



Monday's Tip: Tackle Food Waste

Why You Can Make a Big Difference!

It might seem harmless to toss out those carrot peels, but seemingly small actions can add up to some big numbers: It's estimated that we waste nearly 1/3 of all food we produce and purchase. Read on to learn why food waste is a pressing issue, and how you can play a significant role in affecting positive change.



How Much Food Are We Wasting?

- In Canada, 27 billion dollars (\$27,000,000,000) worth of food is wasted each year.
- Globally, annual food waste is an estimated 1.3 billion tonnes - or 1/3 of all food produced.



Why is Food Waste A Big Deal?

- When organic material ends up in landfill, methane, a greenhouse gas considered 21 times as potent as carbon dioxide, is produced. Landfills are a major source of human-related methane emissions.
- Organic material also takes up valuable landfill space when its nutrients could be returned to the soil and into a useful product through composting.
- Globally, it's estimated that 1 in 8 people suffer from chronic hunger. In Canada, it's estimated that 1.6 million Canadian households struggle with food insecurity.
- It's not just about the food. Lost food also represents the loss of its embodied energy – the inputs such as the energy, land, and water also wasted to grow that food. For example, throwing out ½ a hamburger equates to the same water usage as a 60 minute shower!



Where Does Food Waste Occur?

- Waste occurs throughout the supply chain, with 51% of food waste occurring in households. While all stakeholders have a role to play, this represents a tremendous opportunity for individuals to take actions that have a substantial cumulative impact.
- In households, waste is often generated through shopping habits, incorrect food storage, over preparation, confusion over “best before” dates, or lack of awareness. Follow our tip series this week to find you what YOU can do to reduce the amount of food you waste.

Need more information?

Contact the **RCBC Recycling Hotline!**

Lower Mainland: 604-732-9253 | BC Toll-Free: 1-800-667-4321

www.rcbc.ca

