

## Needless Waste: Unsustainable Food

Current agricultural methods contribute to approximately a third of all human induced greenhouse gas emissions (1). What we choose eat significantly affects each person's individual carbon footprint on the Earth (2). Wastage in the production and consumption of food encompass not just packaging and transport, but also what farming, harvesting and business practices are utilised from paddock to plate (3). In order to reduce everyday resource wastage, a more mindful and co-operative approach is required from consumers, producers and manufacturers.

Some suggestions on how we as consumers may help to reduce carbon emissions include starting a garden and growing some of your own fruits/vegetable/herbs, buying seasonal, sustainable produce from local and/or independent grocers, avoiding processed and packaged products and limiting the consumption of meat (or purchasing organic, free-range only). By making subtle changes to our diet we could have less impact on the environment everyday by reducing the amount of greenhouse gases and waste generated from our food consumption (4).

### References

- 1) Gilbert, N. (2012). One-third of our greenhouse gas emissions come from agriculture. Nature. [online] Available at: [www.nature.com/news/one-third-of-our-greenhouse-gas-emissions-come-from-agriculture-1.11708](http://www.nature.com/news/one-third-of-our-greenhouse-gas-emissions-come-from-agriculture-1.11708) [Accessed 12 Aug. 2014].
- 2) The University of Queensland, (2014). Sustainable Food. [online] Available at: [www.uq.edu.au/sustainability/sustainable-food](http://www.uq.edu.au/sustainability/sustainable-food) [Accessed 12 Aug. 2014].
- 3) Ibid.
- 4) CSIRO, (2010). Sustainable food manufacturing. [online] Available at: [www.csiro.au/Outcomes/Food-and-Agriculture/Sustainable-food-manufacturing.aspx](http://www.csiro.au/Outcomes/Food-and-Agriculture/Sustainable-food-manufacturing.aspx) [Accessed 12 Aug. 2014].

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