

## Food Wastage

An example of modern day waste in society is the extensive waste of food. Excessive food consumption exists due to the convenience of grocery shopping, where customers have almost unlimited choice for products. This consumption is also encouraged by supermarkets for customers to buy more than what is required of the daily requirements. This is seen through marketing tactics such as weekly specials and loyalty programs. The result of this is the waste of uneaten or unused food, either from cooking excessive amounts of food or not being able to use a product due to limited shelf life seen with fresh items. Wastage can be prevented by limiting food purchases. Thinking about grocery shopping away from the multi-buy special and loyalty program offers, can limit the excess amount of food bought. Excess food amounts at home can simply be solved by packing food into containers to eat the next day. Add different ingredients to these meals to spice it up. Setting up a compost system is also a good idea if you find that you have a lot of fruit and vegetable waste building up. Another simple way of reducing food amounts at home is to include some of these leftovers into your pet's meals. This does depend on the species, but most simple and healthy meals are adequate as long as they are mixed with pet foods which provide required nutrition. An example of an innovative idea to reduce food wastage is seen in Saudi Arabia, where an outdoor fridge was placed in a community to encourage the public to leave leftovers and freshly cooked meals to feed the homeless. These ideas would be difficult to implement in Melbourne due to the concentration of homeless people in certain areas where most households are limited. We can also see food wastage when dining out. As portion sizes for most food outlets in Australia serve bigger than required portions, these are often not finished by patrons. Unfinished meals are typically sent back to the kitchen where they are often disposed. Limited cases exist where restaurants are partnered with groups such as SecondBite and OzHarvest that collect surplus food and redistribute it to those in need. An alternative to this wastage could see patrons being encouraged to take home their meals to use them in a way that would limit their wastage disposal. This includes composting, eating the next day or feeding to pets.

## References

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