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WORLD FOOD DAY

— October 16th, 2015



What is World Food Day?

World Food Day is a day of action against hunger.

On October 16, people around the world come together to declare their commitment to eradicate hunger in our lifetime. Because when it comes to hunger, the only acceptable number in the world is zero

WORLD FOOD DAYS ADDRESSES

- ❖ Food Sustainability
- ❖ Food Security
- ❖ Food Waste

WHAT IS SUSTAINABILITY?

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Sustainability takes into account three themes:

- ❖ Ecological Soundness
- ❖ Economics
- ❖ Social Justice



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1. ECOLOGICAL SOUNDNESS



**Health, diversity and
interdependency of land, air,
water, plants, animals and people**



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2. ECONOMICS

Economic viability,
balance, and
fairness

to farmers and their
communities and
economies

3. SOCIAL JUSTICE

Particularly the
availability of **healthy
and affordable food**
that is accessible to all



SUSTAINABLE DEVELOPMENT GOALS

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- ❖ End poverty by 2030
- ❖ End hunger, achieve food security, improve nutrition and promote sustainable agriculture
- ❖ Ensure healthy lives and promote well-being for all
- ❖ Ensure access to water and sanitation for all
- ❖ Ensure sustainable consumption and production patterns
- ❖ Revitalize the global partnership for sustainable development



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FOOD WASTE

and sustainable
development



DID YOU KNOW?

There is
\$31 BILLION
worth of food
wasted in Canada
per year.

Wasting away

It's easy to assume food waste is someone else's problem—restaurants? grocery stores?—but your own fridge is the real culprit



MACLEAN'S

Chart source: *The Waste Not Want Not Cookbook*
by Cinda Chavich (Touchwood Editions)



To put that into perspective...



**FOOD
WASTE IN
CANADA
EQUALS 1,200
SANDWICHES
A YEAR** (OR 3.5 EVERY DAY)
PER PERSON.

Imagine throwing that out!



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FOOD IS WASTED WHEN WE...

- ❖ Buy more than we need
- ❖ Store food incorrectly
- ❖ Cook too much
- ❖ Throw away leftovers



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47%

of food is wasted at home

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**But food waste is more than
just wasted food...**

The Food Waste Iceberg

Bill at producer price:
\$750 000 000 000

Bill at retail price:
\$1000 000 000 000

what
we see

Cleared Forests

GHG Emissions

Increase in Food Prices

Increased Water Scarcity

Eroded Land

Bill from nature:
\$700 000 000 000

what
we don't see

Loss of Wetlands

Loss of Biodiversity

Climate Change Damages



Food and Agriculture Organization
of the United Nations

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What can **you** do?

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FRESH SMART STRATEGIES FOR REDUCING FOOD WASTE

Smart **Shopping**: Buy What You Need!

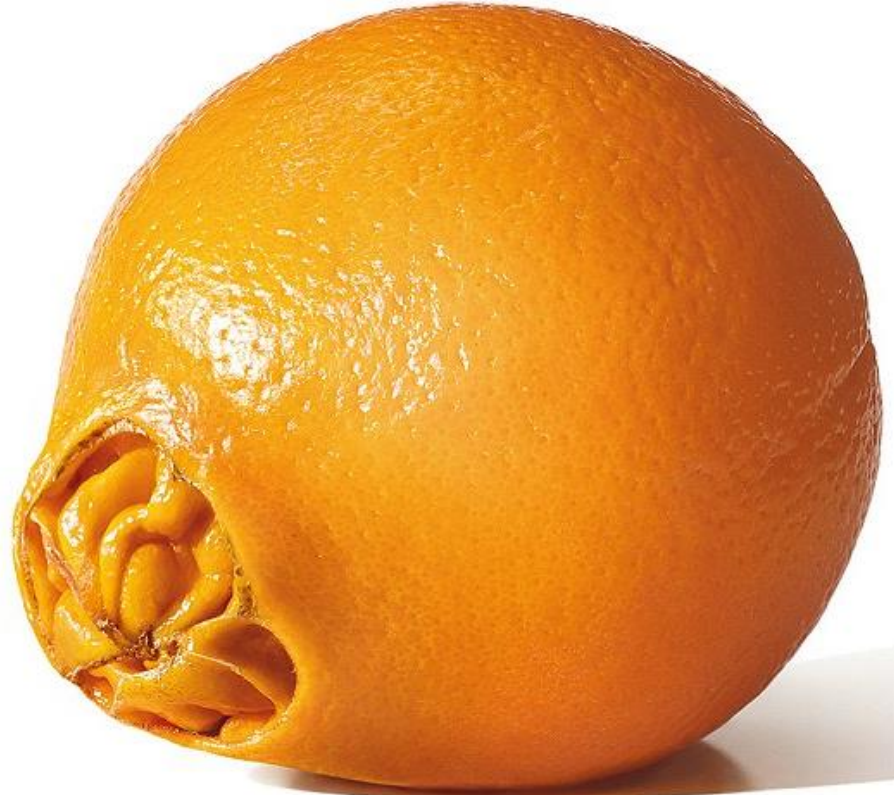
Smart **Storing**: Keep Fruits and Veggies Fresh!

Smart **Preparation**: Prep Now, Eat Later!

Smart **Saving**: Eat What You Buy!

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The glory in
**INGLORIOUS
FRUITS AND
VEGETABLES**



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THE GOOD, THE BAD AND THE UGLY

About 30% of all produce is wasted due to its size, colour, and other physical features

Companies are working to improve their image with campaign including “Naturally Imperfect”, “Beautiful on the Inside” and “Inglorious Foods”



THE FAILED LEMON

from the creator of the lemon



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An ugly lemon still
makes beautiful
lemonade.

Do you really need
the 'perfect' fruit?

Look for discounts on
ugly-but-edible
fruits and vegetables!

WHAT CAN WESTERN DO?

It depends on us and
you.

Work with
Western and help
us reduce campus
waste!

WESTERN'S ZERO WASTE INITIATIVE

Western University aims to have a **zero waste status** on campus by the year 2022.

- **Zero waste** refers to 90% or greater diversion of waste from **landfill**.



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WHY 90% FOR ZERO WASTE?

Landfills can hold 10% of the Earth's waste.

We want the other **90%** to be...

- ❖ Reused
- ❖ Recycled
- ❖ Composted



Last year, Western diverted 50%!

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WHAT CAN YOU RECYCLE?

Paper:

- ❖ Printer paper
- ❖ Newspaper
- ❖ Magazines
- ❖ Post-it notes
- ❖ Envelopes
- ❖ Toilet paper rolls



Beverages:

- ❖ Plastics #1-7
- ❖ Glass jars
- ❖ Metal pop cans
- ❖ Aluminum foil
- ❖ Milk and juice cartons
- ❖ Coffee cups
- ❖ Other glass and metals

DID YOU KNOW?

Plastic cutlery is
not recyclable!

It goes to the
landfill.

So next time, pack your own or
use metal cutlery!



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WHAT CAN YOU COMPOST?



ALL food scraps
Paper products
without wax lining
Coffee grounds and
tea bags

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DID YOU KNOW?

Hospitality Services
offers a **10 cent**
discount when you
use your own
reusable mug!

