

Food Waste

Food waste

People waste very large amounts of food these days. This is because people buy more food than they need. Later, this food is thrown into the garbage as it is no longer available. Many supermarket food items can also be found in garbage cans, but there the food is thrown away due to its upcoming use by date. Fortunately, there are organizations that promote food saving. But despite these organizations, the public continues to waste large amounts of food.



Food waste increases consumption, which also drives up food prices. Higher food costs mean that more and more families, especially those with many children, cannot afford healthy food. Unfortunately, this is not the only thing that is sad. You need a certain amount of money to buy food. Sometimes this money is missing, so in order to survive, they have to buy food, but sometimes it is not enough for things such as clothes.



Every year, an average person throws away 235 kg of food. Most often it is bread, cold cuts, vegetables, fruit and dairy products.

42% of the population admits to wasting food and households are responsible for the largest amount of food wasted. The new regulations oblige large stores to donate groceries to food banks, thanks to which more of them go to those in need.



Over the years, people have been wasting more and more food and money, and shops are the main source of food waste. This is because items left on the shelves are thrown away when the dates are approaching or they expire soon. That is why a law was introduced that requires shops to return food that has not been sold, e.g. to food banks.

:(



There is some action against food waste in Warsaw. The organizers have placed such stations near local garbage cans, first of all, so that there are no legal doubts. Food there is left as "waste", and after careful segregation, products that meet the assumptions can be used for consumption at the responsibility

of the people who eat them. It is also important to maintain cleanliness around the station by the residents using the station and by its constructors.



The action is aimed primarily at the needy, including the homeless or the elderly with a modest retirement pension or disability pension. Another target proposal are freegans who are unable to come to terms with the common waste of food and are able to reiterate that the food that has been used for waste can feed the whole family.

The campaign is intended not only to attract the inhabitants of Polish housing estates to a well-thought-out review management, but in the long run, building stations together and taking care of them can be a good pretext to learn to know neighbors and overcome interpersonal distances.



First of all, we should pay attention to the quality of the food that we plan to throw away. If it's not bitten, or something like that, it's worth a look: maybe it still has an expiry date? Maybe it can be donated to someone? In such a case, it would be nice to give such food to someone - then the problem of food waste would be reduced. The second way to "save" food is to make sensible purchases. If possible, we only have to buy as much food as we really need. After all when we do a large one-time shopping, the food will stay in the refrigerator longer - and therefore it will deteriorate faster. In such situations we have to throw it away, what means waste it. The best way to do smart shopping is not to go to the stores when we are hungry - this feeling wrongly signals us to take more food. It is also good idea a list of the products we need in advance.
