

E
HELP SOLVE I

TIPS FOR REDUCING FO

Keep and c items

Plan your weekly meals before to avoid buying items you mi

Another option is to d extra food to feed hun through food banks or

Research the best ways to st stay fresh for as long as possi Agriculture has even develop help (<https://www.foodsafety> and food storage tips can also

Learn a sig occu food

Using food scraps to feed ani strategy to ensure food does

If all else fails, food for composting or industrial purpose also be considered placing waste in a or incinerating it.

43% ding to ReFED, taurants and occurs on farms,

(NRDC) ates each people.

al tes, ducts.

Introduction to Food Waste

Food waste is a critical global issue, leading to environmental harm and economic losses.

Each year, billions of pounds of food are thrown away, contributing to hunger and climate change.

We need to raise awareness and take action to reduce food waste on both individual and systemic levels.

by Erik Rades
and Edi Lopatel

Environmental Impact of Food Waste

Food waste contributes to greenhouse gas emissions, with decomposing food producing methane, a potent greenhouse gas.

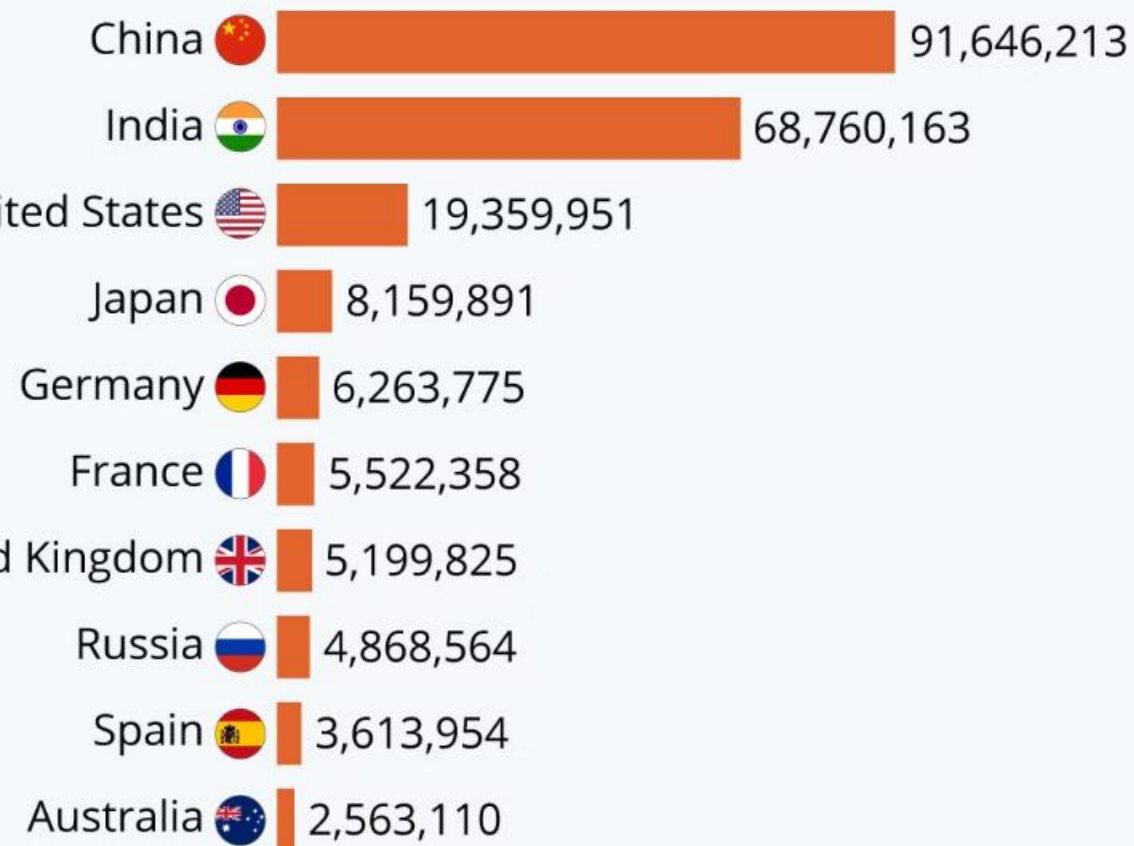
Wasted food also leads to unnecessary resource consumption, including water, land, and energy used in production.



