



CASTrips

Week 2 Challenge – Food Waste

#CASatHome

Submit by Tuesday May 19th to wastereduction@castrips.org

Why should we reduce our food waste?

- Between 33-50% of all food produced globally is never eaten, and the value of this wasted food is worth over \$1 trillion.
- 800 million people go to bed hungry every night. That is 1 in 9 people on the planet who are starving or malnourished. All could be sufficiently fed on less than a quarter of the food that is wasted in the USA, UK and Europe each year.
- It takes a landmass larger than China to grow the food each year that is ultimately never eaten – land that has been deforested, species that have been driven to extinction, indigenous populations that have been moved, soil that has been degraded – all to produce food that we then just throw away.
- Food that is never eaten accounts for 25% of all freshwater consumption globally.
- If food waste were a country, it would be the third largest emitter of greenhouse gases after China and the USA

Tips and Tricks:

1. **Don't over buy.** Keep track of what you've bought and used. Take a 'shelfie' – a photo of your fridge and cupboards to remind you of what's there.
2. **Check the use-by dates of fresh food when you buy it.** These are the dates to take notice of, rather than the best-before dates. Only buy what you can use before it expires.
3. **Plan ahead.** Think about what you're going to cook and how you'll use the leftovers.
4. **Get to know your grocer (or use the internet).** They will have plenty of advice on how to use up leftover veg.
5. **Love your freezer.** Use your weekends to batch-cook and freeze.



Record Keeping

Why am I reducing my waste and what will I be focusing on to accomplish this? (why is it beneficial?)

Document the food you throw out over the week and why.

REASON: Q = quantity too much R = rotten D = dislike T = not enough time

P = peels/rinds/cores/bones X = expired

DISPOSAL: G = garbage C = compost W = worm bin

Day	Breakfast	Lunch	Dinner	Snacks
E.g.	QG	RW	DG	DC
1				
2				
3				
4				
5				
6				
7				



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Summary - Reason for Waste: *Find the frequency of why food items were wasted.*

Record below.

Submit this summary to wastereduction@castrips.org

Q = quantity too much	R = rotten	D = disliked	T = not enough time	X = expired

Take a photo:

You don't need to photograph your food waste, but show us in a single image something that you did (e.g. compost, fridge organization, food storage) or something that inspired you in this week's challenge? Include this in the email with your summary.



Bonus Creativity Challenge: Easy Indoor Composting

Are you wondering if you can compost in your kitchen without getting infested by hundreds of worms? Yes, you can!

1. Find your container - plastic storage bins, large buckets or wooden boxes with lids are the best choices (remember to drill a few aeration holes into the lid of the plastic container or wall of the bucket)
2. What to compost - fruit and veggie scraps, coffee grounds, tea bags, shredded paper, and trimmings from houseplants are all good options
3. What NOT to compost - meat, dairy, fats, lint and hair and avoid a lot of soggy waste such as melons and squashes. Additionally, be wary of using too many smelly items, such as onions
4. Keep your bin healthy - use shredded paper, dry leaves or broken up used pizza boxes every time you add food scraps to prevent soggy and provide carbon to your bin
5. Turn, turn turn - turning the contents warms up the bin and increases microbial action and reduces the chance of soggy or dry pockets in the bin (use a small shovel, trowel or large kitchen spoon)
6. Smaller items are a big help - cut your waste into smaller pieces and also break your paper into smaller pieces for the quickest results
7. What to do with your compost - when it is brown and crumbly, your garden is ready for the wonderfully rich ingredients your waste created! (If you don't have your own garden, donate it to a friend!)