

INTRODUCTION

WHO WE ARE

YCAN PEI is a youth program that focuses on providing a range of opportunities for teenagers to discuss social issues from our points of view, and put our ideas into action so we can solve those problems.





Statistics and Facts



On World Scale



- We have over 7 billion people on this planet, of which 925 million are starving.
 Yet we annually lose and waste 1,3 billion tons of food or enough to feed 3 billion people.
- II. Global quantitative food losses and waste per year are roughly 30% for cereals, 40-50% for root crops, fruits and vegetables, 20% for oil seeds, meat and dairy plus 35% for fish.

On World Scale



III. Food waste could rise by almost a third by 2030 when more than 2 billion tonnes will be binned.

IV. Between 33-50% of all food produced globally is never eaten, and the value of this wasted food is worth over \$1 trillion.

FOOD WASTE IN CANADA THE FACTS

40%

of food produced in Canada is wasted each year.1



Food waste costs Canada's economy more than

\$31 BILLION

each year.1

The average Canadian wastes approximately

183 KG

of solid food per year.4 As a country, that's

6 MILLION TONNES.

Equivalent to the weight of

1 MILLION

full-grown male elephants.





Organics wasted in a landfill produce methane gas which is

25 TIMES

times more damaging to the environment than carbon dioxide.2



The average Canadian household spends

\$1,100



Sources

- Journal of Cleaner Production ² Environment Canada
- ³ Love Food Hate Waste Canada
- Statistics Canada

WHERE IS FOOD WASTED?

47% of the value of food wasted in Canada can be attributed to households.



Source: \$27 billion revisited: The cost of Canada's annual food waste, VCM International, 2014

Facts about Food waste

- 63% of the food Canadians throw away could have been eaten.
- For the average Canadian household that amounts to 140 kilograms of wasted food per year – at a cost of more than \$1,100 per year!
- For Canada as a whole, that amounts to almost 2.2 million tonnes of edible food wasted each year, costing Canadians in excess of \$17 billion!

All types of food are wasted, but in Canada the most prominently wasted foods by weight are:

- 1. Vegetables: 30%
- 2. Fruit: 15%
- 3. Leftovers: 13%
- 4. Bread and Bakery: 9%
- 5. Dairy and Eggs: 7%

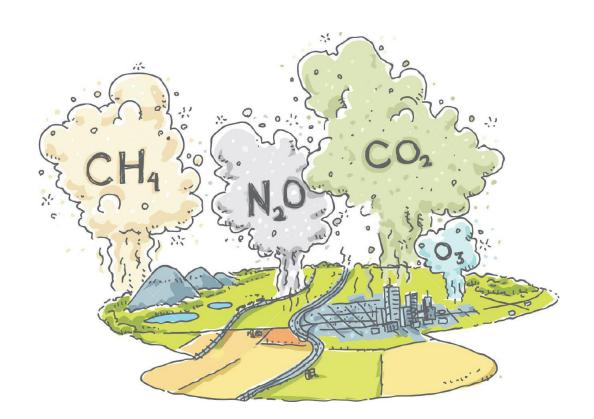
To put that in perspective, every day in Canada we waste:

- 1. 470,000 heads of lettuce,
- 2. 1,200,000 tomatoes,
- 3. 2,400,000 potatoes,
- 4. 750,000 loaves of bread,
- 5. 1,225,000 apples,
- 6. 555,000 bananas,
- 7. 1,000,000 cups of milk
- 8. and 450,000 eggs

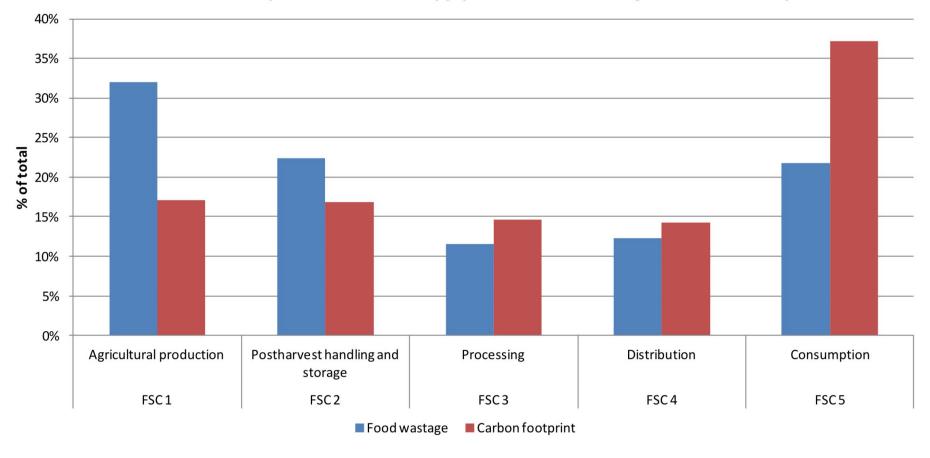
Environmental Issues



Greenhouse Gas Emission



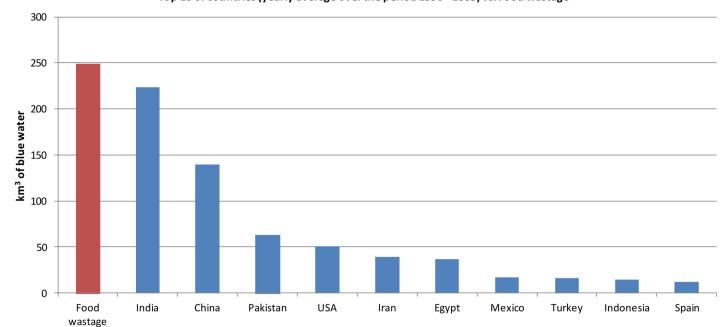
Contribution of each phase of the food supply chain to food wastage and carbon footprint



Water Waste

Total blue water footprint for consumption of agricultural products

Top 10 of countries (yearly average over the period 1996 - 2005) vs. Food wastage



Biodiversity



What has been done nationwide?

