

## **International Day of Awareness of Food Loss and Waste Reduction September 29**

September 29<sup>th</sup> is the day that the United Nations has designated as Awareness of Food Loss and Waste Reduction. Reducing food losses and waste should be a priority in a world where the number of people affected by hunger has been increasing since 2014. Literally tons of edible food are lost or wasted every day.

Globally, around 14 percent of food produced is lost between the process of harvesting and retail. It is also estimated that 17 percent of total global food production is wasted through households, food service, and retail sales. Of that 17 percent, 11 percent is attributed to households. "When food is lost or wasted, all the resources that were used to produce this food - including water, land, energy, labor, and capital - go to waste. In addition, the disposal of food loss and waste in landfills, leads to greenhouse gas emissions, contributing to climate change. Food loss and waste can also negatively impact food security and food availability, and contribute to increasing the cost of food." (<https://www.un.org/en/observances/end-food-waste-day>)

Awareness of food loss calls for both the public and the private sectors to develop ways to reduce food loss and waste.

### **Prayer**

Deliverer of the Bread of Life,

We remember that when we were children, our parents used to remind us, "Finish your food. Think of all the poor starving people around the world." Help us to recognize how we waste food and grant us the will to stop. Help us to buy less, eat modest portions at meals, and savor all our food as we consume it. May we be always grateful for the blessings of strength and flourishing that come from our food. And may we recommit ourselves to finding ways to get food to those who are hungry.

In Christ's name we pray.

(Adapted from Spirituality & Practice <https://www.spiritualityandpractice.com/>)

### **Activities**

- Take a quiz on how reducing food loss helps climate change.  
<https://www.stopfoodlosswaste.org/>
- Here are a few ways you can change your food habits. Can you add to this list?
  - Schedule a weekly "Use It Up" day to take care of leftover ingredients.
  - Designate a shelf in your fridge as "Eat Me First" for perishable foods.
  - Purchase only items that are on your shopping list and avoid promotions.
  - Store food optimally and understand date labels

- Before traveling donate food to neighbors or your local food pantry.
- Grow your own fruits and vegetables then preserve or donate surplus that you cannot use.
- If possible, compost food waste or see what your local government does about food waste.
- Have a Stone Soup fellowship meal in which everyone brings some leftover vegetable or other ingredient to add to one big soup pot. Read "Stone Soup" by Marcia Brown.