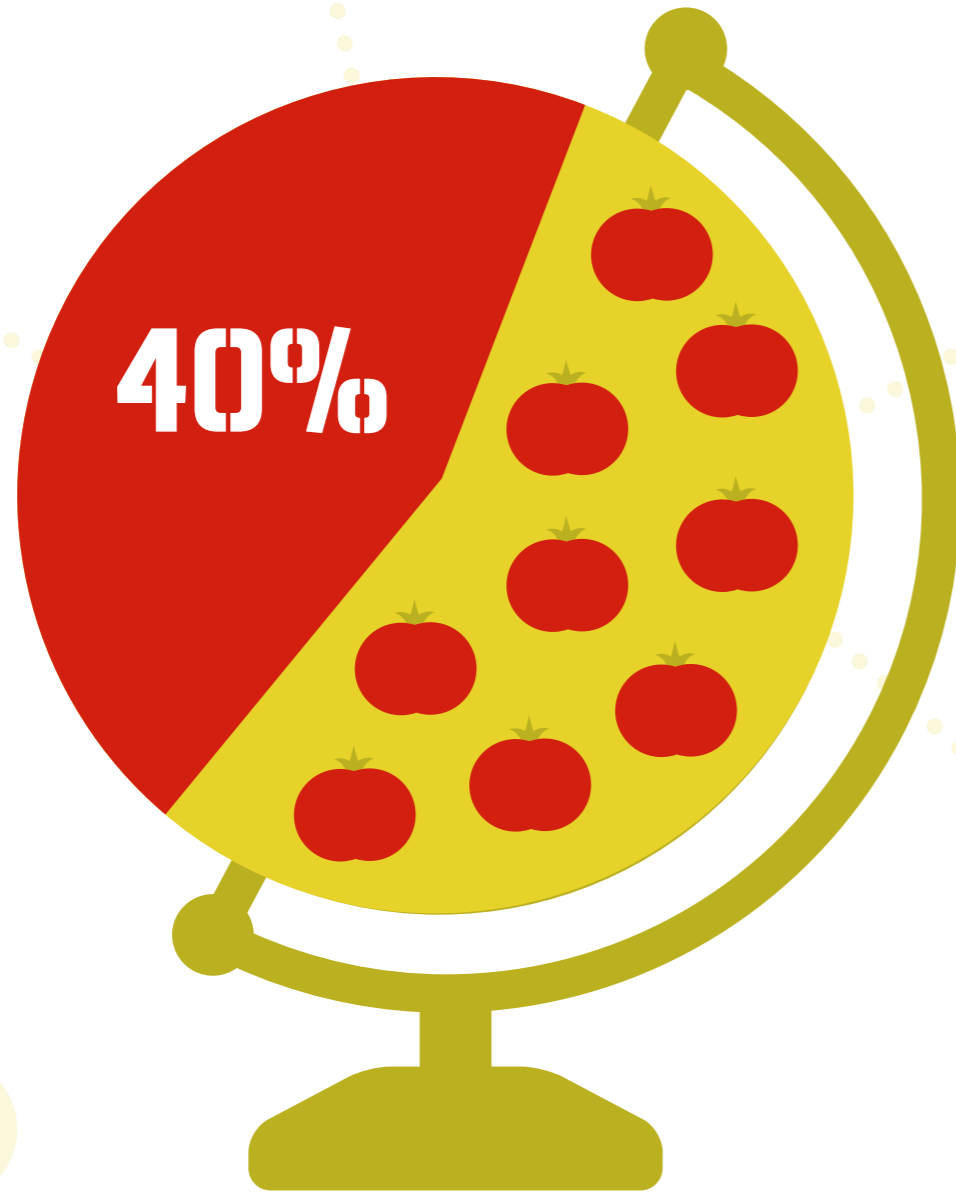
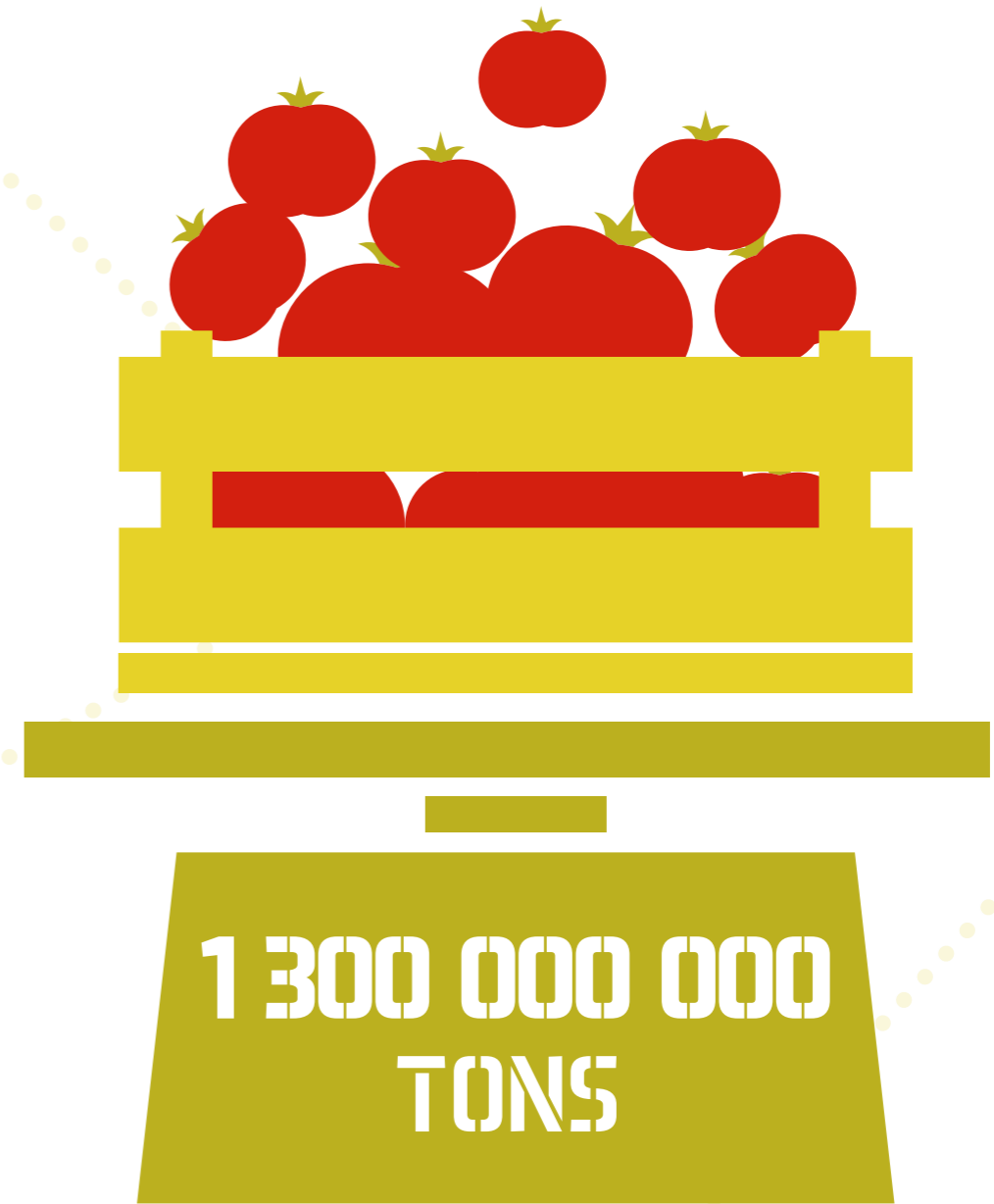


