

FOOD BASICS

"FOOD IS MAYBE THE ONLY UNIVERSAL THING THAT REALLY HAS THE POWER TO BRING EVERYONE TOGETHER. NO MATTER WHAT CULTURE, EVERYWHERE AROUND THE WORLD, PEOPLE EAT TOGETHER" - GUY FIERI

THE FOOD DILEMMA



Since food is a daily part of our lives, food is a valuable issue and should be a priority for everyone. According to Project Drawdown, when we think of the causes of global warming, fossil fuel use most often comes to mind. Less obvious are the consequences of our breakfast, lunch and dinner.

From Farm to Fork - food, agriculture, and land use are responsible for 24% of the heat trapping greenhouse gases in our atmosphere today.

FOOD is among the largest drivers of global environmental changes contributing to CLIMATE CHANGE, biodiversity loss, fresh water use, land use changes, and water and air pollution.

As we explore the impact that FOOD has on our planet and what we can do to shrink our FOOD footprint there are some terms that we should become familiar with.

FOOD LOSS VS. FOOD WASTE

FOOD LOSS is the food that doesn't make it to our grocery stores because of issues during production or processing. For example: food that rots in the field or in storage, and food that is damaged because of pests or bad weather.

FOOD WASTE happens in our grocery stores, homes, and restaurants. Food waste often occurs because of our behaviours and actions. For example: stores stock more than they can sell, restaurants serve portions that are too big, and at home, food may spoil before we get around to eating it.

AVOIDABLE VS. UNAVOIDABLE

AVOIDABLE FOOD WASTE is food that we could have eaten but instead we wasted or let spoil like bread, whole fruits and veggies, and leftovers.

UNAVOIDABLE FOOD WASTE is food scraps that are not meant to be eaten like fruit cores, eggs shells, and banana peels.

FOOD WASTE MATCH-UP

Should the food waste below go into the compost bin or could it still be eaten.

