



STOPFoodWaste.ie

WORKPLACE TRAINING

WORKING TO REDUCE FOOD WASTE

TOPIC 1.

AWARENESS

5 PAGES - APPROX 5 MINS READING TIME



The Big Picture

The United Nations Sustainable Development Goals were introduced in 2015 in response to global concern about climate change. These goals outline a global plan for 'peace and prosperity for people and the planet, now and into the future'.

Food waste is specifically mentioned under Goal 12, 'Responsible Consumption and Production'.

Goal 12, Target 12.3:

'By 2030, halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post-harvest losses'

Ireland, along with almost 200 other countries, has committed to achieving these goals. By applying some of the practices we outline in this course to your day-to-day life, you can be part of the global solution!

**WHERE DO I
COME IN?**



Where you come in

Let's face it, we all waste food. Day-to-day it might not seem like much but when added up, food waste is a big problem both for your pocket and the planet.

Although food waste occurs across the supply chain, consumers are responsible for up to 1/3 of all food waste. We waste around 1/4 of what we buy and this waste is costing the average household €400 -1000 each year!

The good news is, reducing our food waste isn't actually too difficult, once you know how. You don't need to invest in any fancy equipment or give up the foods you love.

Small changes to our daily habits and attitudes towards food can make a huge difference to our overall food waste.

BUT WHY SHOULD I BOTHER?

What do you see?



A.
Something for
the bin

B.
Something for
an omelette

Why bother?

It's important to remember that there's more to food waste than wasted food. It takes a lot to put food on the table. When food is wasted, so too are the resources used to produce, transport and supply it.

This includes the inputs such as land, water, energy, oil and packaging, as well as the human factors such as labour, and the outputs such as greenhouse gas emissions which contribute to climate change.

International best practice supports the need to prevent food waste. A great example of this is [**The Drawdown Project**](#). This project involved leading scientists from all over the world and aimed to identify the best ways we can combat climate change with solutions we already know about.

The Drawdown Project recognised preventing global food waste as the third best way we can reduce the impacts of climate change.

**WHERE DO
I START?**

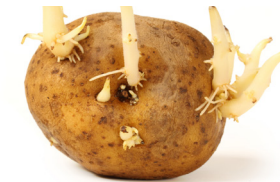


Thinking differently

The reasons for wasted food are different for everyone. We buy too much, we prepare too much, plans change, leftovers go off in the fridge, the list goes on. Awareness is the first step to reducing this waste.

Every time we eat or make a decision around food, we have an opportunity to reduce food waste and make a difference. Any action, big or small, can have a positive impact on the bigger picture.

Try one of our actions on the next page and begin thinking differently about your food and food waste.



Where do you see it going?



Don't just tick it, do it!

Reducing food waste starts with an awareness of what you waste in your household or workplace. To help with this, here are 4 actions you can take this week. We hope you'll try at least one!

Next week we will be covering **planning & shopping**. Small changes to how we plan, shop and prepare food we can cut our food waste and save money at the same time.

Know yourself

Open page 4 of the **Stop Food Waste Pocket Guide** and find out which of the statements relate to you.



Yes, I will do this

Segregate, get a weight

For one week, put all your food waste in a separate container and weigh it. This will help you know how much you waste.



Yes, I will do this

Record yourself

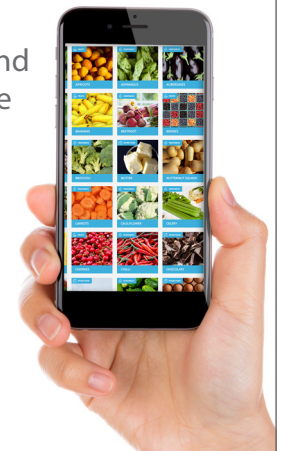
Keep a note of what you're wasting. (Use the **Stop Food Waste Recording Sheet**). By the end of the week, you'll have a good idea of what type of food you waste most and the reasons why.



Yes, I will do this

Use the A-Z of Foods

With the most commonly wasted food in mind, consult the **A-Z of Foods** on stopfoodwaste.ie to find out how best to buy, store and use foods in order to prevent waste.



Yes, I will do this