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NORTH SHORE PEOPLE



North Shore resident and food expert Dinh Tran recently talked about her Save Food Movement at a local community garden project.

The Save Food Movement

It's World Food Day on October 16, and one North Shore local is waging war on food waste by starting a global campaign.

By Niki Waldegrave

Food waste is having devastating effects on the environment, and North Shore resident Dinh Tran has launched a worldwide global campaign called Save Food Movement to inspire people to consciously reduce it.

Food waste that ends up in landfill produces a large amount of methane – a more powerful greenhouse gas than carbon dioxide (CO₂). Excess amounts of greenhouse gases such as methane, CO₂ and chlorofluorocarbons absorb infrared radiation and heat up the earth's atmosphere, causing global warming and climate change. With agriculture accounting for 70 percent of the water used throughout the world, food waste also represents a great waste of fresh water and ground water resources.

Dinh, founder of Eat The Globe, says, "The sad truth is that most food waste is preventable. We need to act now, not later, as when food rots in landfill, the methane it produces is 25 times more lethal than carbon pollution.

"Part of Eat The Globe is a campaign called the Save Food Movement, which is about inspiring people to realise that we

can all make a difference. For every new food-saving habit that we can inspire in each Australian, there will be an amazing, positive knock-on effect for our environment and for everyone around the world."

In NSW, more than a third of the average household 'red lid' garbage bin is filled with wasted food, and households throw away more than 800,000 tonnes of edible food every year, which is nearly 20 per cent of food they've purchased and worth more than \$2.5 billion.

Throwing out food also throws away all the resources it took to produce it, and CSIRO data shows that throwing out 1kg of beef wastes the 50,000 litres of water it took to produce that meat.

The biggest food wasters are typically 18-24 year olds, households with more than \$100,000 in annual income, and families with children.

"Food consumption generally goes through five stages – planning, buying, storage, preparation and usage," adds Ms Tran, "and for every stage, we can all develop new food saving habits and save our precious planet."

With National Recycling Week coming up in November and Christmas in December, Dinh has teamed up with local businesses and is offering online Woolworths vouchers as part of Save Food Movement. ■

For more information on Eat the Globe, phone 8007 5777 or eattheglobe.com

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