WHAT IS FOOD WASTE?



ABOUT 40%
OF THE WORLD'S FOOD
PRODUCTION IS WASTED

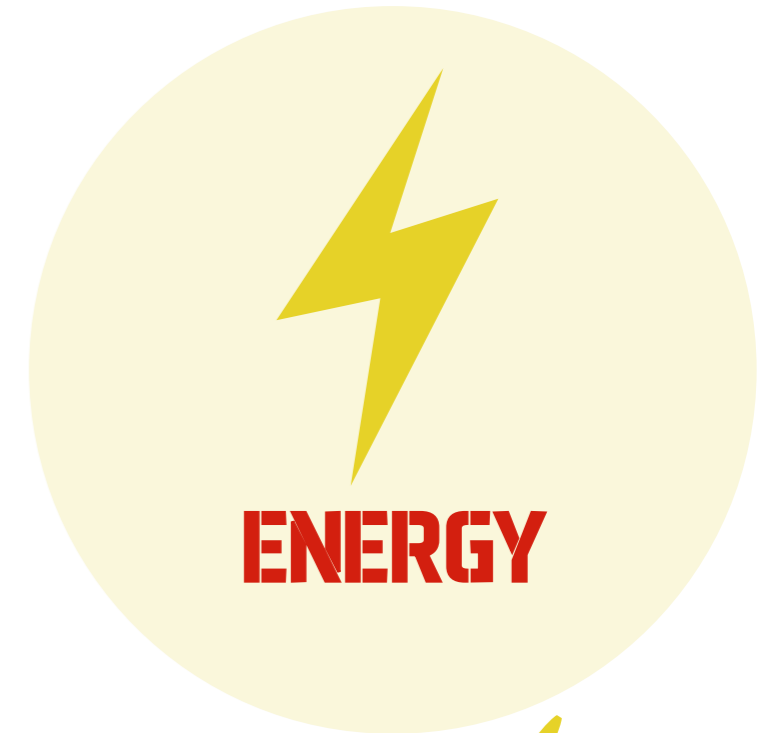
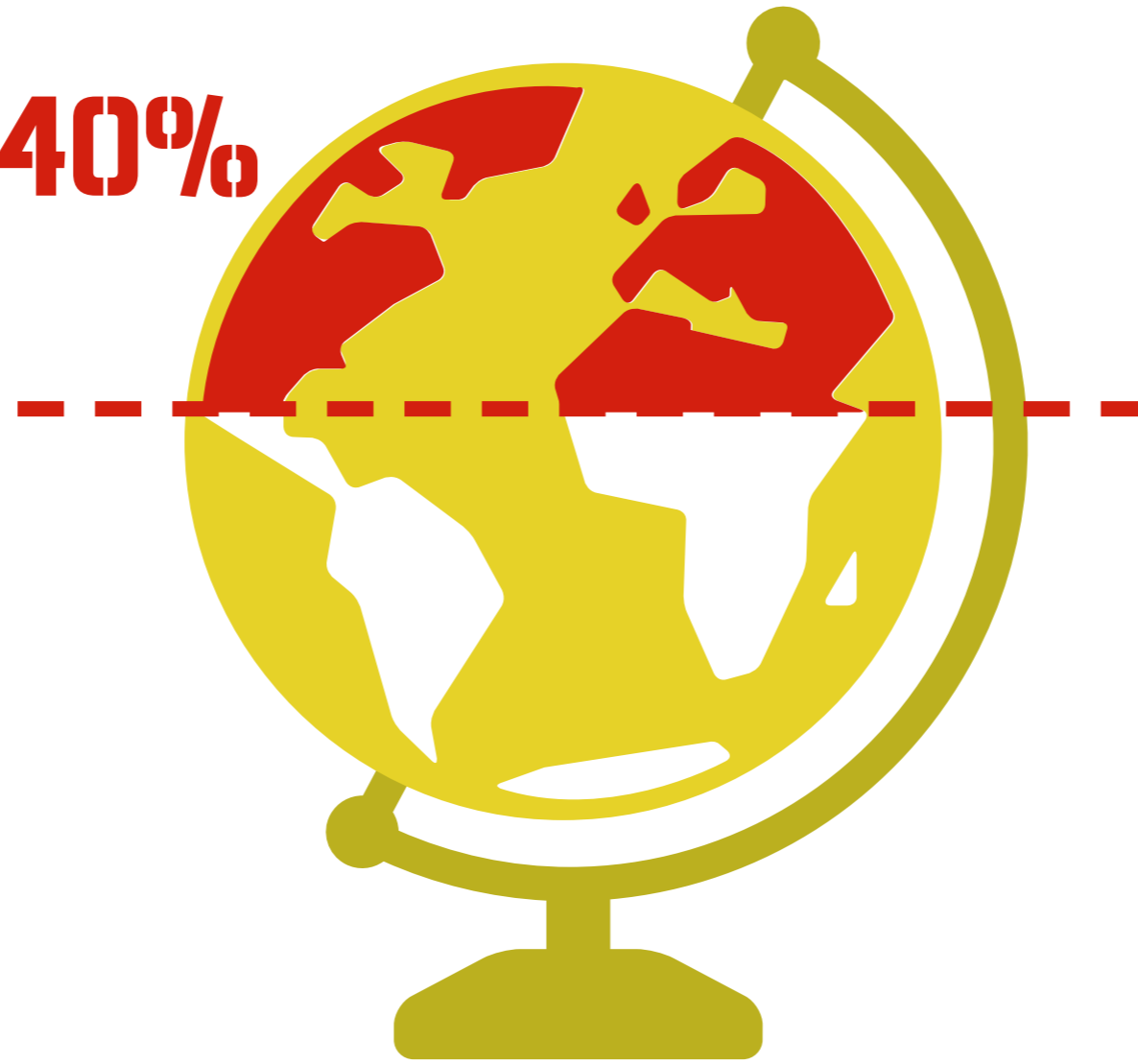