The Enormous Scale of Global Food Waste

Total annual household food waste produced in selected countries*

Total food waste per year (tonnes)
Estimated food waste per capita (kg)



* Estimates with high or medium confidence
Source: UNEP Food Waste Index Report 2021



Economic impact of food waste

- **Costs:** Food waste leads to financial losses for households, businesses, and the economy.
- **Resources wasted:** Wasted food represents a squandering of valuable land, water, and energy resources that were used in its production.
- **Food insecurity:** The economic impact of food waste exacerbates food insecurity for vulnerable populations.

Social impact of food waste

1

Food insecurity

Food waste contributes to food insecurity, affecting vulnerable populations and perpetuating hunger.

2

Resource depletion

Wasted food results in the unnecessary depletion of natural resources like water, land, and energy.

3

Greenhouse gas emissions

Decomposing food waste in landfills produces methane, a potent greenhouse gas contributing to climate change.

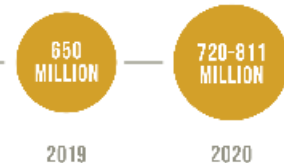
END HUNGER, ACHIEVE FOOD SECURITY AND IMPROVED NUTRITION AND PROMOTE SUSTAINABLE AGRICULTURE

GLOBAL PANDEMIC EXACERBATING WORLD HUNGER

BY THE END OF 2020, AN ADDITIONAL 1.3 BILLION PEOPLE MAY TO HAVE ACCELERATED HUNGER AS A RESULT OF THE PANDEMIC IN 2020



NUMBER OF UNDERNOURISHED PEOPLE IN THE WORLD



PANDEMIC WILL EXACERBATE CHILD MALNUTRITION



*THESE 2020 ESTIMATES DO NOT REFLECT THE IMPACT OF THE PANDEMIC

ALMOST ONE THIRD OF WOMEN OF REPRODUCTIVE AGE GLOBALLY SUFFER FROM ANAEMIA, IN PART DUE TO NUTRITION DEFICIENCY



2.37 BILLION PEOPLE ARE WITHOUT FOOD OR UNABLE TO EAT A HEALTHY BALANCED DIET ON A REGULAR BASIS (2020)

Causes of food waste

Food waste is often caused by over-purchasing, improper storage, and inefficient meal planning.

- Excess buying due to bulk discounts
- Lack of knowledge on proper food storage
- Inaccurate estimation of meal quantities



Solutions to reduce food waste at home

■ Meal planning

Plan meals ahead to buy only what's needed and use perishable items first.

■ Composting

Turn food scraps into nutrient-rich compost for gardening.

■ Proper storage

Store food properly to maintain freshness and extend shelf life.

■ Portion control

Serve appropriate portions to reduce uneaten leftovers.

Solutions to Reduce Food Waste in Restaurants

Ingredient Management

Restaurants can track ingredient usage to minimize over-purchasing and spoilage.

Utilize inventory software to optimize ingredient orders and reduce waste.

Portion Control

Offer flexible portion sizes to reduce uneaten food served to customers.

Train staff on portion control best practices to minimize leftovers.

Menu Innovation

Create dishes that utilize all parts of ingredients to minimize waste.

Develop seasonal menus to align with fresh ingredient availability.

Food Donation Programs

Partner with local food banks or charities to donate excess food.

Establish relationships with organizations that can redistribute surplus food.

Government Initiatives to Combat Food Waste



Regulations

Implementing policies and regulations to reduce food waste in production and distribution.



Subsidies

Offering financial incentives to businesses that donate excess food to charities or recycling facilities.



Education Programs

Developing educational campaigns to raise awareness about the impact of food waste and provide practical solutions.

