Consumable Waste – Foods Journal

 Almost all the foods I eat come in some sort of packaging. Most of the foods I eat are packaged in either plastic or paper materials. Some examples of things that come in plastic materials are peanut butter, trail mixes, cereal packages in the boxes, and individually wrapped snacks. Examples of foods packaged in paper materials are cracker boxes, cereal boxes, pasta, and most large quantities of foods from Costco. I think that plastic and paper were chosen for packaging these products because most of them come in bulk and it makes it easier for customers to buy and take home. Products like cereal and crackers are traditionally packaged in cardboard boxes. This allows companies to make colourful and bold advertisements which will make their product sell faster. Another reason is because the cardboard is sturdy and durable and protects the cereal from getting damaged. Also, cardboard is cheap and eco-friendly which makes the product more appealing to customers and is more affordable for the companies. Even though plastic packaging is not as eco-friendly as cardboard it has some major benefits as well. A few of them being preserving your food to make it last longer, making food transportation easier, and protecting your food from harmful contamination. That is why most dairy, and foods kept in the fridge or packaged in plastic. The packaging makes it easier for the consumer to buy and store in their home and keeps food from spoiling fast. Downsides of packaging could be the large accumulation of plastic and garbage that piles of in your recycling and trash can. Once we eat the food inside the package it has served its purpose and is thrown away to be taken to the dump or recycling center. To give you an idea of how long it takes your waste to decompose in the landfill here are some everyday items. It takes about 6 months for an orange peel, 5 years for a milk carton, 50 years for a tin can, and up to 1000 years for plastic items. Some ways that you can decrease the amount of food waste you produce are bringing your own reusable grocery bags, trying not to buy things in individual packets, and only buy what you will eat, so you don’t have to throw food away. Plastic bags cause over 100,000 sea turtle and other marine animal deaths every year and are among the 12 most often found items in coastal clean ups. By bring reusable bags you can eliminate animal deaths and pollution to waters. By individually wrapping items it creates more than double the amount of plastic then if it were all in one package. In 2017 according to The National Zero Waste Council the average Canadian household wasted more than $1100 per year and for Canada as a whole we wasted about 17 billion dollars’ worth of food. Not only is that a huge waste food, but also a hug waste of money and materials.