1.3 BILLION
TONS OF FOOD ARE DISCARDED
EVERY YEAR

ENVIRONMENTAL COST OF FOOD WASTE



40%



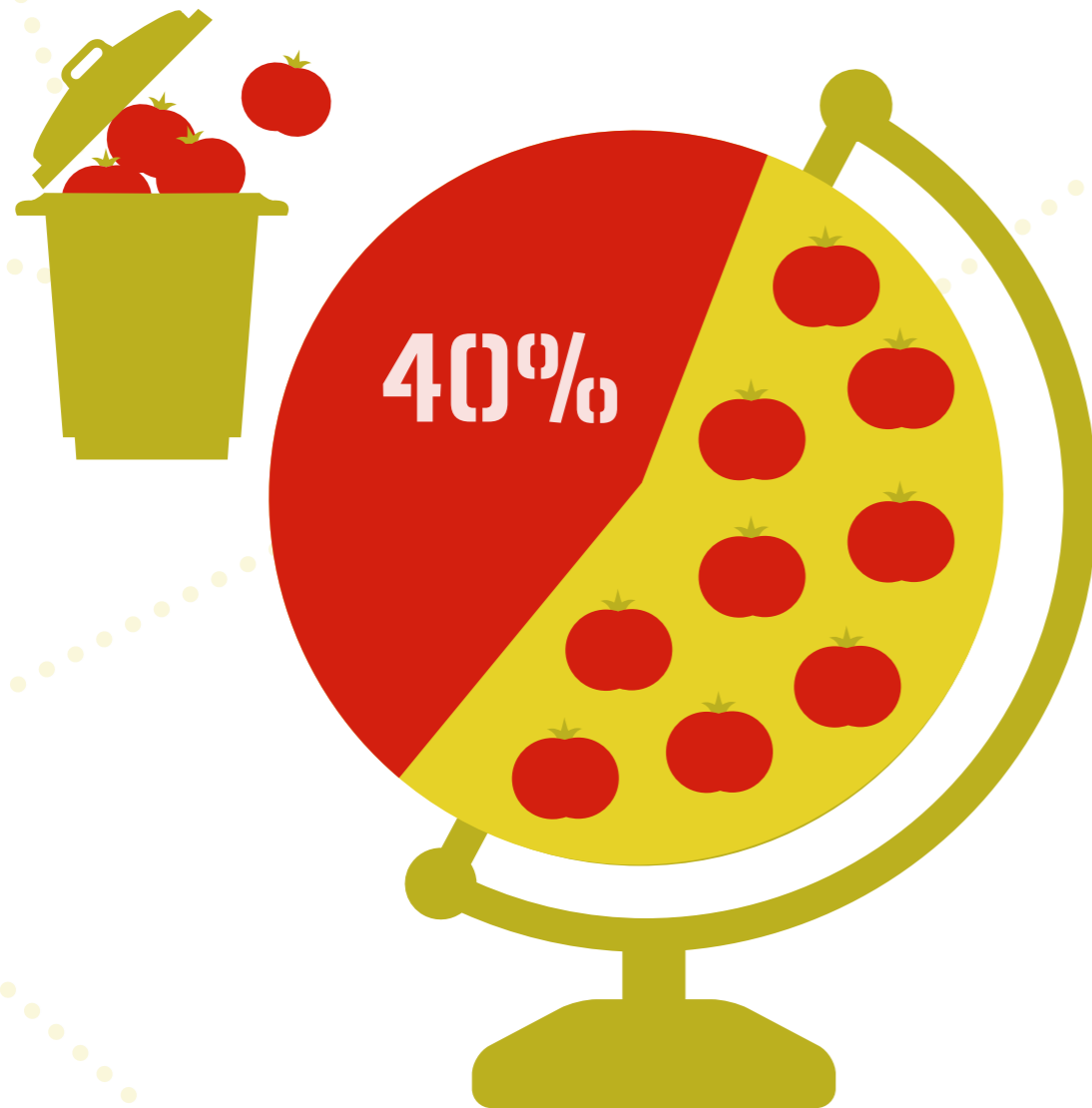
