

FOOD WITHOUT WASTE





Why is it important?

Economic losses

- **Huge scale** – it is estimated that globally every year food worth hundreds of billions of euros is wasted. That equals the GDP of many developing countries.
- **Hidden costs** – waste means not only discarded products, but also wasted labor of farmers, transport, storage, packaging, and sales.
- **Impact on households** – the average family in Europe throws away food worth several hundred euros per year, which puts real pressure on the household budget.



Hunger and social inequalities

- **Stark contrast – while almost one-third of all food produced ends up in the bin, more than 800 million people around the world suffer from hunger.**
- **Children and youth – malnutrition during childhood and adolescence leads to health problems, worse school performance, and fewer life opportunities.**
- **Global inequalities – in wealthy countries food is wasted mostly at the consumption stage, while in poorer countries it is lost earlier – during production and distribution (due to lack of refrigeration, logistics, or access to markets).**



Ethical and cultural dimension

- **Moral responsibility – in the face of global hunger and climate change, wasting food is not just an economic issue but also an ethical one.**
- **Respect for food – in many cultures, food is treated as a common good and something sacred that deserves respect.**
- **Future generations – responsible food management is part of sustainable development and caring for the next generations.**



Food waste happens at every stage – but most of it starts at home. That means every one of us can make a difference

How to prevent it?

3 simple Food Zero Waste rules:

Plan



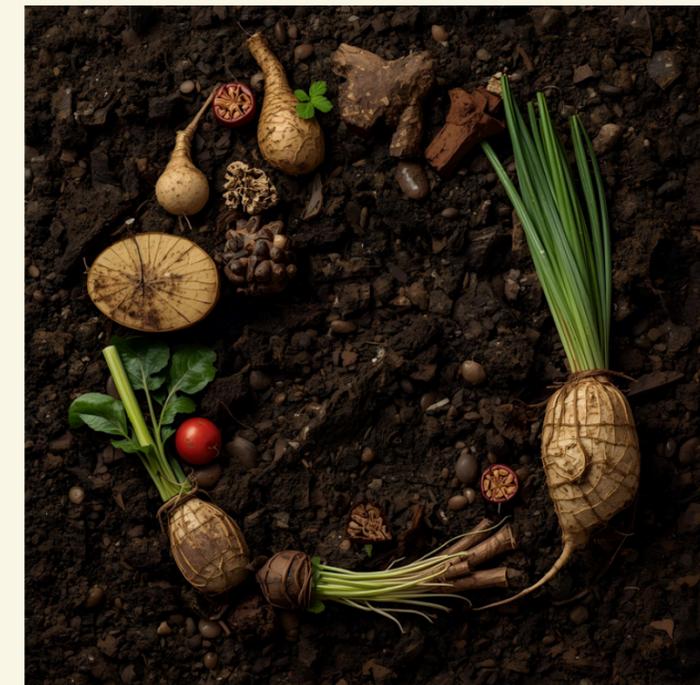
Shop with a list, check expiration dates, avoid overstocking.

Use



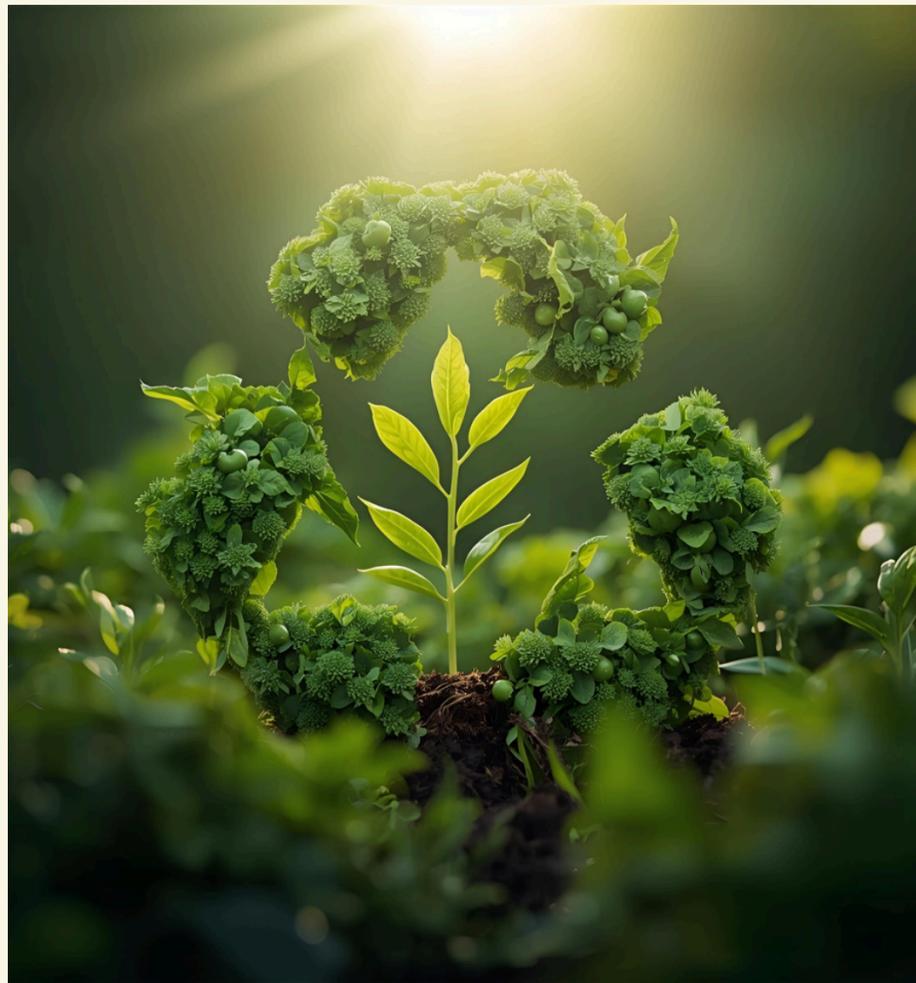
Cook with leftovers, freeze, share food.

Compost



If food can't be eaten, turn it into natural fertilizer.

Benefits of Food Zero Waste



- **Save money**
- **Cleaner environment**
- **More social solidarity**
- **Healthier lifestyle**



Exercise: Zero Waste Mission – Save the Food, Save the Planet

Each group comes up with at least three realistic ways to reduce waste in their scenario

design a mini Zero Waste campaign for your mission.

This can be: a poster (flipchart / A3 sheet + markers), a tagline / slogan, a short skit / ad (2 minutes), a mini social post (e.g., graphic + hashtags).

Each group shares practical solutions, then presents creative campaign

Voting & reflection (5 minutes):

- most realistic,**
- most creative,**
- funniest.**

**Thank you for
your attention!**

**ZIELONE
ŚLĄSKIE**



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