

SUSTAINABLE FOOD CONSUMPTION JOURNEY WITH SUSCOF PROJECT

LEARNING TRAIL

Sustainability and Food Consumption



LEARNING TRAIL 3

FOOD WASTE

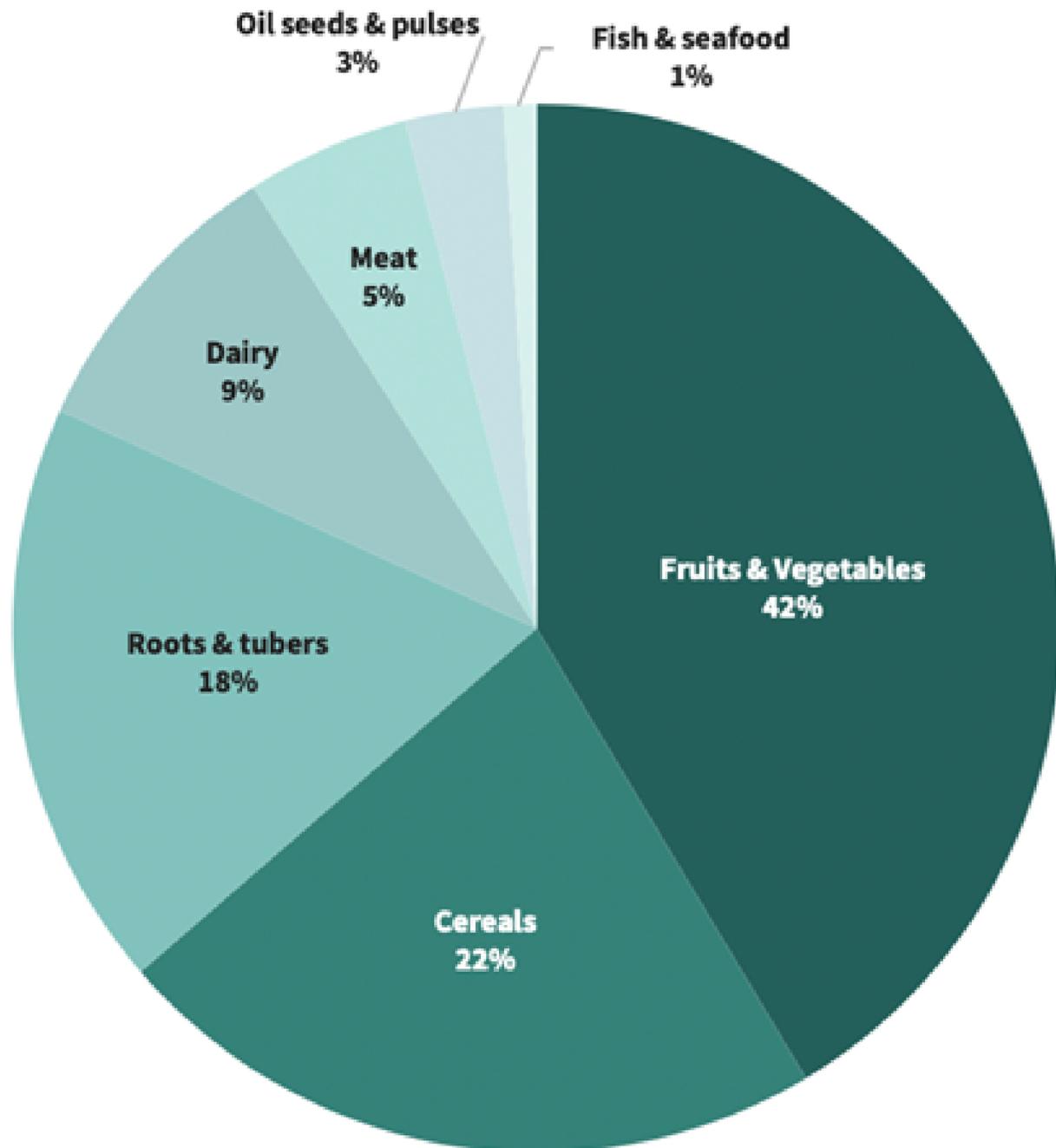
Take a look!

FOOD WASTE



- According to reports of the Food and Agriculture Organization (FAO), approximately one-third of all food production is wasted or lost every year.
- UNEP estimates that around 931 million tons of food waste was generated world-wide in 2019.
- In the EU, around 88 million tons of food waste are generated annually, at costs estimated at 143 billion euros
- It also has significant impact on the environment: food waste accounts for 8-10% of all greenhouse gases

WHAT FOOD IS WASTED?



- Fruit and vegetables: 644 million tons (42%)
- Cereals: 347 million tons (22%)
- Roots and tubers: 275 million tons (18%)
- Dairy: 143 million tons (9%),
- Meat: 74 million tons (5%)
- Oilseeds and pulses: 50 million tons (3%)
- Fish and seafood: 22 million tons (1%)

Food waste facts



- An area larger than China is used to grow food that is never eaten.
- 25% of the world's fresh water supply is used to grow food that is never eaten.
- In most developed countries, over half of all food waste takes place in the home.

How much water is used to produce our food? Some examples to make us think before we throw:

NOTE!

Throwing away a single slice of pizza costs the same amount of water as more than 15 mins of shower.



Did you know?

- If only one-quarter of the food currently wasted could be saved, it would be enough to feed all people who are undernourished.



What can I do to reduce food waste?

BE AWARE

- Become aware of the food you are wasting.
- Food can be wasted not only after consumption but also before and during consumption.



What can I do to reduce food waste?



Shop smart...

- Most of us tend to buy more food than we need.

Eat smart...

- Most of us take more calories than we need. You can contribute to a more sustainable environment by eating less meat - or by switching from conventional to 'regenerative



What can I do to reduce food waste?

Store properly...

- Store food properly, whether in airtight containers or in refrigerators.

Don't waste...

- If you still have too much food left, look for alternative ways to use it. For example, make creative meals with the leftovers, share them, or turn them into something good for nature.



Congratulations!

**Good job! You have completed
Learning Trail 3.**

**If you'd like more, test
yourself. Go on!**



QUESTION 1

Which are wasted most?

- A) Cereals
- B) Meat
- C) Fruit and vegetables
- D) Dairy and milk products

QUESTION 1

Answer is...

- A) Cereals
- B) Meat
- C) Fruit and vegetables**
- D) Dairy and milk products

QUESTION 2

What is the connection between water and your hamburger?

- A) Hamburger tastes best when you drink water with it!
- B) It takes a lot of water to produce one hamburger.
- C) There is no connection.

Answer...

QUESTION 2

A) Hamburger tastes best when you drink water with it!

B) It takes a lot of water to produce one hamburger.

C) There is no connection.

2400 litres of water are needed to produce one regular hamburger.



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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