



CASTrips

Week 2 Challenge – Food Waste

#CASatHome

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.*

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.



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Bonus: 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 sogginess 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!)