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Waste Not, Want Not? Food, Hunger, and Sustainability

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Waste Not, Want Not? Food, Hunger, and Sustainability



La Salle Explorers Advocating Nutrition (LEAN)

Dr. Laura Frank, PhD, MPH, RD, LDN

Food Waste Around the World

1.3 billion tons of food is wasted every year

1/3 of food produced around the world

Cost of food waste:

\$680 billion in industrialized countries

\$310 billion in developing countries

In Europe and North America, **210-250 lbs** of food **per person** is wasted each year.

<http://www.fao.org/save-food/resources/keyfindings/en/>



Food Waste in the United States

40%

of all food produced
in the U.S. is wasted



133 Billion Pounds
of food is wasted per year



\$161 Billion
of food is left uneaten at
retailers, restaurants,
and homes each year



Thrown away food
costs a family of four
\$1,500 a year

Food Waste on College Campuses

- The average college student throws away **142 pounds** of food per year.
- Every year, **22 million pounds** of food goes to waste on college campuses.

La Salle dining services has been making strides in trying to reduce waste and landfill contributions by:

- Relocating paper napkins from tables to a central location
 - Replacing plastic coffee stirrers with wooden ones
- Partnering with nutrition students to find the biggest contributors to plate waste
 - Hiring a sustainability intern



What is food insecurity?

— “The state of being without reliable access to a sufficient quantity of safe, affordable, nutritious food.”

Includes saying things like...

“I wish I could afford those veggies.”

“I’m worried I won’t have enough food tomorrow if I eat this snack now.”

“I miss being able to afford that dinner.”



40%

of U.S. food is wasted
each year

while

1 in 6

Americans don't know
where their next meal
will come from



15%
FOOD
WASTE



ENOUGH TO
FEED 25
MILLION
AMERICANS

Environmental Impact

National food industry and environmental organizations, government agencies and even the UN have all publicly stated that addressing food waste is the top priority when addressing climate change (Feeding America)



Reducing food waste would...

Cause less extreme weather

Cause there to be fewer rising seas

Overall slow/reverse the effects of climate change

A collage of fresh vegetables including tomatoes, green beans, yellow squash, and oranges. The background is a vibrant mix of these items, with a white text box in the center.

DID YOU KNOW?

IF FOOD WASTE WERE A COUNTRY, IT WOULD BE THE WORLD'S THIRD LARGEST EMITTER OF GREENHOUSE GASES, BEHIND THE U.S. AND CHINA.

What Now?

Reducing YOUR Food Waste

In your own home:

- Shop realistically
- Share perishable food items with a roommate or family member
- Make and eat leftovers
- Reduce clutter in your refrigerator/freezer
- Store food in the right places
- Compost
- Donate to food banks/drives



On campus:

- Ask for only the food items you know you're going to eat
- Ask for less if you want less
- Split food with friends
- Donate to food banks/drives

EXPIRATION DATES

USE BY ??????????

SELL BY ??????????

BEST BY ??????????