Foods 12 Waste Reflection

Looking at the level of food waste that one can contribute to in their life can really open your eyes to see that there is a problem. Everyone contributes to food waste in some way, whether it’s a large or minimal amount, there are always methods we can use to improve on this issue. At my home, most of the food that is cooked will get eaten during meal time or it will be refrigerated and eaten later on. Unfortunately, my family and I often find ourselves throwing fruits and vegetables out that have gone bad because they were forgotten about, or not eaten in time; to improve this we can start making sure that we buy smaller amounts of the fruits and veggies to ensure they will get eaten in time. We also have a large amount of food in our pantry that hasn’t been touched in months, it is not necessarily being wasted because it hasn’t gone bad yet or been thrown out, but there have definitely been times in the past where we have thrown out expired cans and boxes of food. For future reference, we could make sure to go through the food at an earlier time so the foods that we don’t wan’t/need can be donated rather than wasted. When we eat out, some of the leftover food that isn’t wanted is usually taken home and eaten the next day; however, some of it is left behind and thrown out. To lessen the amount of food wasted, we can make sure that the food being left behind is asked to be left out of the meal all together when ordering, this way the food will not be wasted. At school I make sure that anything that can be composted, is composted because we don’t have a compost at home. When I get home, if there is any food left over from my lunch, it goes into the fridge for the next day. There are many ways that people can cut down on waste, but as for my family and I, we can limit the amount of foods we buy to ensure that none of it gets wasted, and any food that doesn’t get used can be donated.