

Agents Of Change

Uncover the root causes of food waste

Almost half of the all food waste across North America is produced in our own kitchens.^{71 72 73} You can make a positive impact and help prevent food waste in your own home. Take a look around, make a plan and you are well on your way to changing your habits. Start by looking at how food is bought, stored, cooked and wasted where you live.



Your Mission

Time: 5 Days



Making it Happen:

1. Use the survey sheet to document how you and your household buy, trade or gather food, and how that food is eaten over a 5-day period. This is a first-hand investigation so it's important to document the facts carefully.

| Food Tracking | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--|-------|-------|-------|-------|-------|
| Did you purchase or acquire any food today? | | | | | |
| How much did you spend on food? | | | | | |
| Did you make a shopping list? | | | | | |
| Did you check what food you already had at home before shopping? | | | | | |
| Do you have a plan for how to use everything you bought? | | | | | |
| Did you consider portion size when cooking? | | | | | |
| If there were any leftovers what did you do with them? | | | | | |
| Did any food get thrown out today? What did you throw out and why? | | | | | |
| Estimate the cost of the wasted portions. | | | | | |

What did you Learn?

1. What are the top three reasons that food is wasted in your home? How can this be changed?
2. What new information have you learned about the way you eat and waste food?
3. Jot down ideas on how you can reduce and prevent food waste.

Want to do More?

- Create and share a food waste manifesto. Armed with the findings from your investigation, draft a food waste manifesto to publicly declare your commitment to prevent food waste. Post prominently where food is prepared and eaten.
- Share your manifesto #FoodMattersActionKit
- Check out Activities #5 and #15 for how to conduct a food waste audit. Measure your food waste before and after the manifesto to test its impact.



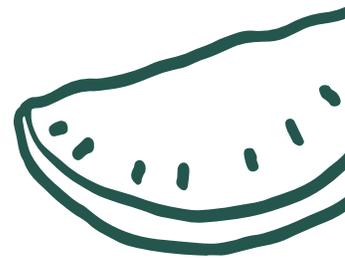
You can check out samples of historic food waste reduction manifestos. This war-time manifesto was developed by the US Food and Drug Administration to raise awareness about the need to conserve food.



CLAIM
5 Influencer points



CLAIM
10 Influencer or Systems Thinker points



⁷¹Jean-Baptiste, N. (2013). People centered approach towards food waste management in the urban environment of Mexico. Dissertation. <<https://e-pub.uni-weimar.de/opus4/frontdoor/index/index/docId/2063>>

⁷²Gooch, M.V., & Fefel, A. (2014). "\$27 BILLION" REVISITED. The Cost of Canada's Annual Food Waste. <<http://vcm-international.com/wp-content/uploads/2014/12/Food-Waste-in-Canada-27-Billion-Revisited-Dec-10-2014.pdf>>

⁷³NRDC. (2017). Wasted: How America is Losing Up to 40 percent of its food from farm, to fork to landfill. <<https://www.nrdc.org/resources/wasted-how-america-losing-40-percent-its-food-farm-fork-landfill>>