ABOUT 40% OF THE RESOURCES SPENT ON PRODUCING FOOD ARE USED TO PRODUCE WASTE



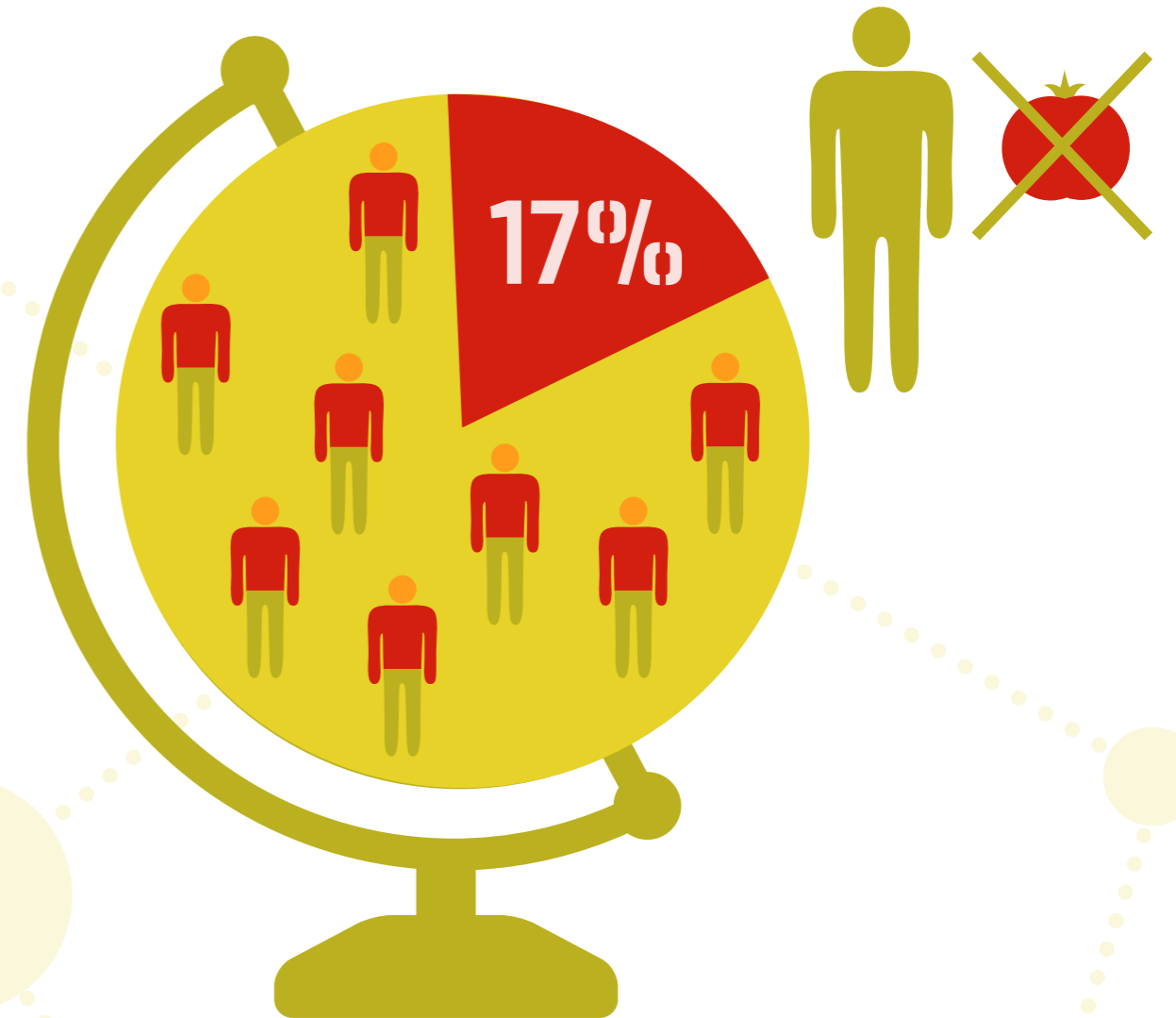
AND WHAT ABOUT CARBON EMISSIONS?



