

## **Week 1: ["U" UNDERSTAND]**

### **Post 1 - April 25**

#### **What is food waste?**

Food waste is the edible and inedible parts of food left to rot in the soil and in landfills. Food rotting in the ground or in landfills produces methane, a greenhouse gas 20 times more potent than CO<sub>2</sub>.

Food discarded in compost bins and green bins also constitutes food waste. Consciously reducing our food waste, finding new uses for what we consider inedible are options not to be ignored. Boiling vegetable peels before discarding them produces a nutritious and tasty vegetable broth, for example.

Cutting down on food waste confers a number of benefits. Consider for just a moment the labour, water, fossil fuels and other resources spent producing all the food never eaten. Food wasted could be distributed to starving populations worldwide and food would still be left over. If food waste were a country, it would be the largest emitter of greenhouse gases after China and the United States, according to the United Nations Food and Agriculture Organization (FAO).



### **Post 2 - April 27**

#### **What leads to food waste at home?**

Food we buy but never eat is a prime culprit. It's not just the scraps left on your plate after a meal. It's the edible parts of fruit and vegetables discarded beforehand. Food forgotten and left to spoil at the back of the refrigerator. Pouring off the oil at the top of a peanut butter jar. Food tossed out simply because it is beyond the date stamped on a package by the manufacturer. Even bones and vegetable peels can be put to good use. It's been estimated that only 37% of household food waste is unavoidable.

<https://lovefoodhatewaste.ca/wp-content/uploads/2018/07/What-Is-Wasted-EN-1024x619.png>

### **Post 3 - April 29**

#### **Where does food waste occur in your home?**

Some 20% of food bought is never consumed. You need to find out how much and what types of food you discard so as to waste less food, making it possible to lower your weekly grocery bills.

Stratford's green bin program offers you a great way to do just that. You can cut down on food waste by following these easy steps for the next few weeks:

1. Keep a tally of what ends up in your kitchen catcher
2. When it is time to toss the bag in your green bin, note the date
3. Choose one or two items you will make every effort to consume, instead of discarding
4. When it is time to discard this second bag, repeat steps 1 and 2. Note the date
5. Repeat these steps for several weeks

If it takes longer and longer to fill a bag, celebrate your success. If you are not quite there yet, be kind to yourself; remember change never happens overnight.

This [Scrapbook](#) published by Ikea is full of interesting ideas on alternative uses for food waste.  
(ADD FOOD BADGE TO POST)