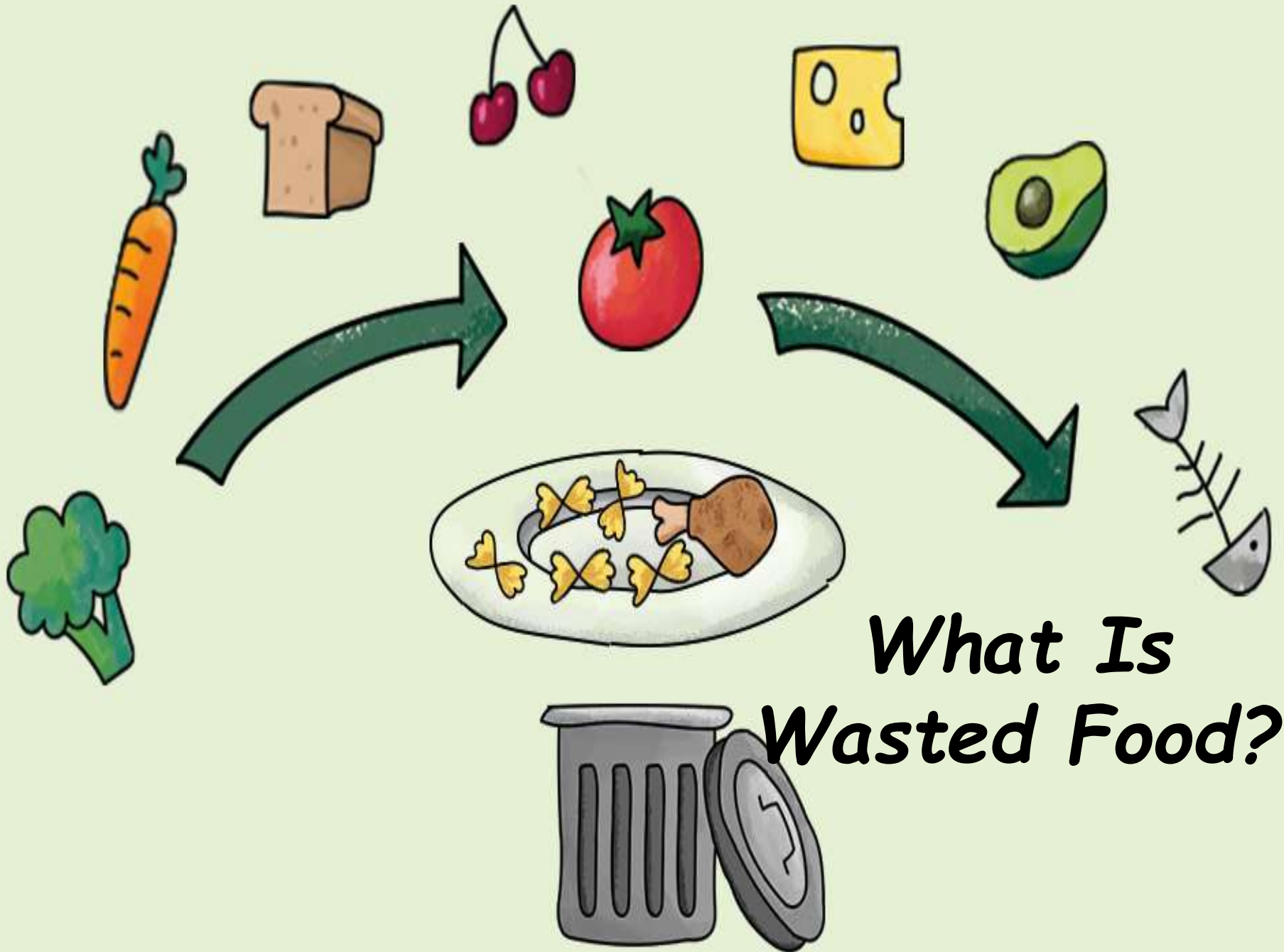




FOOD WASTE

By: Sara Andrasic



- There are two main kinds of wasted food:

- 1 Food loss
- 2 Food waste



The part of food that is lost from harvest to the excluded retail level is known *as food loss*.





The part that is wasted at the retail or consumer level is called **food waste** .



- Reducing food loss and waste is essential in a world where millions of people suffer from hunger every day.
- It is up to us to change our habits so that not wasting food becomes a way of life.



A close-up photograph of a chalkboard with the words "ZERO WASTE" written in white chalk. The text is arranged in two lines: "ZERO" on the top line and "WASTE" on the bottom line. The chalkboard is framed by a light-colored wooden border.

1 .ADOPT A HEALTHIER, MORE SUSTAINABLE DIET

- Life is fast-paced and preparing nutritious meals can be a challenge, but healthy meals don't have to be elaborate.
- The internet is full of quick healthy recipes that you can share with your family and friends.