food production generates 3 times as much carbon than air traffic



ABOUT 40%
OF WORLD FOOD
PRODUCTION IS WASTED



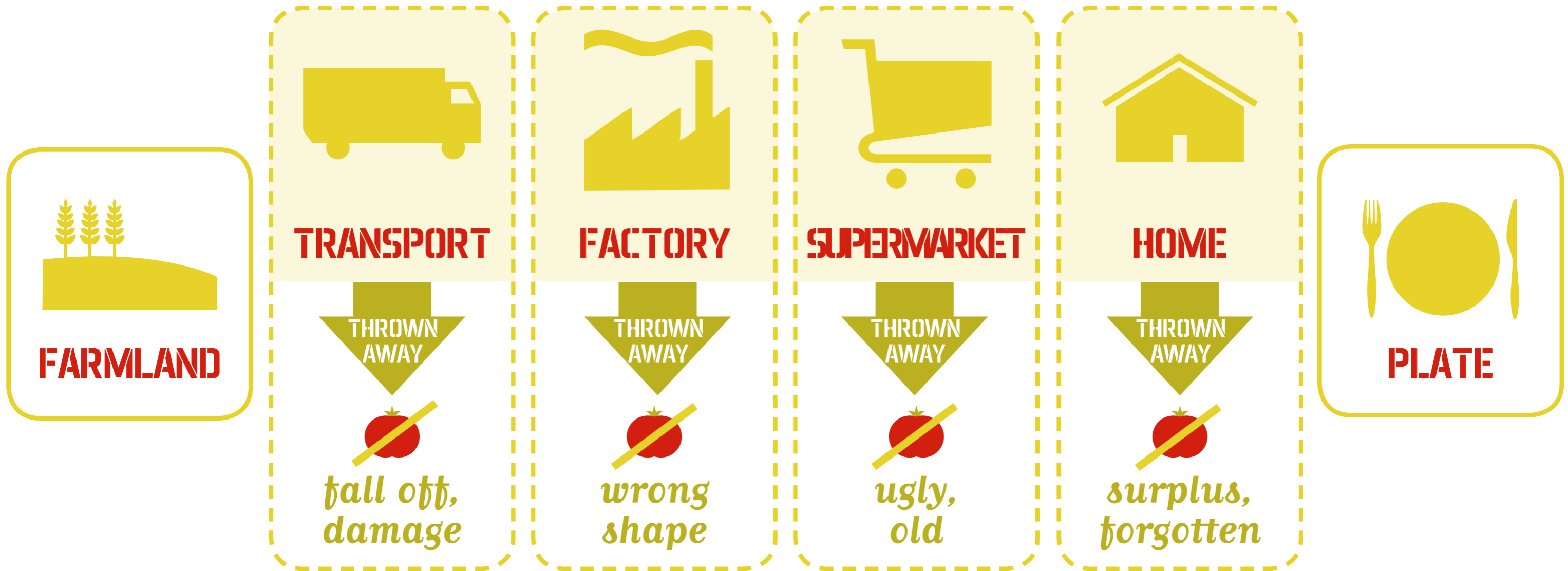
WHILE 17%
OF THE POPULATION
WORLDWIDE IS STARVING

