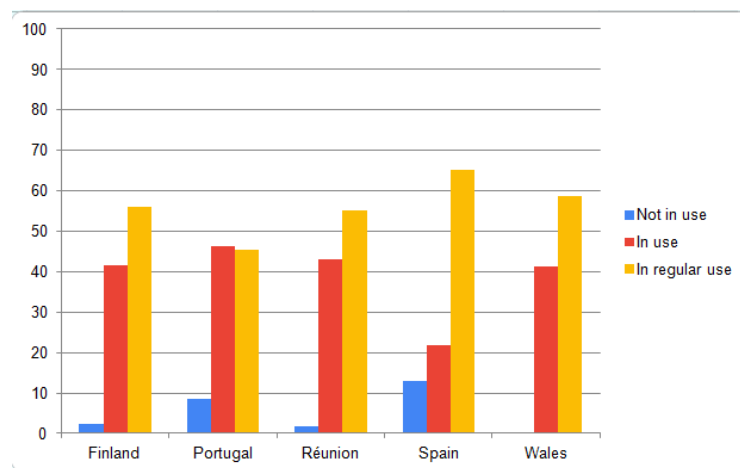


With a view to sustainable development and in order to collect data on student nutrition, a study was conducted in European countries to see how people, especially youth deal with ecological issues. Students in Finland, Portugal, Reunion, Spain and Wales were asked if they ate conscientiously, without waste. This question is very important because we can see that more than 20% of food is thrown away, wasted. In the context of the current global crisis, this rate is incredible. The first wasters in 2019 are households, warns the UN in a report. They are throwing away twice as much food as in previous years. This is a global problem that affects all countries, both developed and low-income, and is a huge and costly environmental, social and economic problem. Every year, nearly one billion tonnes (931 million tonnes to be precise) of food is wasted worldwide. This is equivalent to almost 20% of the food available to the world's inhabitants, which could have been used to feed large populations suffering from constant famine. Hence the classic phrase from parents during mealtimes: "Finish your plate, people are starving everywhere" which ultimately leads to the thought that it is completely true (even if gorging yourself doesn't change anything).



Graph showing the percentages of students eating conscientiously or not

As can be seen, most of these countries are greatly affected by the current issues and are increasingly thinking about what they buy and eat, which can be linked to the SDG "0 hunger".

Spain, for example, has both the highest percentage of students implementing measures to reduce waste, but also the highest percentage of those who do not practice it at all. This can be explained by the gastronomic situation of Melilla in Spain: they have an incredible regional cuisine and gastronomy, and a strong culture of eating almost exclusively typical dishes, thus leading to the production of local resources in order to make them. On the other hand, there are strong inequalities of wealth in Melilla as well, leading the less well-off to eat cheaper things from elsewhere and the richer people to indulge in extravagance, which explains these percentages.

It is also worth noting that Wales only has students affected by these measures. Indeed, about 60% of them regularly think about not wasting, and the other 40% try as hard as they can. We can see that in this country, many awareness campaigns have been carried out, and the result is very promising as we can see. Also, many associations were and still are fighting to improve the measures taken in favour of ecology, given the current and future critical situation.

For Reunion, being an island, resources coming from the continent or elsewhere are necessarily more expensive, due to the transport needed to sell them to us. Money, as we can see from these data, is

a good factor driving to eat locally, which is better for our health, the health of the planet and cheaper.

In Finland, a lot of awareness raising is also done. Whether in schools or anywhere else, there is a strong influence to buy local products to support the country's farmers and simply improve the economy. Obviously the main goal is to act so that our consumption does not harm the ecology, again through the transport of goods, which is one of the biggest sources of pollution in the world. Pupils in Finland also benefit from cooking classes, which make them aware of ecology from an early age.

Finally, in Portugal, much the same measures are taken, but unfortunately it is never enough. They have the second highest rate of people not acting in favour of ecology, even if it is low it is still too high.

In conclusion, it can be said that the awareness campaigns and the dissemination of information that global warming is besieging us and the fear of the biggest catastrophe whether it is economic or ecological is on our doorstep, everyone including students feel that they have a role to play. Even if it is on a small scale like eating locally, every action counts and gives hope for a better future. It also proves that if students, being in a sensitive situation, can do it, almost everyone can do it.