2. BUY ONLY WHAT YOU NEED

- Plan your meals.
- Make a shopping list and stick to it, and avoid impulse buys.



3. PICK UGLY FRUIT AND VEGETABLES

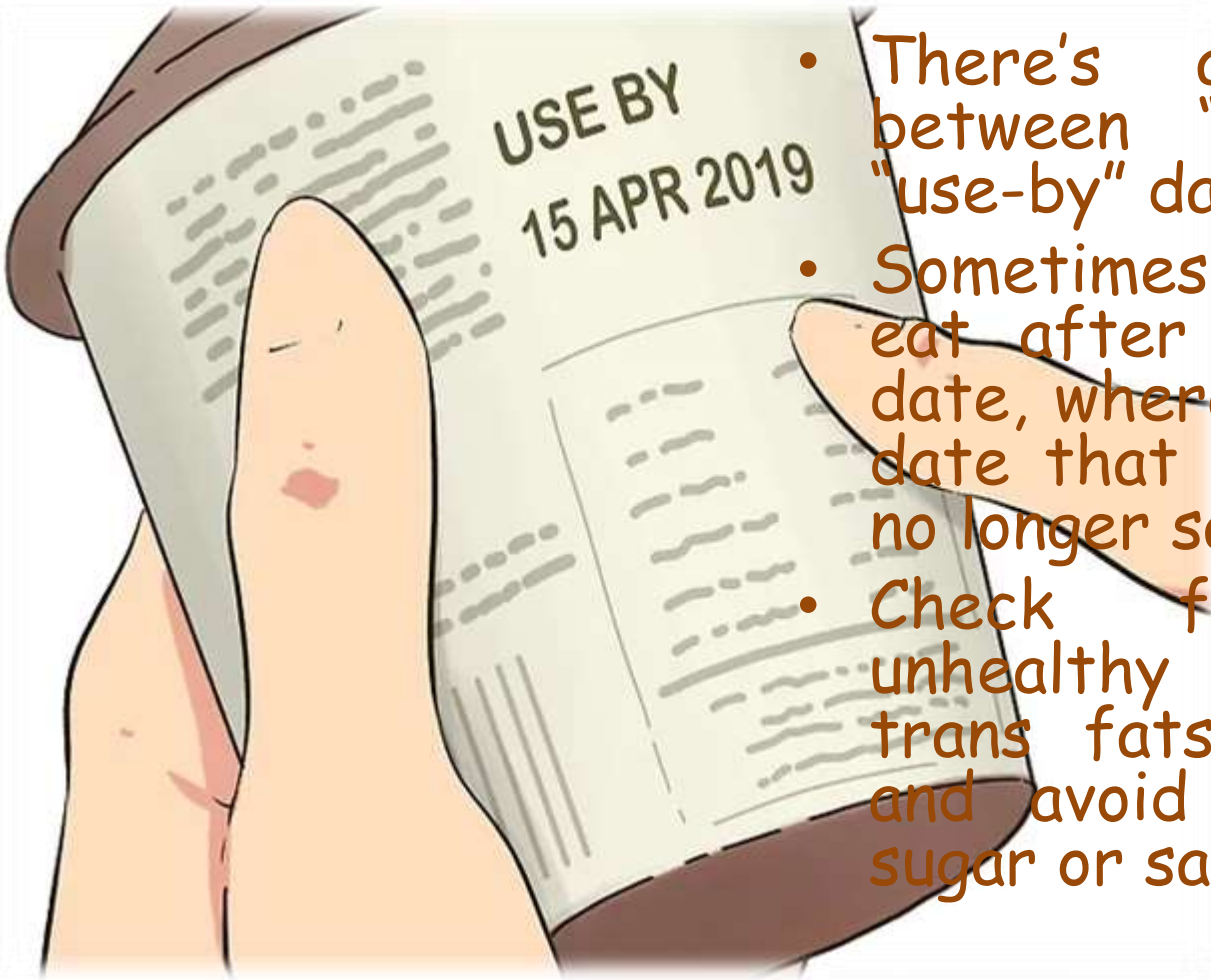
- Oddly-shaped or bruised fruits and vegetables are often thrown away because they don't meet arbitrary cosmetic standards.
- Don't worry - they taste the same!
- Use mature fruit for smoothies, juices and desserts.

4. STORE FOOD WISELY

- Move older products to the front of your cupboard or fridge and new ones to the back.
- Use airtight containers to keep open food fresh in the fridge and ensure packets are closed to stop insects from getting in.



5. UNDERSTAND FOOD LABELLING



- There's a big difference between "best before" and "use-by" dates.
- Sometimes food is still safe to eat after the "best before" date, whereas it's the "use-by" date that tells you when it is no longer safe to eat.
- Check food labels for unhealthy ingredients such as trans fats and preservatives and avoid foods with added sugar or salt.

