

We Waste THAT Much Food?

In our Art, Food and Social Justice class we watched and went over several issues, including ones associated with food. Out of all of these issues the one that had caught my interest the most was a documentary on food waste called “Just Eat It”. In that documentary two people attempt to live on food waste alone for for six months. I will be expressing my thoughts on this documentary, its effects, and how I think we can improve the issue of food waste.

When Dayni first brought up this documentary I was puzzled. The first thoughts that came to mind were, “How could people live on only food waste?,” and “Is that really possible?, wouldn't the food become inedible within the first two-three weeks?” But these thoughts quickly vanished when “food waste” they were talking about turned out to be something I had never imagined. The “food waste” was completely edible and wholesome food, and that perfectly good food was being thrown away.

From watching the documentary I learned that more than 40% of food produced globally gets discarded. How we as people being perfectionists affects our food because we refuse any produce that doesn't look “perfect.” How labeling things with “sell by” causes even more food waste and how much not only companies, but consumers our selves waste food. We could save a large sum of money if we didn't follow these actions.

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Overall the documentary had a huge influence on me. But, I alone changing my habits is not enough. I think that there are several ways to make others not waste food. Doing things like changing the “sell by” tag to a code only employees see or creating a visual chart to tell you what is and isn’t okay to eat. Giving the “imperfect” but good food to those in need. Or just making everyone in general mindful about their food waste goes a long way.

I want to recommend this documentary to about everybody in our school. Everyday I see the students in our school throw a good portion of their food in the trash, especially their greens. It’s disappointing to see food being wasted, and even more disappointing is that I am too awkward of a person to confront them about it. Nonetheless I think this documentary had a huge impact on me, after watching I’ve become a lot more mindful about what foods I should be paying attention and how I can save so much more just by adjusting small parts of my life. Food is a necessity to all of

us, so finding ways to conserve and not waste can really steer us the right direction to a happier and more “*fullfilling*” world.

“Fullfilling” instead of ‘fulfilling”,haha, get it? It's a pun.