ I already use some reusable items
- ☐ I care about reducing waste
- ☐ I notice when I am overbuying
- ☐ I am willing to improve
- ☐ I already have some good kitchen routines
- ☐ I have made progress before

My Current Strengths

Three things I already do that support a lower-waste kitchen are:

- 1.
- 2.
- 3.

Past Win Reflection

A kitchen habit or system that has worked well for me in the past is...

Confidence Builder

One reason I believe I can improve my kitchen habits is...

My Low-Waste Kitchen Goals

Now that you have assessed your habits, it is time to turn awareness into intention. Choose focused, realistic goals that matter to you.

Which Areas Do I Want to Improve Most Right Now?

<input type="checkbox"/> Food waste	<input type="checkbox"/> Leftovers
<input type="checkbox"/> Grocery planning	<input type="checkbox"/> Fridge organization
<input type="checkbox"/> Pantry organization	<input type="checkbox"/> Freezer use
<input type="checkbox"/> Meal planning	<input type="checkbox"/> Disposable reduction
<input type="checkbox"/> Kitchen routines	<input type="checkbox"/> Budgeting through better food use

My Top 3 Low-Waste Kitchen Goals

- 1.
- 2.
- 3.

Goal Writing Prompts

I want to waste less by...

I want to improve my shopping habits by...

I want to use leftovers more often by...

I want my kitchen to feel more...

Short-Term Goal

In the next 14 days, I want to...

Monthly Goal

Over the next month, I want to...

What Success Looks Like for Me

If this kit helps me make progress, success would look like...

My First Focus Plan

Choose one area to focus on first. A clear starting point makes the rest of the kit easier to use and more effective.

My Biggest Issue Right Now

The kitchen challenge I want to tackle first is...

Why It Matters

This matters to me because...

What I Think Is Causing It

I think this is happening because...

One Small Step I Can Take This Week

Pages or Documents I Want to Use Next

<input type="checkbox"/> Pantry inventory	<input type="checkbox"/> Fridge inventory	<input type="checkbox"/> Freezer inventory
<input type="checkbox"/> Grocery planner	<input type="checkbox"/> Meal planner	<input type="checkbox"/> Leftovers planner
<input type="checkbox"/> Food waste tracker		

Personal Commitment

This week, I am choosing progress by...

Your Next Step

Continue to Document 3: Kitchen Inventory & Organization Workbook. This next workbook helps you get visibility into what you already have so you can stop forgetting food, reduce duplicates, and create a more organized kitchen system.

You do not need a perfect kitchen to make meaningful progress. You just need a starting point.

With practical progress,
Education2Success

