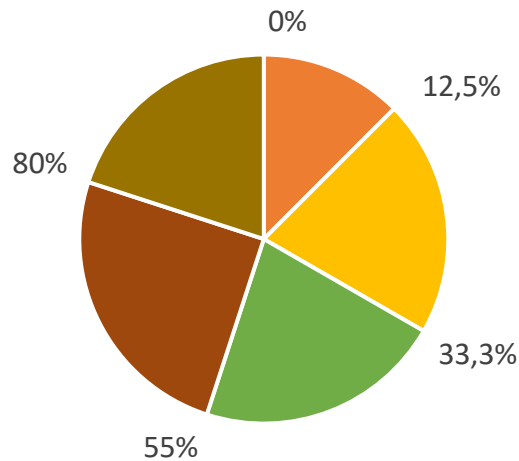


Quiz: Food waste - what do you think?

1) Almost 4 billion tons of food are produced worldwide every year.

How much of this ends up in the garbage can instead of on the plate and is therefore wasted (for example, because the food spoils on its way to the consumer or is thrown away even though it would still be edible)?

Mark the proportion:



2) Ideas on how to put hard rolls to good use!

Imagine you've gone away for the weekend. When you come back, the bread rolls are hard. But you don't want to throw them away! What could you do?

3) Is that still edible?

You look in the fridge and realize that the best-before date on your milk has also expired. Can you still use it for your milk?

- Yes, food does not go bad at the low temperatures in the fridge.
- No, if the best-before date has expired, food cannot be consumed without health risks.
- Yes, as long as it has been stored in the fridge throughout and does not look, smell or taste any different than usual.

4) Estimation question!

Which foods end up in the trash most often in private households?

1. _____

2. _____

3. _____



And what about you? Have you ever paid attention to this?

5) Can you remember the last time you threw away food? What was the reason for this?

- Best before date expired
- Forgot that it was still there
- Had gone bad
- Was leftover
- Pack/ jar/ can was too big
- Bought too much
- Other reason: _____

Be honest: Could the food have been saved? How?

6) Estimation question!

How many kilograms of food get thrown away by a citizen of the European union per year?

30 kg?

72 kg?

102 kg?

Solution for the quiz:

- 1) About a third of total production, or 1.3 billion tons.
- 2) Breadcrumbs/breadcrumbs, croutons, poor knights, bread dumplings, bread soup, souvenirs for the riding stables, bruschetta, English bread pudding, Tuscan bread salad, etc.
- 3) The third statement is correct
- 4) 34% fruit and vegetables, 16% prepared food, 14% bread & baked goods, 11% drinks, 9% dairy products, 7% ready meals, 5% other, 4% meat & fish
- 6) At least 150 euros in an average household, probably more.

WHAT OTHER PEOPLE THINK ABOUT THIS TOPIC



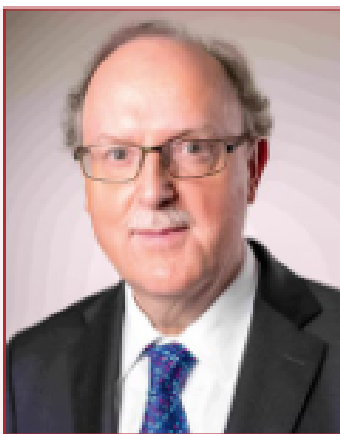
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THAT HURTS ME

These beans come from Kenya. 10,000 kilometers to end up in the bin. That's the world. The fruit and vegetables here come from all over the world. Even from my home country Cameroon. When I see how they end up in the rubbish here, it hurts me. Because I know how expensive the food is in Cameroon. So much fruit is sent from there to Europe and then they don't distribute it quickly enough here and just throw it in the rubbish. A mountain of bananas arrived here recently. My neighbours in Cameroon, a family of five, can't even afford a small packet of bananas, that's how expensive they are.

Thanks to the activities of this food bank, 120 tons of discarded fruit and vegetables that would no longer have been sold have already been distributed to people in need.



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OUR THROWING AWAY LEADS TO HUNGER

If they only bake one loaf of bread and process wheat (...) to feed their family, and the price of wheat doubles, as it did a few years ago, then they can tighten their belts as much as they like, they can no longer afford a sufficient calorie supply (...). This has happened to many millions of people, the extremely poor in this world. Now they will say, if we have the stale bread rolls (...) in the evening, we can't send them to African countries or Bangladesh. Of course not. But we are already sending them there, namely (...) through the price signal. (...) The more we throw away, the higher the price. Our throwing away therefore indirectly leads to hunger-



© Nora Meldes



SAVE OUT OF RESPECT

I'm a child from the DDR, no food was thrown away in our household. Leftovers were pickled, frozen and reused. Later, as a student of nutritional science, I became aware of the extent of food waste. These products contain valuable resources and also the labor of the people who produce the food. I have great respect for that. As a poor student and also an appreciative leftover cook, I found like-minded people and eventually got to know the foodsharing network, for which I am still involved today as an honorary ambassador. Together with my fellow campaigners, I collect discarded food from supermarkets, bakeries and restaurants, preferably on my cargo bike for the sake of the environment.

Food that can no longer be sold because it is still the Christmas-edition, because the packaging has a defect, because the food has not been put back in the fridge by customers, or simply because the baked goods will no longer be bought the next day. We take all these rescued leftovers to retirement homes, homeless shelters and private households. I already provide many of my neighbors with fruit, vegetables and bread on a regular basis. My neighbors then buy a little bit less, the food was not produced in vain and I raise awareness about food waste. I have just come from an elementary school where I educated children about the problem of food waste. The more people know the more will participate!