

SUSTAINABLE FOOD CONSUMPTION JOURNEY
WITH SUSCOF PROJECT

LEARNING TRAIL

Sustainability and Food Consumption



Learning Trail 1

Sustainability: Facts & Figures

What does food have to do with sustainability?

Take a look!

About sustainable development

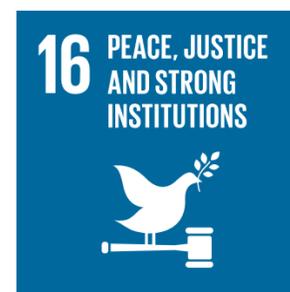
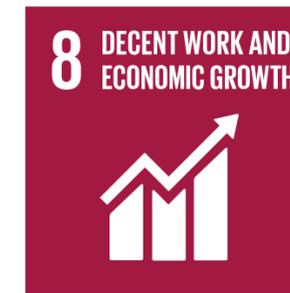


- Sustainability is about protecting the future of people and improving the lives and health of everyone, everywhere.
- This is an important goal of the United Nations.
- The Sustainable Development Goals (SDGs) are a universal call to action to ensure that all people enjoy peace and prosperity by 2030.
- They were adopted by all UN Member States in 2015 *

*undp.org

SUSTAINABLE DEVELOPMENT GOALS

- There are 17 Sustainable Development Goals, SDGs.
- Food affects every one of the 17.



Responsible consumption and production

- There are many aspects of food consumption that have a significant impact on society
- For example; 2 billion people are overweight or obese while almost 2 billion people are hungry or undernourished
- In this slide we have a particular focus on SDG12, 'ensuring sustainable consumption and production patterns'



By 2030, SDG12 aims to...

- Substantially reduce waste generation through prevention, reduction, recycling and reuse.
- Halve per capita global food waste at the retail and consumer levels
- Ensure that people everywhere have information and awareness enabling sustainable development and lifestyles in harmony with nature

WHY FOOD WASTE IS IMPORTANT?

The lost or wasted foods along the entire supply chain are generally perishable foods, such as fruits, vegetables, and animal-based foods (FAO, 2020).

8% of the carbon emissions in the world are caused by food waste. On the other hand, 60% of food waste can be prevented by conscious practices.

The waste hierarchy provides a hierarchy of options that present the best overall environmental outcomes.

As the figure presents, the best option is to prevent waste. If that is not possible, re-using is second-best, followed by recycling and recovery, respectively.

Disposing of unused foods is the least preferred action, though it is still an important part of the waste management system



FIRST REFUSE!

Achieving a more sustainable lifestyle is often connected to 'the 4 Rs': refuse, reduce, reuse, recycle resources and products.

Refuse what you don't need.

If refusing isn't an option, you may reduce, then reuse, and finally – when you've exhausted all other options – recycle.



NEXT:REDUCE

Reduce what you need and want.

Before buying, ask yourself:

Do I know how and when I will use this?

Will it make my life easier?

Will it make me happier?

THIRD OPTION: REUSE

REUSE: Can you give your things a second chance before disposing of them?

Can you for instance serve yesterday's leftovers today? Or give away surplus food to a local charity – or to neighbours?



FOURTH OPTION: RECYCLE

Recycling means that what you throw away becomes a new resource.

In the case of food, it might for instance mean

- Using leftovers to create a new dish
- Sending food waste to a farmer for animal feed
- Composting



LAST OPTION: DISCARD

When all else fails, we have our local garbage collection and disposal service.

Many of them today actually offer recycling services. For instance, food waste can be 'digested' to extract methane (used eg to fuel buses) and then composted to produce compost for municipal gardens, or for sale.



Congratulations!

Good job! You have completed the Learning Trail.

If you'd like more, test yourself with the quiz.



Question 1. Fill in the blanks

- I _____ to buy an item that is not on my shopping list, even if it is on sale.
- I _____ the leftovers from dinner by feeding the dogs outside.
- I don't take more food than I can eat, so I _____ food waste.

Reduce

Refuse

Reuse

Question 1. Fill in the blanks

- I ^{Refuse} _____ to buy an item that is not on my shopping list, even if it is on sale.
- I ^{Reuse} _____ the leftovers from dinner by feeding the dogs outside.
- I don't take more food than I can eat, so I ^{Reduce} _____ food waste.

Question 2. Can food waste be prevented?

1. No, it's unrealistic.
2. Not sure - tell me!
3. Not all, but a lot.
4. What is food waste?
5. No idea!

Question 2. Can food waste be prevented?

- 60% of food waste can be prevented and individually you can do more!
- Food waste refers to food such as leftovers, spoiled food, etc. It can be composted or anaerobically digested, or sent to feed animals. As a last resort it can be used for landfill.
- This is your wake-up call. Much food waste is preventable.

Question 3. Unavoidable food waste

- What do you think is best to do with unavoidable food waste?

A. I recycle it :]

B. I re waste it :)

C. I throw it away :/

Question 3. Unavoidable food waste

If your answer...

- 'Unavoidable food waste' is a name for the inedible parts of food, such as vegetable peelings and bones. What is to be done with it?
 - A. Use for animal feed
 - B. Use for landfill
 - C. Compost
 - Best, if you have that option
 - As a last resort...
 - Yes, most except big animal bones can be composted



The SUSCOF project is a European Union project n. 2018-1-TR01-KA204-058739 supported by the Turkish National Agency. The aim of the project is to investigate and change the behavior of adults on food consumption and to raise awareness about sustainable food consumption.

We welcome you to our website and MySusCoF mobile app for detailed information and enriched content.

www.suscof.com

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