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

- **Water**: About 40% of the resources spent on producing food are used to produce waste.
- **Farmland**: Food production generates 3 times as much carbon than air traffic.
- **Energy**
- **Raw materials**

**And what about carbon emissions?**

Graphic design: Floriane Le Roux - page 2/12
While 17% of the population worldwide is starving, about 40% of world food production is wasted. We can feed everyone while producing less.
But who is responsible for all this waste?

- **Farmland**: THROWN AWAY due to fall off, damage.
- **Factory**: THROWN AWAY due to wrong shape.
- **Supermarket**: THROWN AWAY due to ugly, old.
- **Home**: THROWN AWAY due to surplus, forgotten.

If you produce 10 tomatoes:

- 4 are wasted
- 6 are eaten
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

617 lb lost every year for each person!

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.

It’s worth 450 € per household per year.
Changing your buying habits

Finding local and short distribution channels will become a pleasure!

Changing your buying habits

Learning how to keep your food

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

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:*

Buying from a farmer is healthy and reduces transportation

*Reason:* A direct link with farmers encourages knowledge transmission.

### Choose Raw and Bulk Products

*Example:* Buying in bulk reduces cost as well

*Reason:* Buy unpackaged products to cut the environmental impact of processing and packing.

### Reduce Food of Animal Origin

*Example:*

- Proteins from vegetables are as nutritious as proteins from meat
- Reducing meat consumption reduces exploitation of natural resources (energy, water, land)

*Reason:* Reduce food of animal origin to fight waste.
2. FIGHT AGAINST THE WASTE: HOW TO PRESERVE FOOD?

LEARN HOW TO STORE YOUR FOOD

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

Example:

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

LEARN THE FOOD TIMELINE

Example:

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

Example:

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

TRANSFORM AND REPURPOSE FOOD

Example:

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

Example:

Repurposing allows you to enjoy some vegetables all year long while preserving their nutritional qualities, even off season.
At the end of the market, prices go down because what is left will be thrown away, ask for giveaways.

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

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

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

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

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