

FOOD WASTE

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WHAT'S THE FOOD WASTE?

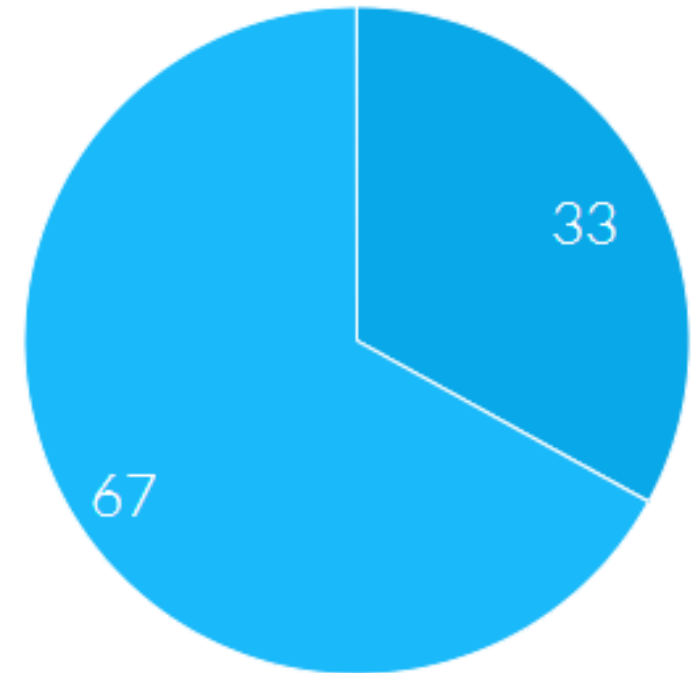
First of all, the food waste is throw away the food that still consumable and it is a big global problem.

why people throw away their food? causes	what happens after the food is thrown? consequence
purchase of too much food	world hunger
expired food	climate problem
overcooked food	

HOW MUCH FOOD WE REALLY WASTE?

We waste much more food than we think, for example: it is estimated about 50% of food is lost at the production stage; around 1.6 billion tons of food products never turned to consumable food. Therefore, 33% of the food produced is wasted.

Much of the food waste in developed countries is done by consumers, wasting 680 billion dollars a year, instead developing countries lose food at the production stage, wasting 310 billion dollars a year.



● Food Wasted ● Food Consumed

FOOD WASTE IN THE UK

Food waste in the UK has fallen by 7% per person in the last three years, but that is not enough to reduce the 4.5 million tonnes of food waste. Potatoes, slices of bread and apples are the most wasted food by quantity, while salads are thrown away in most cases. Most of the wasted food is avoidable. To fight waste issues, that include food waste, "Waste and Resources Action Programme" (WRAP) was created in 2000. In 2007, it was created a new campaign called «Love Food, Hate Waste».



HOW TO REDUCE FOOD WASTE?

It takes very little to reduce its impact in terms of waste, for example we should following some of these simple tips:

- not buy more food than you actually need;
- pay more attention to expiry dates;
- freeze food for a greater conservation;
- do always a shopping list;
- reuse the leftovers;
- don't exaggerate with the portions at the table;
- if you don't need something or don't intend to use it in a week, don't buy it;
- when you want to try a food do not buy so much.

