Food Waste Plan

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Foods 12

A close up of many different vegetables on display

Description automatically generated Food waste is problem that affects everyone in their day to day lives. Unfortunately, food waste is present in my day to day life as well. At home people waste food by buying too much or seeing the best before date and thinking the food has expired. They also sometimes only use a certain part of the food and begin to throw the rest of it away as in the peels or skins. At school food waste is a big problem, as students have lunches made at home but sometimes don’t want the food, so they proceed to throw a perfectly good lunch in the garbage. Food waste is a big problem in grocery stores as well. Customers will buy food depending on the way it looks and the size of it. With saying that, all the food that is unwanted is thrown away even before it makes it out of the store. Some ways we all can improve in food waste are by making sure we limit ourselves to what we are buying. It is important to not buy too much food or make sure it’s food that can last a long time and won’t have the risk of being thrown away in a couple days. Another way to improve food waste is to store food properly. If you know certain food should be left at room temperature as in basil, cucumbers, eggplant, garlic, onions, potatoes; then it is important to properly store them, so they last longer and won’t turn too quick. This is something in my household we struggle with because we always put all of our produce in our fridge. I will make sure I know which foods go where so I can help reduce our food waste in our household. A way I can improve food waste is too make sure not to take too much food on my plate at home, and if I do, I have to make sure to eat my leftovers the next day. I believe eating our leftovers is something we all need to work on because we waste so much food by throwing them away. Some other ways we can prevent food waste are by preserving foods. We can preserve foods by drying, curing, fermenting, pickling, canning, and freezing. All these ways are excellent alternatives to throwing food away. A plan I can make to cut down on my waste is to be mindful of the food in my house and choose a meal based on the food that would go bad first. I will see what produce I can add that is starting to turn and make sure I use most of it to ensure minimal waste will be made. I will always be mindful of using my different bins at my house to put food where it should go, in the compost bin. It is very important to make sure all food is being put in the compost bin because if you had to throw away food it would be able to be used in soil to replenish produce so we will always have more fruits and vegetables growing. I believe by making these changes it will make me feel like a better person as I am reducing the waste in landfills and minimizing the mount of greenhouse gas I am using.