6. *START SMALL*



- Take smaller portions at home or share large dishes at restaurants.

7. LOVE YOUR LEFTOVERS



8. PUT YOUR FOOD WASTE TO USE



- Instead of throwing away your food scraps, compost them.
- This way you are giving nutrients back to the soil and reducing your carbon footprint.

9. RESPECT FOOD



- Food connects us all.
- Re-connect with food by knowing the process that goes into making it.

10. SUPPORT LOCAL FOOD PRODUCERS



- By buying local produce, you support family farmers and small businesses in your community.
- You also help fight pollution by reducing delivery distances for trucks and other vehicles.



11. USE LESS WATER

- We can't produce food without water!
- While it's important that farmers use less water to grow food, reducing food waste also saves all the water resources that went into producing it.
- Reduce your water intake in other ways too: fixing leaks or turning off the water while brushing your teeth!

12. KEEP OUR SOILS AND WATER CLEAN

- Some household waste is potentially hazardous and should never be thrown in a regular rubbish bin.
- Items such as batteries, paints, mobile phones, medicine, chemicals, fertilizers, tires, ink cartridges, etc. can seep into our soils and water supply, damaging the natural resources that produce our food.

13. EAT MORE PULSES AND VEGGIES

A top-down view of a diverse collection of healthy foods arranged on a light-colored wooden surface. The assortment includes various fruits like lemons, oranges, a banana, pears, strawberries, blueberries, raspberries, and grapes. Vegetables include cauliflower, fennel, celery, cherry tomatoes, and mushrooms. Pulses and grains are shown in several bowls, including chickpeas, lentils, quinoa, and puffed grains. There are also nuts, seeds, and dried herbs scattered throughout the display.

14. *SHARING IS CARING*



FOOD WASTE IN RESTAURANTS AND INSTITUTIONS

- US restaurants generate an estimated 22 to 33 billion pounds of food waste each year.
- Institutions — including schools, hotels and hospitals — generate an additional 7 to 11 billion pounds per year.



- Approximately 4 to 10 percent of food purchased by restaurants is wasted before reaching the consumer.
- Drivers of food waste at restaurants include oversized portions, inflexibility of chain store management and extensive menu choices.

- On average, diners leave 17 percent of their meals uneaten and 55 percent of edible leftovers are left at the restaurant.
- This is partly due to the fact that portion sizes have increased significantly over the past 30 years.



- Kitchen culture and staff behavior such as over-preparation of food, improper ingredient storage and failure to use food scraps and trimmings can also contribute to food loss.
- All-you-can-eat buffets are particularly wasteful, since extra food cannot legally be reused or donated due to health code restrictions.

ONE OF THE EXAMPLES - IN SERBIA

- **NALED** has launched the project "Towards better food waste management in the Republic of Serbia" which is implemented within the develoPPP program funded by the German Federal Ministry for Economic Cooperation and Development through the Development Agency (GIZ), with the aim of improving the management of this type of waste, regulatory solutions are created and biowaste flows are regulated.
- Residues from food after use can have a very negative effect on human health by returning to the food chain (eg animal nutrition) or when they reach landfills where, under the open sky, they emit harmful gases with a greenhouse effect.
- The surplus food that appears in each of the phases, starting from primary production to final use in Serbia, usually ends up in municipal waste and accounts for 60% of the total waste in landfills.
- Due to the increasing quantities and improper management of food waste, as well as the danger it poses to human health, this project deals with raising awareness of the existence of this problem, as well as solutions to regulate the flow of this type of waste.

GOALS AND ACTIVITIES

- Harmonization of policies and regulations in the field of food waste management.
- Awareness raising campaign on responsible food waste management.
- Education of national and local inspections on biowaste management.
- Piloting of food waste collection systems in public institutions and economic entities at the level of local self-government.
- Increasing inspection supervision and advisory visits to generators in connection with the application of regulations on food waste.
- Instruct large food waste generators in responsible disposal procedures and increase their number by 50%

The goal is to dispose of 1000 tons of food waste with the recycling operator.

MY PERSONAL EXAMPLE

- I can show you all the above through the example of my future profession dealing with Gastronomy.
- While doing the obligatory practice in one of the local restaurants, I noticed a real example of the process of proper collection of food waste that was disposed of in a special container.
- After the end of the shift, the same waste was taken away by a person who is engaged in agriculture, who also signed a contract with the restaurant that he is obliged to use the waste as fertilizer for composting his land.

THE END

Love
Your
Food

The logo features the words "Love Your Food" in a playful, rounded font. "Love" is in purple with a red outline on the 'V'. "Your" is in purple. "Food" is in purple, with the 'O's having orange and yellow outlines. Several small green leaves are scattered around the text.