

## Where Food Comes From: Food Sustainability and Food Waste Knowledge Organiser

Sustainable Principles	Description
Aim to be waste free	This reduces food waste and food packaging by utilising reusable/recyclable packaging – if any at all.
Buy local and seasonal	This reduces the energy used in food production, keeping the cost of production and transportation down.
Eating healthily	This involves the consumption of five portions of fruit and/or vegetables daily.
Choose Fairtrade	This ensures workers are paid a fair price for their products.
Sustainable fish sources	A reduction in over-fishing, which is a huge threat to marine life, ensures that fish resources do not become overly depleted.
Grow your own	Producing food in our own gardens reduces the packaging, transportation and other resources used in the production of natural products.

Reasons for Food Waste	Description
Food spoilage	This is commonly caused by incorrect storage of food, food being allowed to pass its 'use by' date, or incorrect cooking (food overcooked or burnt).
Consumer confusion	'Best before', 'use by' and 'sell by' dates can cause confusion, such as wrongly thinking a food should be thrown away.
Retailers rejecting food	Food arrives damaged/spoiled and the retailer returns it to the distributor.
Imperfect food	Retailers think they cannot sell 'ugly' food because consumers will not buy it.
Supermarket offers	This encourages consumers to stockpile foods they do not need, only to throw them out later. An example would be larger 'value' packs of food.
Supermarket overstocking	Retailers trying to anticipate demand can result in a lot of unsold stock going to waste.

### What Is Food Sustainability?

Food sustainability ensures humans do not deplete natural resources. It supports long-term ecological balance and considers the impact of producing and consuming food on the world's economy.

Strategies for Reducing Waste	Description
Plan food shopping	Planning in advance means customers often avoid buying more than is needed; they are likely to only buy ingredients needed for meal planning and less likely to make impulse purchases.
Correct storage	Freezing foods correctly and/or storing them in appropriate environments and containers prevents them from going bad prematurely.
Use leftovers	Using as much of the food as possible in cooking, such as using bones to make stock, reduces the waste left over ('waste-free') as well as the need to buy additional food items.
Compost food	To reduce the physical bulk of waste, foods such as teabags and peelings can be composted.
Understand 'use by', 'sell by' and 'best before' dates	'Best before' dates refer to the quality of the food rather than edibility. Foods remain edible after this date, although they may have an inferior taste.
Donate unwanted food	Some supermarkets are now donating unsold food to food banks.



Food Poverty Factors	Description
Accessibility	Owing to a lack of transport, some families are limited to where they buy food from.
Availability	Low income areas often lack shops offering healthy fresh foods. Frozen and pre-packaged foods are cheaper to supply and buy.
Affordability	Frozen and pre-packaged foods are often cheaper to buy and therefore more likely to be chosen by those shopping on a small budget.
Awareness	People may lack knowledge of certain foods. For example, they may not know what it actually is, how it should be eaten, or how to cook it.

Food Poverty Support Projects	Description
Food co-ops	These are food distribution outlets organized by local community.
Community cafes	These are run by the community for the community.
Cooking and nutrition courses	These support people in becoming independent in food preparation and nutrition.
Breakfast and lunch clubs	These provide affordable meals in a social setting.
School tuck shops	These provide fruit and vegetables for children, which is especially important for low income families.

### What Is Food Poverty?

Food poverty is the inability to obtain healthy, affordable food.

### Food Security

The World Health Organization focuses on several areas of food security:

- **availability** – sufficient quantities available on a consistent basis;
- **access** – sufficient resources to obtain food for a nutritious diet;
- **use** – sufficient knowledge on basic nutrition and adequate water and sanitation.

Demand for food is increasing faster than the ability to produce it. Food insecurity results in illness and shorter life expectancy; children are more likely to be smaller, less able physically and intellectually. There is also a risk of damage to soil, which is being heavily used in an attempt to meet demand.

