food annualagenda

HOW TO REDUCE FOOD WASTE?

it is estimated that 1.3 billion tonnes of food is wasted globally each year, which is 1/3 of the food produced

89 million tonnes of food is thrown away in Europe

9 million tonnes of food is wasted in Poland

if one carriage could contain **41 tons** of discarded food than

the train would have **220k** such carriages, and its length would be equal to the length of Polish borders

WASTED FOOD (KG/YEAR PER CAPITA)

FOOD IS WASTED ALONG THE ENTIRE VALUE CHAIN

from production to consumption

WHO IS RESPONSIBLE FOR FOOD WASTE?

MOST WASTED FOOD PRODUCTS

REASONS WHY CONSUMERS THROW OUT FOOD

CONSEQUENCES

economic impact

family of 4 loses 2400PLN anually

societal impact

increased consumption leads to rising food prices

environmental impact

reducing water and energy resources, increasing the amount of garbage and greenhouse gases

HOW TO REDUCE FOOD WASTE?

1. Plan your meals and prepare the shopping list.
2. Do not shop when you are hungry.
3. Do not overbuy and do not succumb to promotions and sales.
4. Store products properly.
5. Keep an eye on the expiration date and remember about FIFO rule (first in first out).
6. Keep your fridge and kitchen shelves in order.
7. Prepare smaller portions.
8. Share your food with others.
9. Freeze, dry or preserve the leftovers.
10. Use leftovers to prepare another meal - be creative!

DO NOT WASTE – CHANGE IT INTO SOMETHING NEW!

FOOD WASTE

Live by the trend "zero waste food"

This activity has received funding from EIT Food, the innovation community set up by the European Institute of Innovation and Technology (EIT), a body of the European Union, under the Horizon 2020, the EU Framework Programme for Research and Innovation.

food annualagenda