



# Eco Awareness Week 2020

AS & SHSK  
Eco-Committees



Thursday...

**FOOD WASTE**

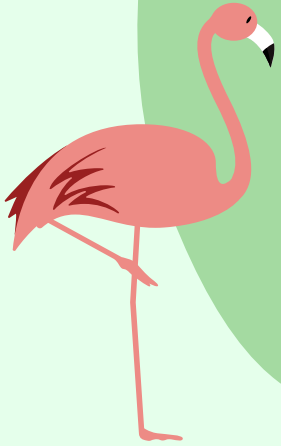
# FOOD WASTE VIDEO



Star now!

# VIDEO POINTS

- Globally, there are 815 million people **starving**
- On average, the world wastes 1.6 billion tonnes of food every year
- Every year, an average American family spends \$2,000 on food which gets wasted
- Food gets wasted in multiple stages (farming, transport, supermarkets, households)
- Food wastage not only wastes food, but all of the energy used to produce it (land, water, human labour, electricity, fuel)
- UN want to halve food waste by 2030
- If we worked on food waste, we could feed 2 billion extra people



# UK FOOD WASTAGE

- The previous video especially focused in on America and their food wastage. Let's take a look at some facts about UK food wastage...
  - Every single day, we throw away enough food to fill the ENTIRE Albert Hall... 60% of which is still (pitch) perfect to eat
  - Every year, we throw enough food away to equal the weight of 550,000 double decker buses
  - In a day...
    - 20 million slices of bread, 4.4 million potatoes, 2.2 million slices of ham, 1.2 million tomatoes ...are thrown away!
  - UK food waste has at least 10x more environmental impact than packaging waste, and that's before accounting for the methane release from food waste
  - 30% of our UK crops are rejected by supermarkets (due to minor cosmetic imperfections) and therefore thrown away

# HOW CAN WE IMPROVE?

As we've seen in the previous video and facts, our food waste is pretty SHOCKING.  
...So how can we improve and begin to change our habits?

✓ **Shop Smart & Realistically**  
How much will you eat? Will you actually eat it? Be sensible.

✓ **Portion Control**  
Focus on how much food you're choosing to cook and eat. If you won't eat it all, don't cook it all.

✓ **Save & Eat Leftovers**  
Perhaps dedicate two nights a week for leftovers? (... pizza is always better the next day. FACTS.)

✓ **Store Food Properly**  
Keeping most food in the fridge will help it to stay fresher for longer. Don't just leave it in a bowl

✓ **Sticky Labels**  
Try putting sticky labels on food that goes off quicker? It'll help remind you to eat it.

✓ **Sell-By-Dates Guidelines.**  
Sell-by dates don't mean the food has gone off that day! It's just a guideline, so eat it around the final date!

✓ **Track Your Eating**  
Keep a diary of the food you throw out. Then, you can see any patterns of wastage and correct them!

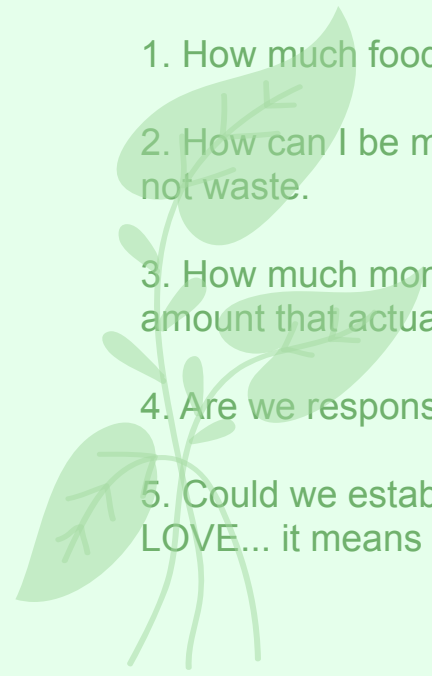
✓ **Don't Discriminate**  
Buy veg even if it looks like the wrong shape! Just because it's 'ugly' doesn't mean it's not delicious!

✓ **Composting**  
If you still have food wastage after this, make sure you compost it!

# DAILY CHALLENGE

If you're not in charge of the family food shop, why don't you try talking to your parents tonight about the food they buy? Here's some questions you could ask...

1. How much food do we (your family) waste in a week? Is it proportional to the amount we buy?
2. How can I be more involved in the food shop? Buying food you choose makes it a lot easier to eat & not waste.
3. How much money do we spend on food in a normal week? Is it too much/ too little considering the amount that actually gets eaten? (Parents LOVE saving money, so this is a great question)
4. Are we responsible with our food wastage? Do we compost?
5. Could we establish one or two leftover nights a week? (This is another one your parents will LOVE... it means less cooking for them...)



# Thanks

Any changes you make will genuinely make the  
BIGGEST impact...







SAVE

THE

EARTH