CONCLUSION

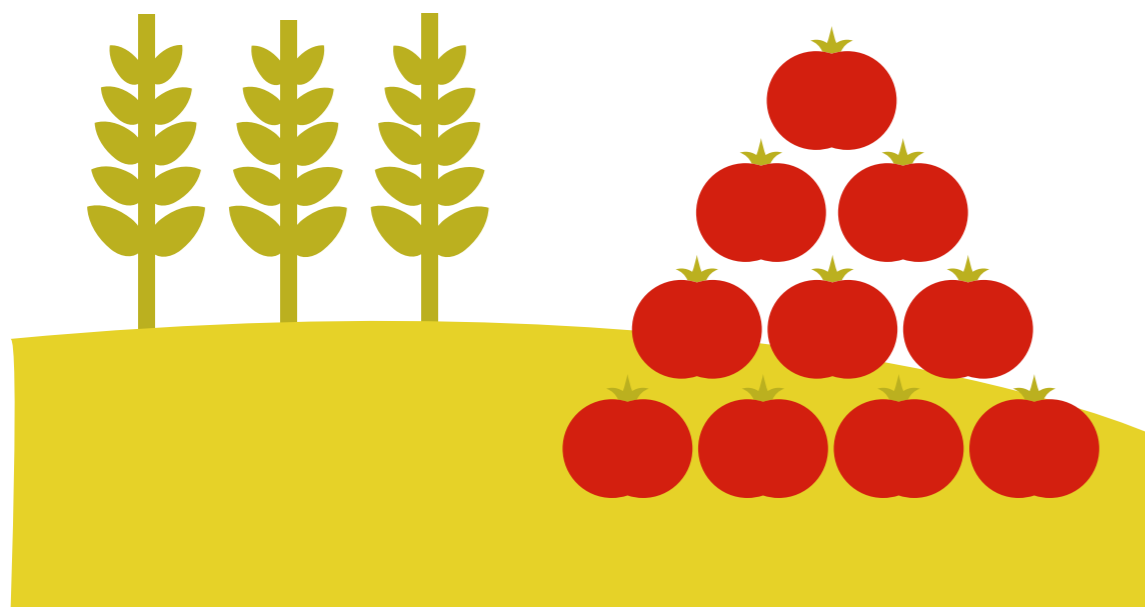


**WE CAN FEED EVERYONE
WHILE PRODUCING LESS**

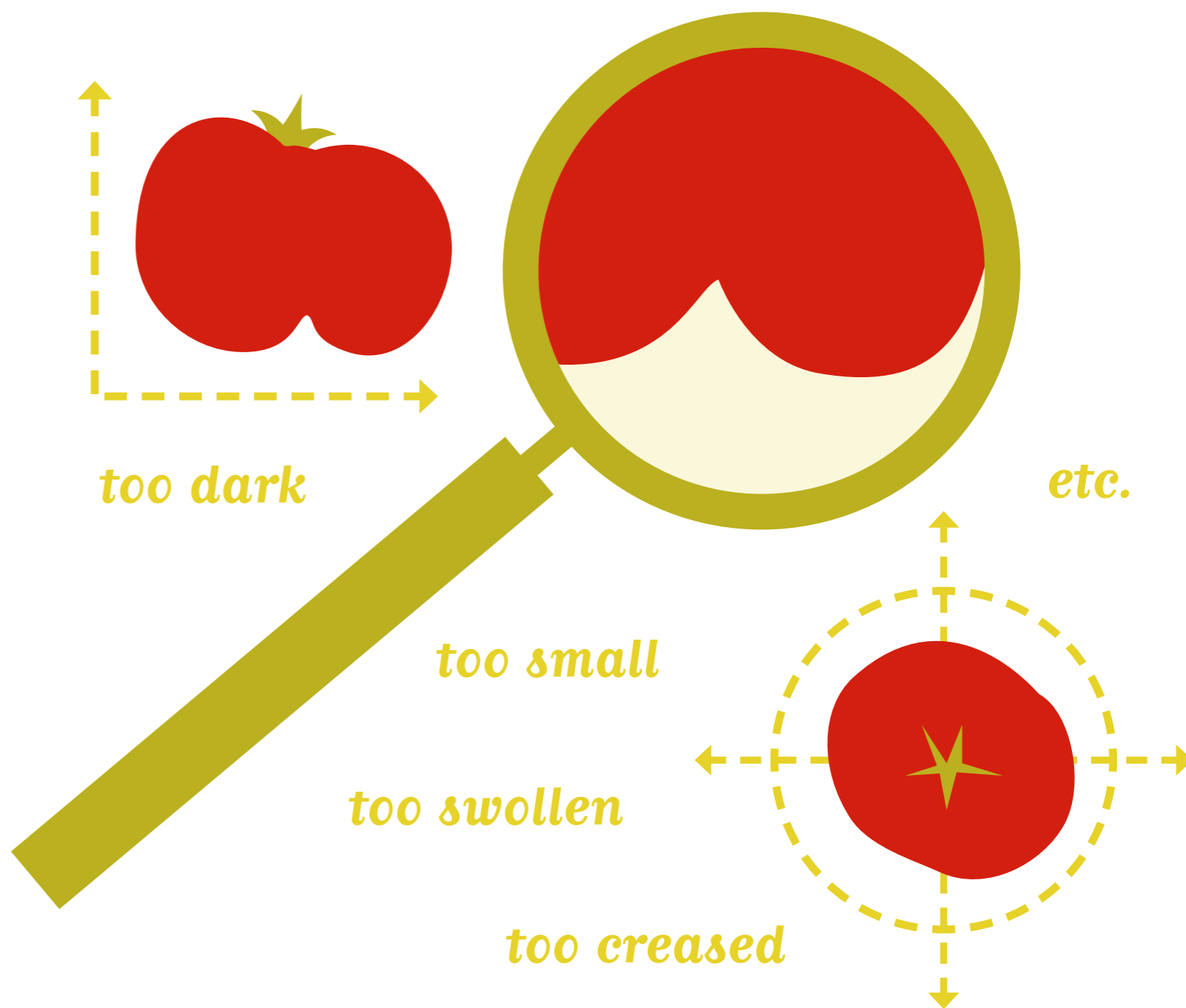
BUT WHO IS RESPONSIBLE FOR ALL THIS WASTE?



