Foods 12 Ainsley

October 1st, 2018

Foods 12 Waste Plan

At my Mum’s house we do not actually compost, however at my Dad’s house we have a compost bin and we throw are food waste/scraps in the bin/bucket. When it comes to big meals such as lunch and dinner, I don’t usually eat that much. When it comes to dinner, I am a very picker, so I usually end up wasting some of my food, however sometimes my Dad or Mum will put it into a container for leftovers. At my Dads house we throw our scraps in the compost bin but at my Mums we just throw our scraps into the garbage can.

One area for improvement could be instead of throwing our food scarps in the garbage at my Mums house we could get a compost bin, or we could put the food scraps in a sperate bag and take it down to the garbage room, where we could pour the food scraps into the compost bin. I could also improve on finishing my lunch at lunchtime, so it doesn’t get thrown away in the garbage once I get home.

A feasible action plan to cut down on waste for me would be packing a small lunch, so I don’t have to throw anything away when I get home. Additionally, when it comes to dinner time, I should take the right amount of food that I will eat instead of taking to much and throwing it out. Adding onto that if I take to much than I should put it into a container for leftovers.