



# FOOD WASTE

How Food Waste affects EVERYONE

**How big is the  
food waste problem  
in India?**

**How much food  
do we waste in  
India?**

**Imagine throwing  
out  $\frac{1}{4}$  of your  
groceries!**

**Around 50 kg of  
food is wasted per  
person annually or  
68.76 million tonnes.**



**Let's take a closer look at  
what happens when we  
waste food . . .**

**When we waste food,  
what else is wasted?**





**Money**

**Land**







**Fuel**





**Water**



**Time**



**Electricity**



## Food wasted during transport

Fruits/vegetables/grains  
10 – 15%

## Food wasted during storage in warehouses

33-36%  
12 to 16 million metric tons

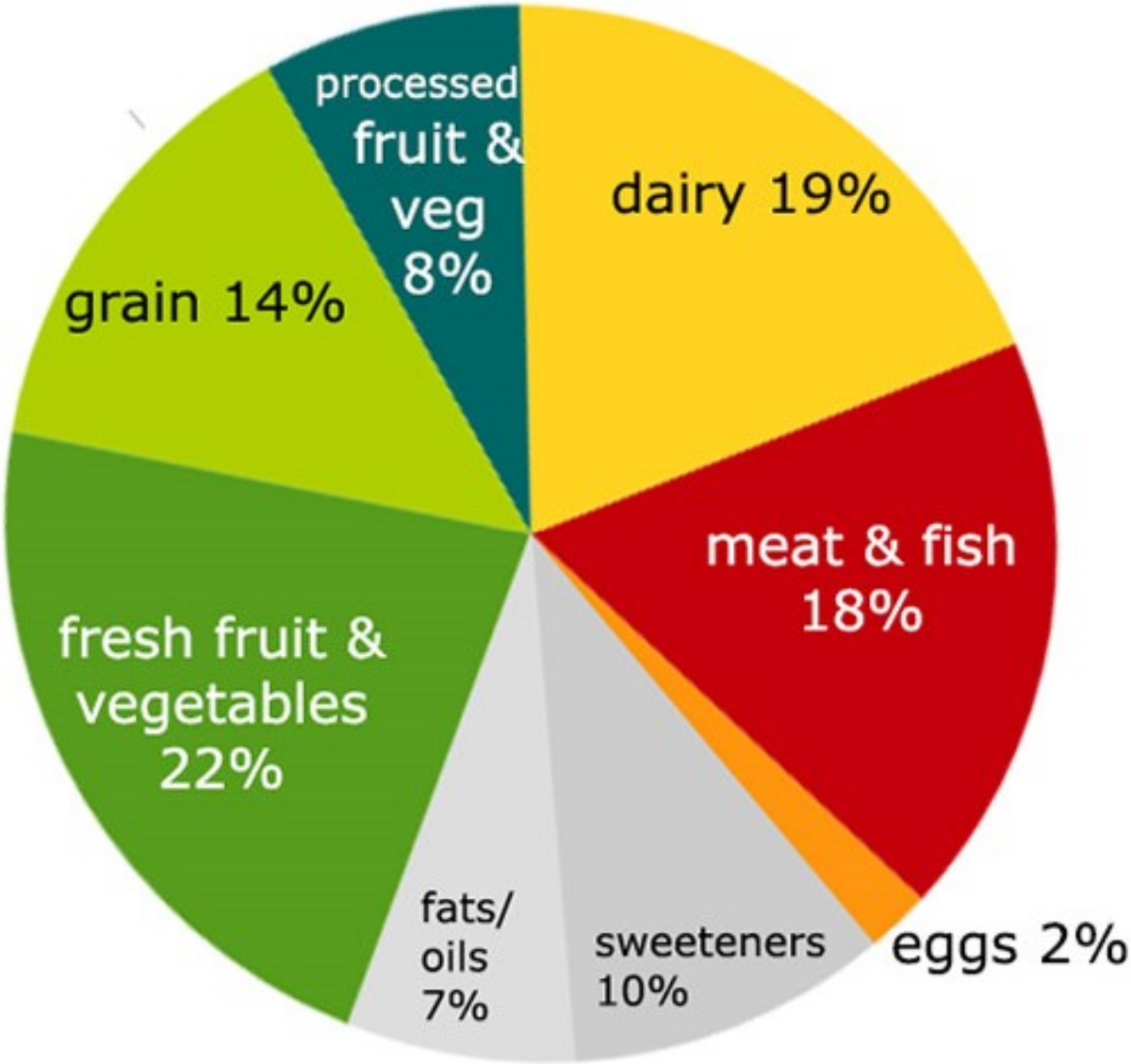
## Food wasted at home/events

In people's homes = 1/3<sup>rd</sup> the purchases  
In events = 1/5<sup>th</sup> of the food prepared





# Wasted Food by Category



data source: Journal of Consumer Affairs Fall 2011, ppp. 492-515  
CookforGood.com

**WE** can help reduce  
food waste.

**How?**





## Keep it fresh

We can reduce our food waste by keeping food fresher longer using proper storage techniques.

