



• *"Weighin' In" - Food Waste Audit* •

According to Project Drawdown, when we think of the causes of global warming, fossil fuel use most often comes to mind. Less obvious are the consequences of our breakfast, lunch and dinner.

As we explore the impact that FOOD has on our planet and what we can do to shrink our FOOD footprint there are some terms that we should become familiar with.

**AVOIDABLE FOOD WASTE** is the edible food that ends up in the compost or garbage bin. Unfortunately, we often waste good food because we buy too much, cook too much, or don't store it correctly - Love Food Hate Waste Canada.

**UNAVOIDABLE FOOD WASTE** is food that can't generally be sold or eaten, such as bones, vegetable peelings, egg shells, tea bags, and coffee grounds - Love Food Hate Waste Canada.

*"The average Canadian household throws out 140 kilograms of wasted food per year - at a cost of more than \$1,100!"* - Love Food Hate Waste Canada



**"Weighin' In"**, your challenge for the week, focuses on becoming more aware of your food waste behaviours. Specifically, taking notice of whether the items you discard are **unavoidable** or **avoidable**.

In your **Waste Reduction Kit**, you will find a compost bin. Use this bin to collect all **avoidable** food waste items. Each time the bin is full, weigh it, using a scale, and keep track of the weight in the Pre-Challenge Waste Audit Chart.

You may need to reuse the bin several times this week.

**PRE CHALLENGE WASTE AUDIT**

Bin Weight	• \$3.60/Pound	• Cost of Food Waste
	• X \$3.60	•
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	•	•
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	•	•
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**TOTAL COST OF AVOIDABLE FOOD WASTE \$**

# "Weighin' In" Again- Food Waste Audit

## HOW DID YOU DO?

Congratulations! You've made it to the end of **Just Eat It, Caledon!** Food Waste Challenge.

Over the last 4 weeks you have taken action on food waste in your home. It's time to see how your new knowledge and skills have translated to a decrease in **avoidable food waste**.

Use the chart to once again track and weigh **avoidable food waste** in your household.

## PRE CHALLENGE WASTE AUDIT

Bin Weight	••••• \$3.60/Pound	••••• Cost of Food Waste
	X ••••• \$3.60	

**TOTAL COST OF AVOIDABLE FOOD WASTE \$**

## TOP FOOD WASTE FACTS

One-third of all food produced in the world – approximately 1.3 billion tonnes – is lost or wasted every year - *United Nations (FAO)*.

Globally, if food waste could be represented as its own country, it would be the third largest greenhouse gas emitter, behind China and the U.S - *United Nations*.

58% of food produced in Canada is lost or wasted each year, equalling 35.5 million tonnes. This is equivalent to the weight of almost 95 CN Towers - *Second Harvest*.

The average Canadian household throws out 140 kilograms of wasted food per year  
• - at a cost of more than \$1,100 per year!  
• - *Love Food Hate Waste Canada*.

Organics wasting in a landfill produce methane gas which is 25 times more damaging to the environment than carbon dioxide - *Second Harvest*.

Canada's 2.2 million tonnes of avoidable household food waste is equivalent to 9.8 million tonnes of CO<sub>2</sub>, or 2.1 million more cars on the road - *Love Food Hate Waste Canada*.

