



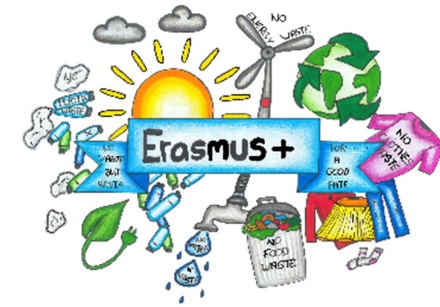
THE PROBLEM

768 million people are starving worldwide!!

This corresponds to **10%** of the world population.

The number of undernourished people is constantly increasing.

Co-funded by the Erasmus+ Programme of the European Union



Common causes of food waste

- We buy more than we can use
- The food is poorly stored
- Inattentive shopping
- Discarded leftovers that could actually have been eaten (apple peels)
- Cooking oversized portions with discarded leftovers
- By-products from meat production and damaged or imperfect looking products are thrown away
- Too much food is produced ↓
- Unsold food in supermarkets ends up in the trash
- Food that has passed its expiration date is thrown away

One third of food produced globally is wasted!!

If we stopped wasting all that food, we would save enough to feed **two billion** people.

PUT AN END TO HUNGER

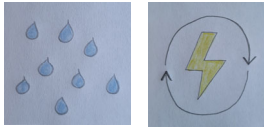
#Save someone by saving food!



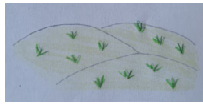
Consequences of food waste

When food is wasted, resources such as

- Water,
- Farmland,
- Energy



are wasted.



The amount of water used to produce food that ends up wasted could fill a lake of **54 square kilometers!**

The transport of this food harms the climate by producing greenhouse gases! (flying fruit)

But these greenhouse gas emissions also come directly from the rotting food itself when it is broken down by microorganisms.



If we throw away food, we have spent money unnecessarily and grocery prices rise when groceries are thrown away in stores.



How to reduce food waste?

What has already been done?

There are many organizations that distribute food that is no longer sold in supermarkets to those in need.

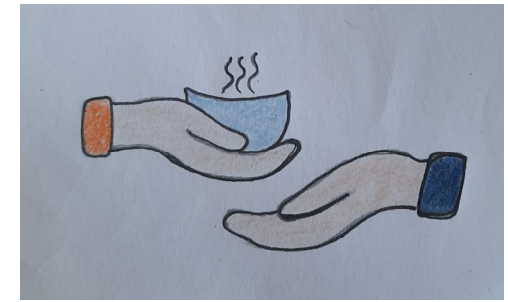
There are many projects you can get involved in to avoid food waste, for example:

“TOO GOOD FOR THE BIN”

“TOO GOOD TO GO”(restaurants, bakeries, hotels, supermarkets offer surplus groceries for a lower price for collection)

Another good point is that many factories collect food waste and turn it into energy and fertiliser.

During this process, micro-organisms break food waste down in the absence of oxygen. This process produces biogas which can be used to produce heat, electricity or transport fuels.



#foodsharing

What you can do against food waste

1. Prefer to buy seasonal and regional groceries.
2. Plan your shopping and only buy as much as you can use.
3. If there are any leftovers, cook with them or give them away to friends or acquaintances. You can also use the initiative ***“Foodsharing”*** where you can give away groceries.
4. Store your food properly and refrigerate or freeze leftover cooked food.
5. The expiration date is not a throw away date. Food is often still edible after the date has passed. So, check first before you throw it away.

Disclaimer: “This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.”