## Take an inventory

Take stock of your pantry, refrigerator and freezer before going to the store to prevent overbuying.



## **Create a meal plan.**

Planning at least a few meals for each week is a great way to ensure you have healthy meals. It also prevents you from buying too much food because you feel like you need to be prepared for anything. Coordinate your meals so you aren't using completely different ingredients for every recipe.



## **Save and eat leftovers safely.**

If you don't think you will be able to eat your leftovers within three days, store them in the freezer and label them. Keep your freezer organized so food doesn't get lost and then thrown out due to freezer burn.

## **Store food appropriately**

Start by only buying what you can eat in a week. Store greens with a paper towel in a plastic container in the crisper drawer, tomatoes and bananas on the counter, potatoes and onions in a cool, dark place and fresh herbs

in a glass of water.  
Have some frozen fruits  
and vegetables on  
hand in case you eat all  
your fresh produce  
before your next  
grocery day.

## **Buy "ugly" foods.**

Purchasing imperfect food refers to misshaped or oddly shaped fruits or vegetables, and it has never been easier.



You also can start a relationship with a local farmer through a community-supported agriculture or farmers market to get your hands on some imperfect produce. Remember, don't purchase bruised or spoiled produce.

## **Compost**

Even vegetable peels don't have to go to waste. Backyard composting is a great way to keep food waste out of the landfill and provide nutrition for your garden. You also can find small composting containers that you can keep in your home.

## **Use leftovers creatively**

Find ways to use rather than toss food that isn't fresh. Vegetable scraps and peels can be made into soup stock. Leftover cooked vegetables and lentils can be used for making parathas. Leftover rice can be used for instant dishes like lemon rice, curd rice, tomato rice etc.

# Government of India Schemes that would reduce food waste





## **MEGA FOOD PARKS**

The scheme aims to link agricultural production to markets by using a cluster approach, implemented by an SPV. It supports the creation of infrastructure for setting up of modern food processing units in the park and connecting it with a well-established supply chain.

## **COLD CHAIN, VALUE ADDITION & PRESERVATION INFRASTRUCTURE**

The scheme aims to provide integrated cold chain and preservation infrastructure facilities along the entire supply chain of food processing. It covers Minimal Processing Centre having weighing, sorting, grading, packing, storage and quick freezing facilities.

## **CREATION OF FOOD PROCESSING & PRESERVATION CAPACITIES**

The scheme aims to create and modernize processing and preservation capacities by increasing the level of processing and value addition, leading to a reduction in wastage.

## **CREATION OF BACKWARD & FORWARD LINKAGES**

The scheme aims to provide effective and seamless backward and forward integration in the processed food industry. Financial assistance is provided for setting up primary processing centres, collection centres and modern retail outlets. This is supplemented with connectivity through insulated or refrigerated transport.

## **FOOD SAFETY & QUALITY ASSURANCE INFRASTRUCTURE**

The scheme aims to make India's food and agro-processing sector have a competitive edge in the market by creating infrastructure for safety and quality assurance services. Under this scheme, the government extends financial assistance for the cost of laboratory equipment and civil work and reimbursement for HACCP/ ISO Standards/Food Safety/Quality Management Systems.

## **AGRO PROCESSING CLUSTER**

The scheme aims at cluster approach based development of modern infrastructure and common facilities to encourage a group of entrepreneurs to set up food processing units.



# NEVER FORGET

**Up to 811 million people** — about 10% of the world's population — regularly go to bed hungry.



## NEVER FORGET

Farmers protect the farm product from the time of sowing to the time it reaches the market. Their hard work is the reason that most of us have food on our tables every day.



# **NEVER FORGET**

Food is essential for our existence. Civilizations were built around it, human existence revolves around food . We need to respect food, respect its producers, transporters and retailers who work hard in their own way to save the food from any destruction. Our indifference may result in major food crisis which will affect the whole food chain and our own existence. Take a pledge everyday not to waste food.