



repurpose and upcycle

FOOD WASTE

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INTRODUCTION



Food waste refers to the act of discarding or wasting food that is still edible or could have been used for other purposes.

It occurs at various stages of the food supply chain, including production, processing, distribution, and consumption. Food waste is a significant global issue.

It contributes to the inefficient use of resources and exacerbates food insecurity, hunger and also serious environmental consequences.



WHY IS THERE FOOD WASTE?



- Grocery stores contribute to food waste by encouraging consumers to buy more than they need, overstocking shelves, inaccurately predicting shelf life or damaging products.
- Restaurants also waste food by mismanaging inventory, poor menu choices or oversized portions.
- And people tend to order more than they can eat.
- agriculture production produces more food supply needed for the population





Benefits of

REPURPOSING FOOD WASTE

Food waste management has various significant benefits, both for the environment and society as a whole. Here are some of the main benefits:

- Supports sustainable food production and consumption.
- Minimizes environmental impact and greenhouse gas emissions.
- Reducing the Volume of Waste in Final Disposal Sites



Ways to

REPURPOSE AND UPCYCLE FOOD WASTE

1. Compost

Composting food waste is the process of decomposing organic food materials into nutrient-rich compost.

It involves collecting the food waste, preparing a balanced mixture with other organic materials, and allowing microorganisms to break down the waste through aerobic decomposition. The composting process takes several weeks to months, and the resulting compost can be used to improve soil health and nourish plants.

GOOD SOURCES OF FOOD WASTE FOR COMPOSTING

Here are some main examples of organic sources:



fruit and vegetable peels



grains



egg shell



coffee ground



2. Regrow veggies

Instead of throwing away vegetable cuttings or leftovers, they can be utilized to grow new plants, thereby reducing waste and maximizing the use of resources.

However not all vegetables can be regrown from scraps. Some examples that can be regrown include the seeds, pits and cuttings of lettuce, celery, green onions, carrots, and herbs like basil and mint, ginger, avocado

FUN WAYS TO REPURPOSE SPECIFIC FOOD WASTE



1. Make a broth

Use leftover vegetables and their skin to make a stock or soup such as carrot peels, potato skins, or celery tops

STEPS:

- Add vegetable scraps to a pot with a good amount of water
- add your desired seasonings and let simmer
- filter broth using a sieve and its done!!

FUN WAYS TO REPURPOSE SPECIFIC FOOD WASTE



2. Create DIY Face Scrubs

Certain food scraps can be used to create nourishing face masks or scrubs. Examples:

- blend avocado and honey for a moisturizing face mask
- mix coffee grounds with coconut oil for a scrub.

FUN WAYS TO REPURPOSE SPECIFIC FOOD WASTE



3. Make Fruit Infused Water or a fruit jam

Use fruit peels or leftover fruits to infuse water or create fruity herbal teas.

Or use fruits that are becoming overly ripe and turn them into fruit purees or jams by cook the fruits down with a bit of sugar and lemon juice until they break down into a thick and flavorful mixture.



**"Preserve and treat food as you would your body,
remembering that in time, food will be your body"**

-B.W. Richardson

Repurposing food waste is a powerful way to contribute to a more sustainable and mindful way of living. Everyone of us has the responsibility to take part in maintaining a greener future and for our future generations. So why don't we start by the simple action of upcycling food waste?

**THANK
YOU!**