DISCRIMINATION AGAINST UGLY FRUIT AND VEGETABLES



Tons of fruits and vegetables do not even leave the farm because of the standards



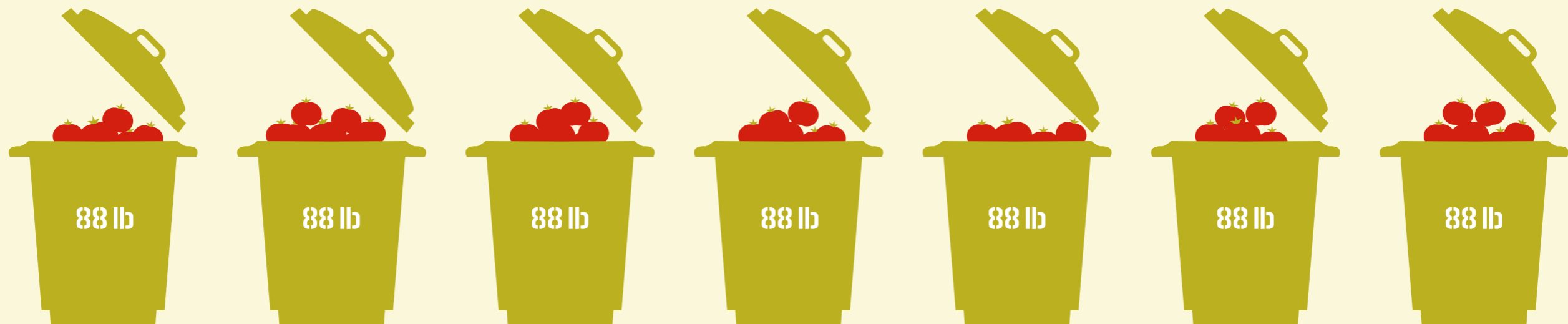
HOWEVER, THIS PRODUCTS ARE AS GOOD AND NUTRITIOUS AS THE OTHERS!



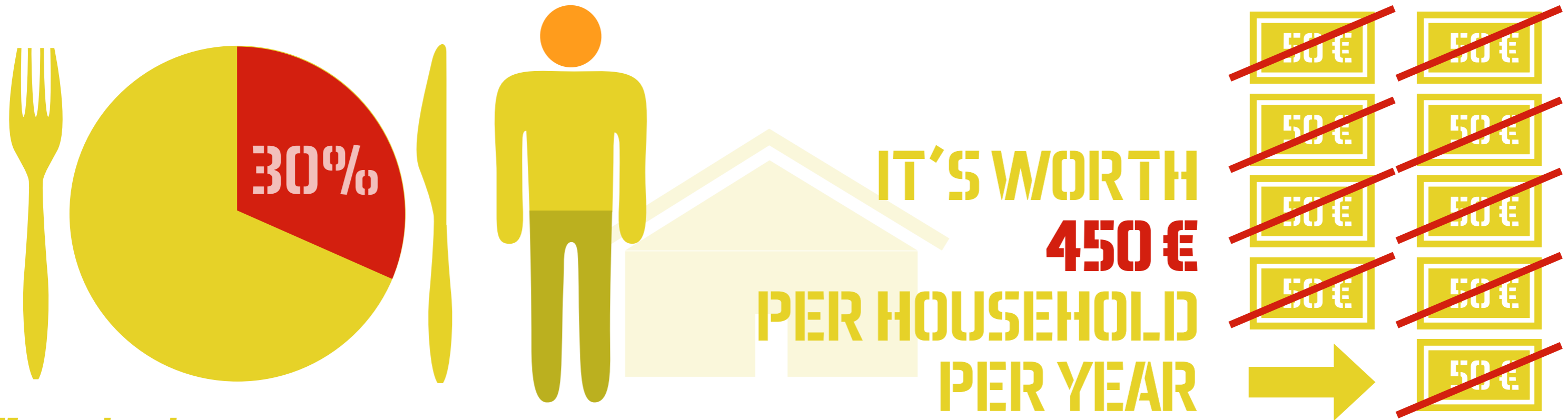
IF WE CALCULATE THE AVERAGE FOOD WASTE IN FRANCE



*Adds up to **seven 88 lb** trash containers every year per person!*



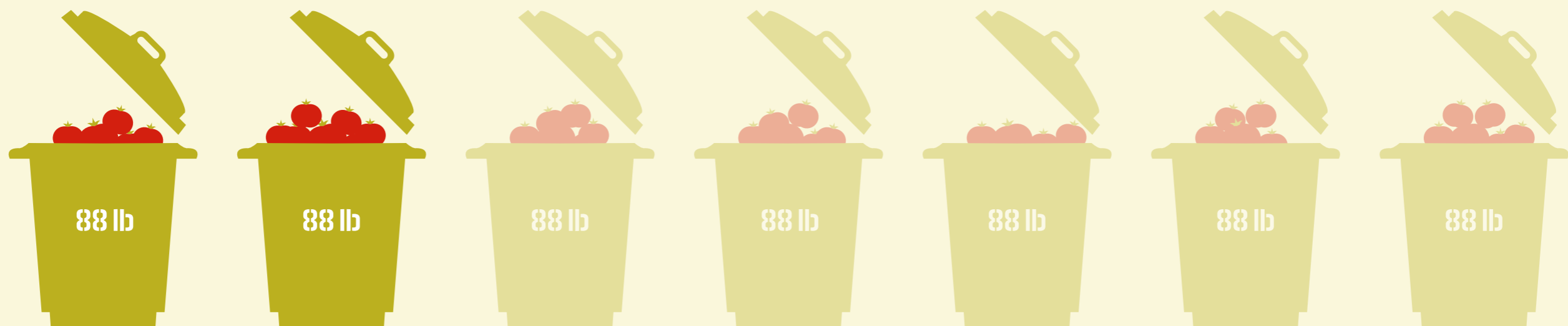
WHAT IS WASTED AT HOME?



