



IDEAS ABOUT
FOOD WASTE
AFTER THE ONLINE MEETING
ITALIAN TEAM

People believe that everything is due to and waste food as a normal thing. As long as they don't live complicated situations, and they don't feel it "on their own skin", they don't understand the importance of food. (R.M.)



Some causes of food waste are linked to the tendency to buy more than we actually need, consequently part of our shopping remains abandoned at the bottom of a shelf or in the refrigerator waiting to be thrown away. (S.G.)

Almost everyone knows how wrong it is to waste food, but I think not everyone knows how important it is not to. I don't think there is a reason why people waste food, but I think many people don't understand that every person can make a difference and so people waste food without thinking about the others. (A.B.)

We need to be aware of the problem in order to solve it. People do not understand the amount of food they waste and do not even realize how hard it affects the environment. (A.P.)



What individuals (or households) don't realize is the magnitude of the global food waste if every household or individual were to waste a little quantity, every day, for years. (L.P.)

The daily waste of food, the one that touches us most closely, is mostly hidden in our kitchens; everything begins and ends in the sacred place of home menus. One of the things that one can do to avoid wasting, of course, is to do a smart shopping: before going to the supermarket it's good to know which foods are finished and avoid taking advantage of special offers to buy unnecessary foods. It's also good not to shop with an empty stomach: the shopping cart will more easily fill up with useless products! (S.A.)

I think that most Europeans know about food waste, some of them do everyday actions to reduce it, but most of them still waste food because they consider other issues more important in their life than food waste and they think that their actions are not worth or impactful on the global situation. (S.B.)

Yet, in reality, people already know that some behaviours have the potential to reduce waste, but nevertheless do not alter their behaviours.

This raises the question whether people are not willing to perform these behaviours and/or whether they are unable to do so (M.G.)



There are many ways to convince other people to change their habits for the good of the planet and everyone, and inform them about the data of the situation: participate in rallies and protests for the topic (although now is definitely not the right time), talk about it in person or, simpler and more accessible to everyone, discuss it on the web and on social networks. (N.A.)



Some environmental movements already place this problem at the center of their program, such as the FFF initiated by Greta Thunberg.

I think mass movements like this are an effective method to spread awareness about the topics of food waste and climate change. (P.C.)

To reduce food waste I can do many things. For example, freezing food helps lock in its flavor and nutrients. (M.V.)

I've found an app, [TooGoodToGo](#), on which local restaurants and pastry shops sell Magic Boxes with leftovers of the day, and sell them at 80%. Those can be big or small, based on what's left, and you can get one for just 3 euros! It's very convenient and ecofriendly: you have to go at the restaurant with your own containers, so there is no plastic waste either. (A.G.)



To reduce waste, you should pay more attention to the amount of food you buy, to avoid excess food, cook more often at home and use parts of food that would normally be discarded for no reason. Furthermore, the surplus can be used to feed animals or even to create energy through compost. (C.B.)

I have always been taught to eat everything on my plate also as a form of respect for those who are not lucky like me. (A.Z.)

Smart shopping. Before going to the supermarket, check which foods are finished and avoid taking advantage of special offers if you fear that you will not be able to consume, before the expiry date, the products purchased, especially if fresh, such as meat, fish, fruit and vegetables. (I.L.)



I believe that in order to convince others not to throw out waste, first of all we need to make the problem well known, perhaps by showing some film or documentary on television or publishing them on social networks. Social media and television are certainly the easiest way to raise awareness of the problem of food waste, a simple documentary or a page on Instagram is enough to spread this message enormously. (M.C.)

I honestly do not think there are many other ways to induce them not to waste, the only one is to spread the word, so as to reduce food waste in the years to come, even if I think it is impossible to involve everyone, a good part could be willing to help. (S.O.)