

Food wastage is a serious problem that affects not only the environment, but also the economy and the society. According to the Food and Agriculture Organization, about one-third of the food produced for human consumption is lost or wasted every year. This amounts to about 1.3 billion tons of food, which could feed 2 billion people.

Food wastage occurs at different stages of the food supply chain, from production to consumption. Some of the causes are poor harvesting practices, inadequate storage and transportation, lack of market access, consumer preferences, and overbuying. Food wastage has negative impacts on the environment, such as greenhouse gas emissions, water pollution, soil degradation, and biodiversity loss. It also contributes to food insecurity, hunger, and malnutrition, especially in developing countries where millions of people suffer from chronic undernourishment.

As responsible citizens and consumers, we can all take action to reduce food wastage and make a difference. Here are some tips to help you:

- Plan your meals and shopping lists ahead of time and stick to them.
- Buy only what you need and avoid impulse purchases.
- Store your food properly and check the expiration dates regularly.
- Use up your leftovers and get creative with recipes.
- Donate your surplus food to food banks or charities that help the needy.
- Compost your food scraps or use them as animal feed.
- Educate yourself and others about the causes and consequences of food wastage.

By reducing food wastage, we can save money, resources, and lives. We can also contribute to the Sustainable Development Goals, which aim to end hunger, achieve food security, improve nutrition, and promote sustainable agriculture by 2030. Let's join hands and make food wastage history!