Stores Leading Change

- Walmart
- "Would I Buy It?"
- 23 percent reduction in Food Waste
- Zero Food Waste Initiative



Imperfect Food



Guide to Food Safety

FOOD IS SAFE AND NUTRITIOUS TO EAT WHEN:

- It's smaller than average
- It's larger than average
- It has a misshapen, gnarled appearance
- It has some blemishes or scratches on the surface
- It's color or texture is less than consistent with the perfect counterpart

FOOD IS ROTTEN, DISEASED, OR UNSAFE TO EAT WHEN:

- The surface scratches represent a significant amount of broken skin, or there are open cuts or signs of oozing.
- The blemishes are soft spots that break the surface of the produce.
- The discoloration involves spots of different texture, indicating a mold or fungus
- Overall, the produce is very soft, easy to depress, or shows signs of recesses, indicating that the rotting process has begun

Second Harvest

- Imperfect Food Delivery
- Support Social Services agencies
- Help With Food Insecurity
- Imperfect produce
- Hungry harvest



Community Cabbage

- University of Victoria BC
- Student led organization
- Redistributes reclaimed food
- Anyone can join in the cooking and eating
- Implementing it into a college campus



UbiFood

- Montreal
- Initiated by an individual who wanted to address food waste
- App that locates discounted food in the community
- Give profits to markets with discounted food



Warehouse and Transportation

- Optimize food transporting technology,
 - Reduced damaged produce
 - Deliver food quicker
 - Biosensors



What has been done in the community?

The Upper Room Hospitality Ministry



Food Exchange PEI





Other Possible Solutions

- Educate citizens on the cost of food waste and ways to eliminate it in the community.
- Redistribute food to people who may be in need of some extra food.
- Bokashi- Ferment waste to produce energy.

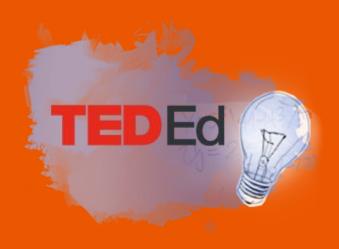


Intermission

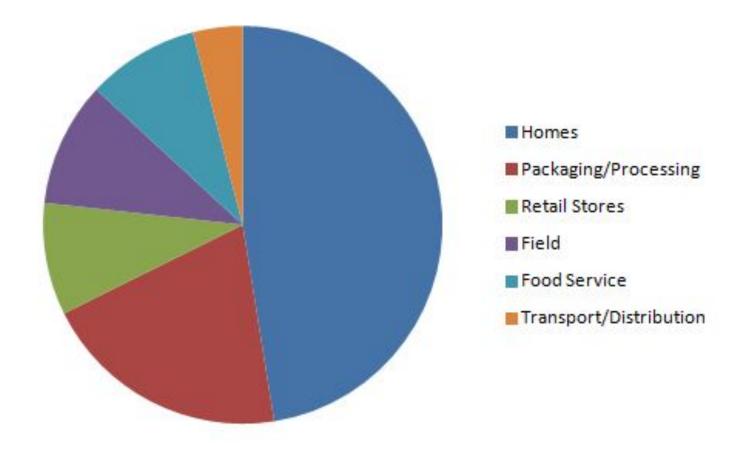
Restaurant Wastes



School Food Waste

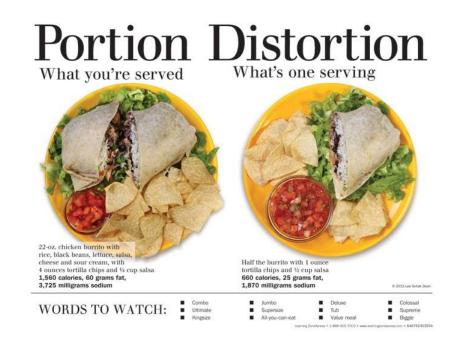


What can households do?



Tips for Reducing Food Waste

- Plan your meals for next few days, avoid overbuy or over serve food.
- Avoid bulk purchases for Perishable.
- Portion Control



More Tips

- Regularly arrange your pantry and fridge.
- First In First Out
- Split leftover with friend and donate if possible.



Reduce Reuse Recycle

- Think "ingredients" not leftovers
- Banana bread from overripe bananas
- Applesauce from overripe apples
- Croutons from stale bread
- Pickle the remaining part certain vegetables



Production Waste



The Truth About Expiration Date



Guide to food Storage

- One to two days: Ground beef, ground poultry and poultry, liver, sausage
- Three to five days: Beef, veal, pork and lamb
- Five to seven days: Cured ham, uncooked
- Two weeks: Hot dogs, sandwich or deli meat, hot dogs unopened; five to seven days if opened.
- Three to five weeks: Eggs.
- One to five years: Canned foods.
- Imperishable: Rice, Powdered Milk, Raw Honey, Maple Syrup, Dried Beans, Instant Coffee (If frozen), Dried Pasta, Instant Ramen, Oatmeal, etc.

Storing Food





- Veggies and Greens
 - Leafy greens like higher amounts of humidity
 - Most vegetables need low humidity environment
 - Cut veggies can be put in the freezer

Storing Food - Refrigerator

- Refrigerator Doors
 - Non-perishables
 - Condiments
- Sealed Drawers
 - Perfect for storing fruits and vegetables
 - Store cheese in its own drawer



"Change one small thing today and bigger changes will follow."

-Diana Cooper

