



TRAINING FICHE

04. ENVIRONMENTAL SUSTAINABILITY IN FOOD

(Sections in italic only for internal use, not to be published)

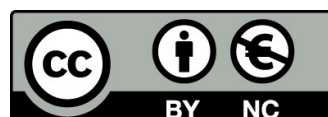
Area	Food
Level	ADVANCED
Topic	
Module	
Keywords	Food waste – consumption habits – sustainable food consumption – waste awareness – water consumption – land occupation – lost of biodiversity
Introduction (500-1000 characters including spaces)	<p>With a growing global population, greater pressure to do ecologically beneficial acts, and a changing climate, food waste and food security have emerged as some of the top concerns for researchers and policy officials.</p> <p>A sustainable food security strategy is impacted by the rising amount of food waste and food losses at all stages of the supply chain, according to several studies.</p> <p>The enormous amount of food that is wasted has a detrimental effect on the economy, society, and environment.</p>

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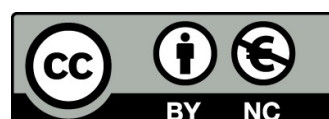
	<p>In addition to the social injustices that result from some people having too much food while others go without, food waste also has an impact on the environment.</p> <p>On the one hand, there is the issue of waste's environmental impact. Overconsumption, on the other hand, indicates the wasteful use of production capacity and resources, which has a detrimental influence on the environment through greenhouse effects or water waste.</p> <p>Furthermore, food waste causes significant costs for several enterprises in the supply chain as well as the economy in general.</p> <p>Our society's modernity and progress has produced a picky consumer who generates a large number of food leftovers each year.</p>
Impacts/Benefits (1000-1500 characters including spaces)	<p>It is estimated that 53% of the avoidable wasted food is produced by the final consumers, the majority of which happening in developed countries.</p> <p>A variety of socio-demographic factors influence the amount of food wasted. According to studies, families with a larger number of people waste more food than smaller ones.</p> <p>Elders and price-conscious shoppers waste less food, whereas households with young children and greater incomes waste more. The relationship between income and food waste appears to be complex.</p> <p>Consumers with lower-than-average incomes are more likely to purchase larger quantities of lower-quality food and then not consume it. On the other hand, some customers are more concerned about nutritious and safe meals, yet they nonetheless create more food waste.</p> <p>Several writers argue that food waste is caused by wasteful consumption behaviours, such as purchasing more items than necessary.</p> <p>The majority of food waste occurs at the consumer level, particularly in industrialized nations, since</p>

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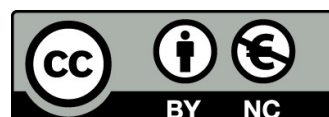
	<p>food waste is inexpensive and hence there is little financial incentive to eliminate this occurrence. In terms of consumption habits, three time periods for potential food waste have been identified: the time between buying and preparing, the time between preparing and serving, and the time after serving.</p> <p>The consumer's behaviour supports food waste at all stages of food preparation, storage, and consumption.</p>
<p>Good practices (1000 -1500 characters including spaces)</p>	<p>Giunko srl, a previous creative start-up and current SME that specialises in the creation of cloud-based solutions for the mobile and web world of the cleantech industry, developed the Junker app. Customers can use this app to sort their rubbish at home without making mistakes; all they need to do is download it and scan the barcode of the item that needs to be discarded.</p> <p>Junker disassembles the packaging into its component pieces or materials and directs residents to the appropriate trash cans in their neighbourhood.</p> <p>Customers can access all of the details regarding the (updated) take-back schedules for various materials in various territories, as well as turn on notifications to serve as reminders, via the app. So far, the Junker app recognises more than 1.5 million products, indicating all collection points in the vicinity: eco-centres, ecological islands, collection points for used clothes to those for waste oil, batteries and medicines.</p> <p>Go Zero Waste makes it possible to identify shops selling 'unpacked', i.e., packaging-free and plastic-free products, thus incentivising consumers to choose sustainable companies that can make themselves known to potential customers in their vicinity by subscribing to this platform.</p>

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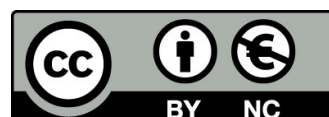
Current and future challenges (1000 -1500 characters including spaces)	<p>Emotion, conscience, and guilt are among psychological aspects that influence consumer behaviour about food waste.</p> <p>When discarding food, the consumer feels terrible and has a poor conscience because of global poverty and hunger, rather than for environmental concerns. Furthermore, one of the primary motivators for decreasing food waste is lower food costs.</p> <p>It is also crucial to emphasize the importance of cultural factors on the amount of food wasted. On the one hand, the amount of food wasted in developing nations is lower. On the other hand, certain cultural values, such as hospitality, have a significant impact in food waste.</p> <p>In certain nations, there is societal pressure to prepare extra food when visitors are invited so that one does not "lose face."</p> <p>Food waste is also affected by the product category. Vegetables account for the greatest proportion of food waste. In compared to other consumer groups, high-income consumers discard less fruit and vegetables.</p> <p>Therefore it is important to make the consumers aware of the problem of food waste, taking into consideration the cultural, social and economic implications which are at the basis of the phenomena.</p>
Language	English
Partner	IDP
Further references	<p>https://ourworldindata.org/environmental-impacts-of-food</p> <p>https://www.sciencedirect.com/topics/food-science/environmental-impact-of-food</p> <p>https://terrapass.co.uk/?utm_source=terrapass.com&utm_medium=referral&utm_campaign=redirect</p> <p>https://www.eea.europa.eu/themes/agriculture/greening-agricultural-policy/food-security-and-environmental-impacts</p>

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