



# OZHARVEST & FIGHT FOOD WASTE

There is enough food produced in the world to feed everyone, yet a third of all food is wasted while millions still go hungry. In Australia, food waste costs over \$20 billion a year, with over five million tonnes of food ending up in landfill - and half of this comes from our homes!

Australia's leading food rescue organization, OzHarvest is working hard to address this issue. Founded by Ronni Kahn in 2004, it began with the simple concept to rescue good food that would otherwise go to waste and deliver it to people in need.

OzHarvest helps to protect the environment by saving food from ending up in landfill. It rescues around 180 tonnes of food every week from 3,000 food donors including: supermarkets, restaurants, cafes, hotels, airports and food outlets and delivers it directly to 1,300 charity agencies providing food relief to vulnerable communities across Australia.

Wasting food wastes everything, all OzHarvest believe consumer education is one of most important solutions to stop food being wasted. Australia has a national target to halve food waste by 2030, so change is required at levels of society, but it starts at home.

To learn more about how food waste effects our planet and how you can help by reducing food waste at home, go to [fightfoodwaste.org](https://fightfoodwaste.org)

Using the information from [fightfoodwaste.org](https://fightfoodwaste.org) – take the quick quiz to test your food waste knowledge.

# QUICK QUIZ

1. How much food is wasted globally and how much does it cost the global economy?

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2. List FOUR reasons why wasting food is bad for the environment?

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3. Explain why food might go to waste at the following locations:

At the farm

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At the supermarket

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At home

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At school

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# QUICK QUIZ

4. What is Australia's national target for reducing food waste?

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5. One in five shopping bags in Australian homes are wasted! Suggest FOUR ways to change behaviour and reduce food waste in your home?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

6. Wasting food wastes everything. Name SIX things that go to waste when food is thrown away.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

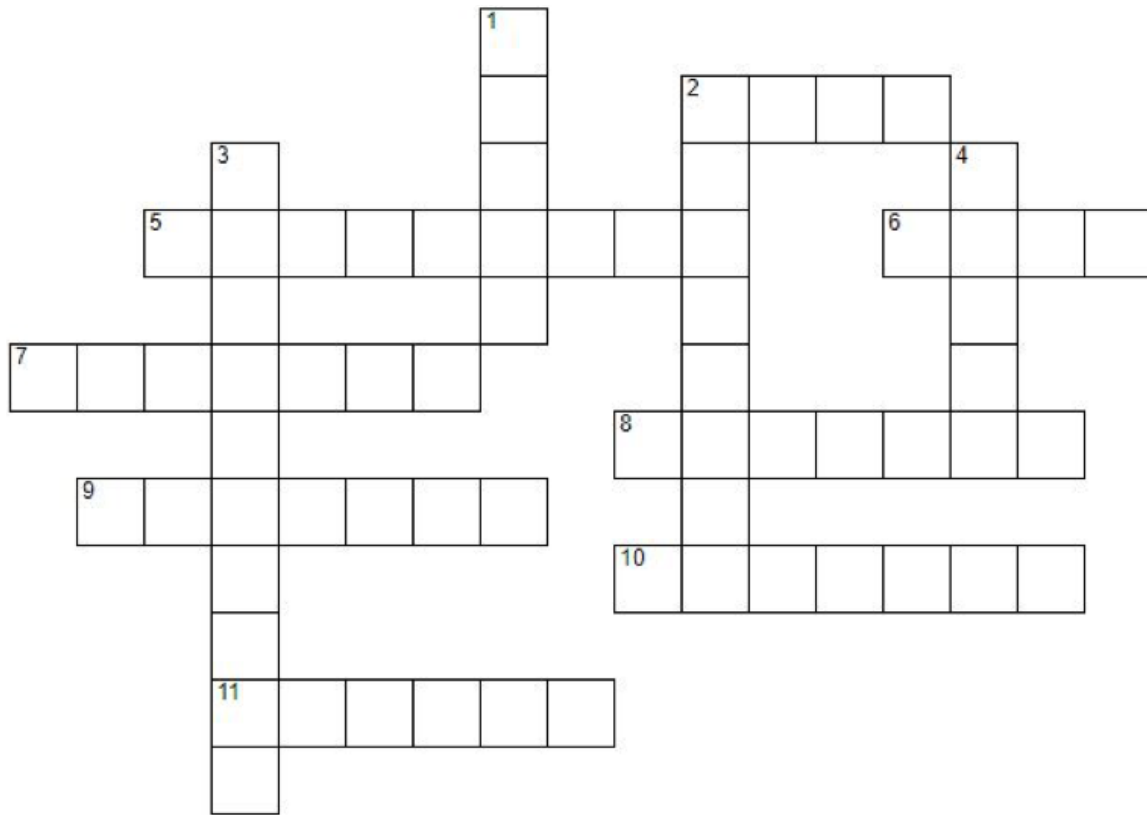
7. Fruit, vegetables and bread are some of the most wasted food items. Suggest different ways to save these items from being thrown away (for example, whizz bread into breadcrumbs).

