



# Food Waste and UN Goal 12

## WI Program



### Open Discussion In your WI Branch:

**Roll Call Suggestions:** Share one way to prevent food waste or Name one of the Sustainable United Nations Goals

#### 1. Local: What is Food Waste?

##### Definition of Food Waste:

It is **any food that is thrown away** when it is still perfectly edible which leads to the need to produce more food which in turn leads to land degradation, declining soil fertility, unsustainable water use, overfishing, and marine environment degradation. These factors are all lessening the ability of the natural resource base to supply food.

##### Some Questions to ask:

- What sorts of waste do we generate in our homes and communities?
- What food waste programs exist in your community? Such as donating food before its expiry date to food banks?
- What examples can we think of regarding unsustainable water use, land, or resource degradation regarding the growing of food?

#### 2. International: United Nations Goal 12

The United Nations has 17 Sustainable Goals that hopefully will be completed by 2030. These are an urgent call for action by all countries to tackle worldwide issues such as over consumption and food waste. The goal we are focusing on is the UN **Sustainable Goal # 12**, which reads:

**“To ensure sustainable consumption and production patterns”**

##### **Goals of the UN regarding Goal # 12:**

- By 2030 substantially reduce waste generation through prevention, reduction, recycling, and reuse
- Encourage companies, especially large and transnational companies to adopt sustainable practices and to integrate sustainability information into their reporting cycle
- By 2023 to ensure that people everywhere have the relevant information and awareness for sustainable development and lifestyles in harmony with nature

Start a conversation about the other UN Sustainable Goals, many people are not aware of them. Educate yourselves and each other. One idea is to read one at each of your Branch meetings and discuss it.

### 3. What Can We Do?

- Brainstorm and share ideas
- Make your own lists in your Branches
- Share those tips with other branches

#### Some Helpful Ideas:

1. Shop Smart, make shopping lists, do not buy on impulse. Research has shown that buying bulk and items on sale leads to more food waste.
2. Use up your produce before you buy more, store produce properly
3. Freeze foods such as brown flours, rice, nuts, oatmeal, this will prevent them from going rancid and give them a longer shelf life. Greens can also be frozen and used in soups, stews and smoothies.
4. Store food correctly, put the newest items behind the older ones, so the older ones will be used first.
5. Learn to preserve, grow a garden. Canning, pickling, freezing, curing, fermenting are all processes that reduce waste and make food last longer.
6. Be less fussy, food does not have to look perfect. An apple with a slight blemish is just as good as one without. Farmers are forced to waste a lot of food because consumers judge it as being “Not Perfect”.
7. According to Health Canada the best before dates is more of a suggestion that a guideline. The food may have lost some of its taste and texture by these dates. It has been shown that most foods are still good to eat after the ‘best before dates’. They are not truly indicative of when most foods should be eaten by. These dates usually indications of the best “Freshness” of foods, but foods eaten after these dates are for the most part still safe.
8. Start a **Challenge** such as “**Plan it, Use it, Eat it**” “within your WI Branch. This encourages us to be innovative, to think about our food choices and to learn new ways of eating.
9. Packaging sizes are also problematic, with many too large for small households and serving sizes in restaurants too large for many eaters. Smaller size options are desirable to reduce waste and would also be better for our overall health. Such measures can be facilitated by regulatory change. Regulatory change is required because it is not in the self-interest of retailers to reduce food waste but with pressure put on by groups such as the WI policies can be changed.
10. Discuss putting forward Resolutions or Campaigns that would help bring more awareness to the problem.

#### Conclusion:

Food waste is an urgent problem worldwide and even though we are fortunate to live where we do with plenty of good food, many people in the world do not. Food waste is also a large contributor of Greenhouse gases once it ends up in our landfills. The WI have a long history of gardening, preserving food, and we have much knowledge and experience to share with others.

## Resources

FWIC Roundtable discussion of Food Waste, YouTube FWIC WI Canada channel

<https://foodpolicyforcanada.info.yorku.ca/> A more technical look at different policies on food waste in Canada

<https://lovefoodhatewaste.ca/> Good tips and information, including recipes

<https://www.grocerydive.com/news/grocery--canadian-grocers-use-app-to-promote-surplus-food-about-to-expire/535067/>

<https://www.fda.gov/food/consumers/tips-reduce-food-waste>

<https://www.canada.ca/en/environment-climate-change/services/managing-reducing-waste/food-loss-waste.html>

<https://foodsecurecanada.org/resources-news/news-media/missing-action-food-and-agriculture-cop26>

<https://globalnews.ca/news/8649992/risks-climate-change-unavoidable-deadlier-un-climate-report/>

<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

### **YouTube Videos:**

The Food Waste Problem:

<https://youtu.be/3m2KglQuevo>

Canadians Get Creative:

<https://youtu.be/fRovHP4eXyM>

How Avocado waste is Turned into Plastic (Worldwide Waste):

<https://www.youtube.com/watch?v=uJY2A-HaQRY>

How Banana waste is turned into Rugs, Fabric, and hair extensions (Worldwide

Waste) : <https://www.youtube.com/watch?v=Ust6Bh1D3GY&list=WL&index=2&t=13s>

How is it Made? Polar Fleece Jacket (factory to store):

<https://www.youtube.com/watch?v=IOudHona67M&list=WL&index=5>

How Rotting Vegetables Make Electricity (Worldwide Waste):

<https://www.youtube.com/watch?v=c1adiK8nLbA&list=WL&index=1>

How Vegan Leather is Made from Mangoes (Worldwide Waste):

<https://www.youtube.com/watch?v=rcieZYwyEiA&t=105s>