

Week 5: (Oct. 2-3)

FOOD



Eliminating Food Waste

Each year, the food we waste in Canada costs \$49 BILLION dollars! “Food that is produced but not eaten ends up in landfills and creates methane, a powerful greenhouse gas, 25X more damaging than CO2 in the environment.

35 million tons of food is wasted each year (95 CN towers in weight)!

*When food is wasted, all the resources used to produce it are **also** wasted. By reducing food loss and waste in Canada, we can also reduce our greenhouse gas emissions.”* *Food Waste in Canada: The Facts | Waste Reduction Week in Canada (wrwcanada.com)*

- 1. Visit farmers’ markets:** Enjoy the freshness of locally produced foods and at the same time reduce packaging, avoid transportation fuel and handling costs and appreciate the work of local farmers. Freeze fresh produce to last. Avoid foods from the other side of the planet. **Farm to table tastes better!**
- 2. Buy less meat** and complement with more vegetables and grain products. Diversify your diet and try a meatless recipe once a week. (Because cattle produce and emit significant quantities of methane, a greenhouse gas that is 23 times more potent by quantity than CO2) <https://www.whyeatlessmeat.com/>
- 3. Plan your meals:** Do not buy more than you can eat! Freeze leftovers; Activities for kids: [Food Matters Action Kit \(cec.org\)](http://cec.org)