# How can we provide excessive food waste?

As human beings, we have the need to eat and that's completely normal. We live in a divided world. One part is blessed with loads of food and water. They are living luxuriously and enjoying life. On the other hand, the second part doesn't have enough food and water for everyone. Consequently, hunger is one of the biggest problems in the world. When we look into the amount of food that's produced daily in the world, we can easily conclude that if we spread the food evenly, there would be more than enough for everyone. Also if we reduced food waste, the world would be a better and healthier environment. Huge amounts of food are just thrown away every single day and that's inhumane. Because of people's nonchalance behavior, excessive food waste has become a global problem. **What can we as individuals do to provide it?**

No matter how much we warn people we can't influence everyone in the world. Food waste will always be present. But at least we can try. Starting with smaller groups and then going from there. While you might not think food waste affects you, think again. By tossing edible food you are wasting money. Discarded food is sent to landfills, where it rots and produces methane gas, which is the second most common greenhouse gas. Methane is harmful to human health and we need to be careful while releasing it. In other words, throwing out your food contributes to climate change. Due to food waste, huge amounts of water are lost. 170 trillion liters of water used for agriculture is lost through food waste every year. Although these numbers may seem overwhelming, you can help to reduce them. Every little bit helps. The most important thing is to educate yourself on things you can do. One of the best ways to stop wasting food is smart shopping. To avoid buying more food than you need, make frequent trips to the grocery store every few days rather than doing a bulk shopping trip once a week. Studies have shown that this shopping method leads to less food waste. Make a point to use up all the food you purchased during the last trip to the market before buying more groceries. You can also try making a list of items that you need to buy and stick to that list. This will help you reduce impulse buying and reduce food waste as well. One of the things you should also do is storing food correctly. When you store your food correctly it will last longer and you won't have to throw it away. Improper storage leads to a massive amount of food waste. Saving leftovers is really important too. You can store them in a clear glass container. There are many recipes with leftovers that you can find on the

Internet. Luckily we are part of the Internet era so it's really easy for us to find inspiration online. Apps such as Pinterest, Tumblr, Instagram, YouTube, etc. help us with that. There are many traditional ways too. You can ask elders for advice. You can also get super creative in the kitchen. A great way to use up groceries is to blend them and make a smoothie. It's really easy and healthy. If you think you won't be able to use all of your groceries on time, feel free to freeze them. If you can, you should try composting leftover food. It's a beneficial way to reuse food scraps, turning food waste into energy for plants.

To sum up, there are endless ways you can reduce, reuse, and recycle your food waste. If you start using these ways to provide food waste, they will save you money and time as well. Also, you will help to protect nature. Even minimal changes to the way you shop, cook, and consume food will help reduce your impact on the environment. It can seem difficult but it's actually quite simple. It all starts with you. **Make a change!**

**Ema Dražić, 3. razred**

**Gimnazija Vladimira Nazora, Zadar**