

Food Waste

Problem

Food waste is a major problem in our society. It is estimated that the global food loss is **between one third and one half of all food produced**. In low-income countries, most of the losses occur during production, while in industrialised countries a lot of food, about **100 kilograms per person per year**, is wasted during the consumption phase.



Food rescue

Food rescue, **collects edible food** in places like restaurants, grocery stores, food markets etc. which **would get thrown away otherwise** and **gives it to local food emergency programs**.

What can you do?

1. **Shop more consciously** and plan what you will cook and what you need so that you don't have to throw something away.
2. **Do not throw away products immediately because the best before date has expired**. if the product has expired only a few days ago, in most cases you can still eat it without hesitation.
3. **Use programs like food sharing** where people can pick up food for free in supermarkets, restaurants, bakeries, farmers etc. or even offer food for pickup themselves