Fruit \_\_\_\_\_

Veg \_\_\_\_\_

Bread \_\_\_\_\_

# QUICK CROSSWORD



## ACROSS

2. I am fresh when I sink.
5. Food waste is \_\_\_\_\_.
6. The first thing I can do to reduce food waste at home.
7. OzHarvest's mission is to \_\_\_\_\_ our country.
8. The best thing to do with food that can't be eaten.
9. Food left to decompose in landfill releases \_\_\_\_\_.
10. I take 25 years to decompose in landfill.

11. To make 1 burger uses the same amount of waste as a \_\_\_\_\_ minute shower.

## DOWN

1. I am one of the most wasted foods in Australia.
2. There is enough food produced in the world to feed \_\_\_\_\_.
3. Wasting food wastes \_\_\_\_\_.
4. Almost 50% of all food waste comes from \_\_\_\_\_.

Answers:  
Across: 2. eggs 5. avoidable 6. look 7. nourish  
8. compost 9. methane 10. lettuce 11. ninety  
Down: 1. bread 2. everyone 3. everything 4. homes

## **GROUP TASK 1: FOOD WASTE INFOGRAPHIC**

An infographic helps bring a message to life or explain something in a visual way. Using graphics and diagrams to represent data and illustrate key messages. By simplifying the data, so important information can be understood very quickly to engage the audience. Check out OzHarvest's infographic in Campaign Assets/Resources section on [fightfoodwaste.org](https://www.fightfoodwaste.org) or use this link: [https://www.ozharvest.org/fightfoodwaste/resources/#sc\\_s4](https://www.ozharvest.org/fightfoodwaste/resources/#sc_s4)

Create your own infographic with key facts and figures relating to food waste. You could choose to research the issue for your school, local community, state or territory, or use evidence from other countries to design your infographic. It must be bright and visually appealing, so it can be displayed around your school or home.

## **GROUP TASK 2: FOOD WASTE PREVENTION**

Wasting food wastes everything - it's not just the food that goes to waste. It's all of the resources that went into creating it: land, water, labour, energy, money and love. Every time we throw something away, it's literally costing us the earth.

The OzHarvest presentation includes a video called 'The Life of a Strawberry', which shows what it takes to produce and prepare strawberries for sale, and how easily they can be wasted at home. If you have not seen the video, watch it on youtube.

Pick one of the top 5 wasted foods:

- 1) Fruit
- 2) Vegetables
- 3) Bread
- 4) Bagged salad
- 5) Leftovers

Research and create a presentation on the 'life' of the food item you have chosen. Show each stage from production to consumption. Finish your presentation by suggesting different ways to save the food from going to waste at home.

## **GROUP TASK 3: FIGHT FOOD WASTE POSTER**

Use OzHarvest's Fight Food Waste website, plus other facts you have learnt from the presentation to develop a 'Fight Food Waste' poster. Design a poster that could help students in your school to reduce food waste. Focus on why food waste is an issue and what people can do to stop wasting food. To complete your poster, you will need to:

- Choose a target audience.
- Write a short and catchy slogan about why people should take action
- Include images/drawings that will capture your target audience's interest.

# HOME PROJECT: FOOD WASTE JOURNAL

There are so many reasons good food ends up in the bin – from forgetting about food in the fridge, buying and cooking too much, letting it expire and not storing it properly.

Research shows that 1 in 5 shopping bags end up in the bin costing families thousands of dollars every year. The key to reducing food waste at home is by preventing it in the first place, by getting into good food saving habits.

OzHarvest has developed the Fight Food Waste campaign to offer practical ways to save precious food, money and time, starting with four simple actions:

- **LOOK** at what food you already have in your fridge, freezer, and pantry and plan your meals around what food you already have.
- **BUY** only what you need.
- **STORE** food properly so it lasts longer and is less likely to be wasted.
- **COOK** with food that need to be used first. Get creative and love your leftovers!

Over the next week undertake a food waste journal at home. Document the food items that were going to be thrown away in your house and how you stopped them going to waste. To help you find ways to save food from going to waste, use the internet to research creative ways to cook or use up certain food/ ingredients. Check out the OzHarvest website for 'Wasty recipes' for inspiration! <https://www.ozharvest.org/fight-food-waste/wasty-recipes/>

**GET THE WHOLE FAMILY INVOLVED!**



# HOME PROJECT: FOOD WASTE JOURNAL

DAY	FOOD TYPE	REASON	SOLUTION
<b>MONDAY</b>	1 x banana	It went brown and squishy when left in fruit bowl too long.	Peeled, cut, and stored in the freezer, ready to use in a breakfast smoothie on Saturday.
<b>TUESDAY</b>			
<b>WEDNESDAY</b>			
<b>THURSDAY</b>			
<b>FRIDAY</b>			
<b>SATURDAY</b>			
<b>SUNDAY</b>			

Discuss in class the type of foods that you saved, the most wasted foods and the different ways you came up with to stop food going to waste. Have a vote in to see who came up with the best ideas.

OzHarvest love to hear how people are fighting food waste, so do email any good ideas to: [fightfoodwaste@ozharvest.org](mailto:fightfoodwaste@ozharvest.org)