AGRICULTURAL PRODUCTION IN ROMANIA

- ❑ Romania, with its rich soil, diverse climate, and long agricultural tradition, has a significant role in Europe's agricultural landscape. From the fertile plains of the Danube River to the rolling hills of Transylvania, Romania's agricultural sector plays a crucial role in both domestic food security and international trade. This text explores the key aspects of agricultural production in Romania, highlighting its strengths, challenges, and future prospects.
- ❑ Despite its agricultural potential, Romania faces several challenges in maximizing productivity and sustainability. Land fragmentation, a legacy of historical land reforms, poses a significant obstacle to modernization and efficiency in farming. Small-scale family farms dominate the landscape, making it difficult to implement large-scale mechanization and achieve economies of scale.
- ❑ In 2015, the share of the workforce employed in agriculture in Romania was 25.9%, the highest in the whole of the EU, for which the average was 4.4%. Of all the people working in agriculture in Romania, 84% were nonsalaried, compared with an EU average of nonsalaried people working in agriculture of 72%, with the gross added value per worker being approx. 50% lower than the EU average.

What big fast food brands think about food waste?

On January 31, 2024, my team and I went to one of the most famous fast food restaurants: KFC Here we discovered some aspects of food waste, which helped us answer our questionnaire, from which we extracted certain aspects such as:

- ❑ KFC defines the concept of food waste as a complex problem that affects the environment and society, causing harm to health.
- ❑ There are no Standard Procedures in place to manage unsold items until the end of the day, because the products put on sale at the start of the day are recorded in a production schedule which expresses the exact quantity of products for that day .
- ❑ Unsold but still edible food must be donated to a center that organizes events for children, but it also reaches the elderly in special centers.
- ❑ Reducing food waste is very important for this company because it reduces the quantity of residual waste.
- ❑ Managers train employees on reducing food waste through 4 training courses every 6 months on this subject and much more.
- ❑ KFC communicates with its customers about its efforts to produce food waste through posters, advertisements, banners and flyers.
- ❑ A new technology implemented by this company is the purchase of a waste sorting machine (plastic, oil, paper, cardboard, residual waste)
- ❑ The suggestions they make to other companies in the fast food sector to reduce food waste are the introduction of specialized courses for employees, but also the specific recycling machine.
- ❑ KFC's goal is to increasingly reduce waste and food waste.

Food waste awareness campaigns



Educational Initiatives

Community workshops and school programs raising awareness about food waste and sustainable practices.



Social Media Campaigns

Engaging and informative social media campaigns highlighting the impact of food waste on the environment and offering practical tips.



Events and Exhibitions

Interactive exhibitions and events showcasing innovative ways to reduce food waste and promote responsible consumption.

9 Clever Hacks to Reduce Food Waste

Don't toss it,
put it to work for you!

Crisp it up!

Don't throw away those vitamins! Peelings and seeds provide nutrition and make for quality snacking!

Apple Peels



Sprinkle with sugar, cinnamon & bake. Kids love it!

Potato Skins



Bake with olive oil & sea salt. Crispy, low-cal chips in minutes!

Pumpkin Seeds




Roast with spices for a zesty grab-n-go energizing snack!

Channel your inner grandma...

Apply her spirit of 'making lemonade out of lemons,' and make some magic of your own!

Banana Bread



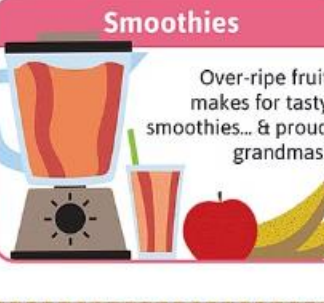
Turn browning bananas into a nutritious after-school treat!

Is it soup yet? It can be!



Make stock from scraps! Corn cobs, leeks, onions, carrots, etc!

Smoothies



Over-ripe fruit makes for tasty smoothies... & proud grandmas!

Go full circle

Practice good karma and give back to mother nature!

Compost



Food waste (fruit, veggie peelings, coffee grounds, eggshells, & more) enrich your soil!

Worm Farming



Worms wiggle with delight while turning kitchen scraps into garden gold!

Backyard Chickens



Mmmm...fresh eggs every morning? Chickens will gobble up your fruit & veggie scraps!

Conclusion and Call to Action

As we conclude, it's crucial to take action to minimize food waste. Every small effort counts towards a sustainable future. Start by practicing mindful consumption and spreading awareness about food waste's impact on the environment, economy, and society.

Together, we can make a significant difference and work towards a world with less food waste and hunger.