Home food waste represents

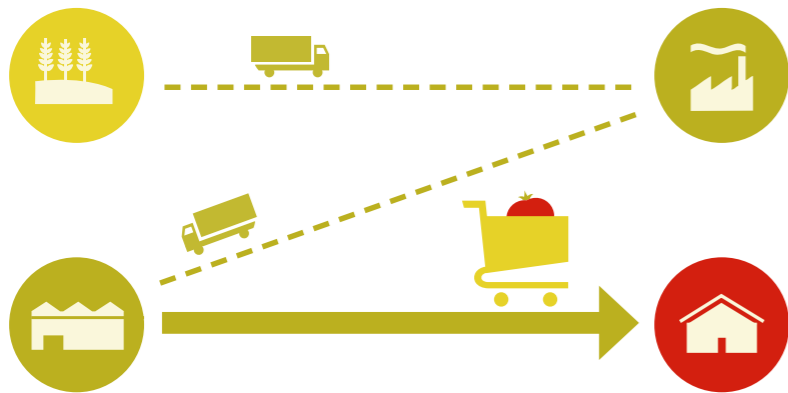
30% OF THE COUNTRY'S OVERALL FOOD WASTE

Which represents **176 lb** per year per household



1

CHANGING YOUR BUYING HABITS



Finding local and short distribution channels will become a pleasure!



2

LEARNING HOW TO KEEP YOUR FOOD



The art of extending food life will be useful all your life!



3

SAVING FOOD BEFORE THE TRASH CAN



your ideas and skill can save plenty, be creative!



1. FIGHT AGAINST WASTE : HOW TO BUY?

BUY LOCAL AND FRESH PRODUCTS

Example :

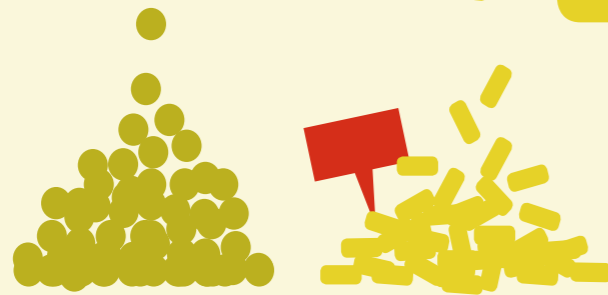


A direct link with farmers encourage knowledge transmission

Buying from a farmer is healthy and reduces transportation

CHOOSE RAW AND BULK PRODUCTS

Example :



Buying in bulk reduces cost as well

Buy unpackaged products to cut the environmental impact of processing and packing

REDUCE FOOD OF ANIMAL ORIGIN

Example :



Reducing meat consumption reduces exploitation of natural resources (energy, water, land)

Proteins from vegetables are as nutritious as proteins from meat

LEARN HOW TO STORE YOUR FOOD

Example :

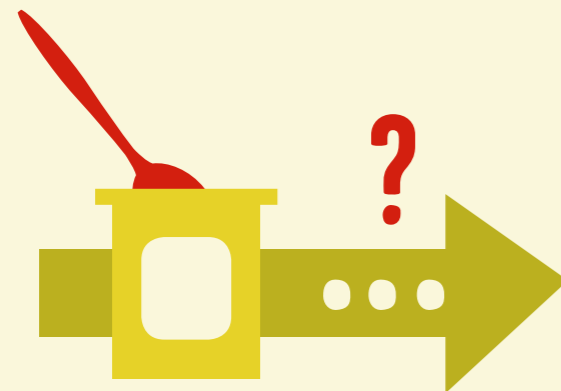


Plenty of food is best preserved if stored in a dry, dark and cool place

Don't put all your vegetables on top of each other in a single place, give each kind a separate place to stay

LEARN THE FOOD TIMELINE

Example :



Yogurt may be eaten without harm two weeks after their expiration date of consumption

Except for food of animal origin, very few "past the sell-by date" food is unsafe. Trust your senses

TRANSFORM AND REPURPOSE FOOD

Example :



Cook your vegetables as you wish and put them in sterilized jars. Be careful of hygiene and safety rules

Repurposing allows you to enjoy some vegetables all year long while preserving their nutritional qualities, even off season

3. FIGHT AGAINST THE WASTE : HOW TO SAVE FOOD?

REFRESH THE OLDIES

Example :

You can make some soup with carrot-tops or dried bread



Making jam, smoothies, stewed fruits, or chutneys from old fruit and vegetables gives them a new life

GET SOME DISCOUNT AND UNSOLD FOOD

Example :

Some local stores give away unsold products. Ask around and become a local gleaner!



At the end of the market, prices go down because what is left will be thrown away, ask for giveaways

RECYCLE ORGANIC WASTE

Example :

You can make your own compost and start your own vegetable garden



Giving away your organic waste to neighborhood gardens can help them have some very good compost

AND WHAT ABOUT DISCO SOUP?



DISCO SOUP RAISES AWARENESS ABOUT FOOD WASTE WITH FUNKY MUSIC, JOY AND POSITIVE VIBES.

*Join us! Find some unsold fruit and vegetables, bring them to a public space, and get your hands on them! Everybody cuts and savours to the sound of music!
Yes We Cut!*



LET'S SAVE FRUIT AND VEGETABLES FROM EVERY STEP OF THE FOODCHAIN!

*Left overs from markets, supermarkets, on the fields...
Everything is possible !*