



LOVE
YOUR **FOOD**
@SCHOOLS
LET'S NOT BE WASTEFUL



**National
Environment
Agency**

Safeguard • Nurture • Cherish

1 Do you know how much
food waste we generate?

Amount of Food Waste Generated in 2016:

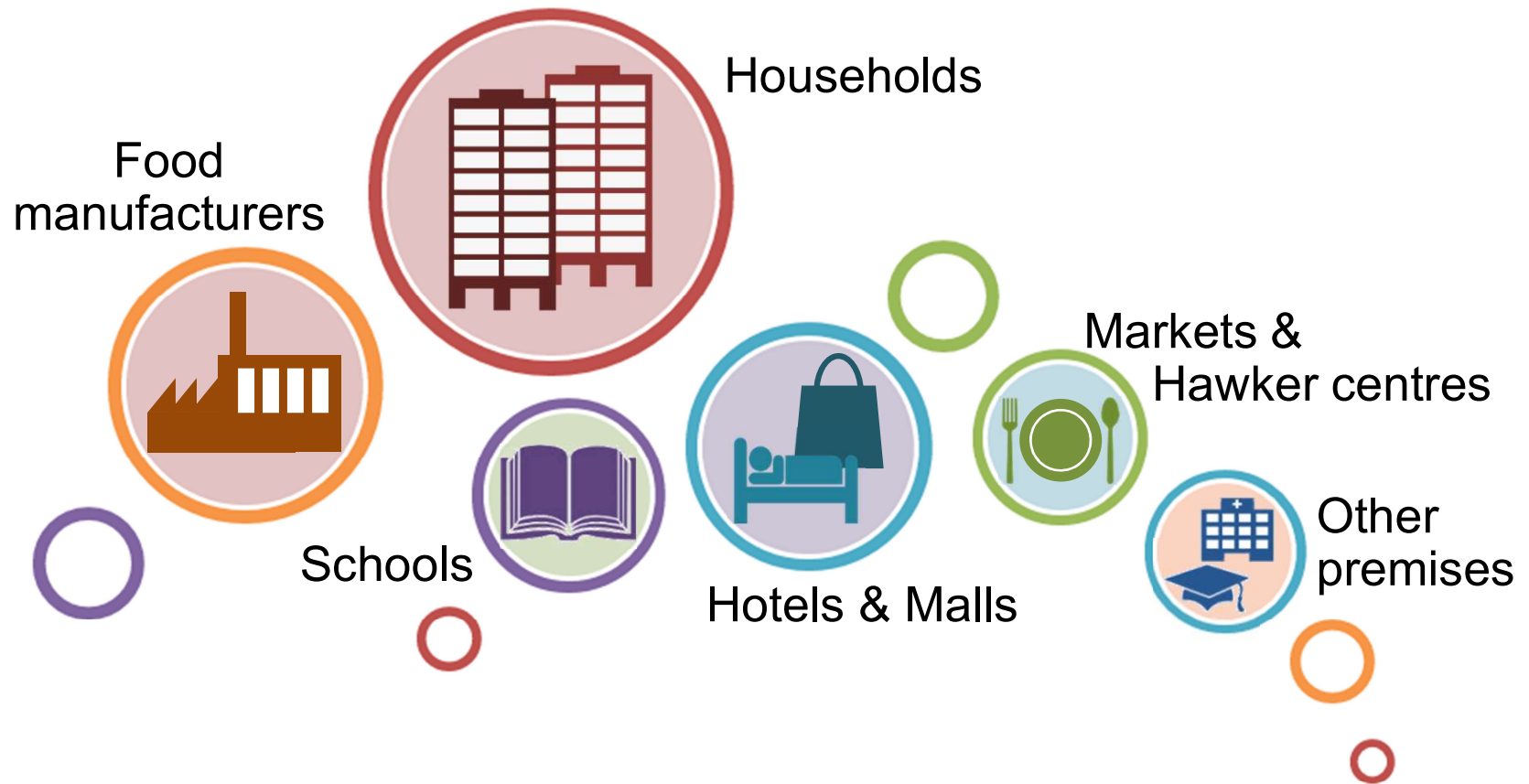


Food wastage happens when we order, cook or buy more than we can eat.



2 Who is responsible for generating so much food waste?

Sources of Food Waste



3 Why do we have to reduce food waste?

Solid Waste Challenge in Singapore

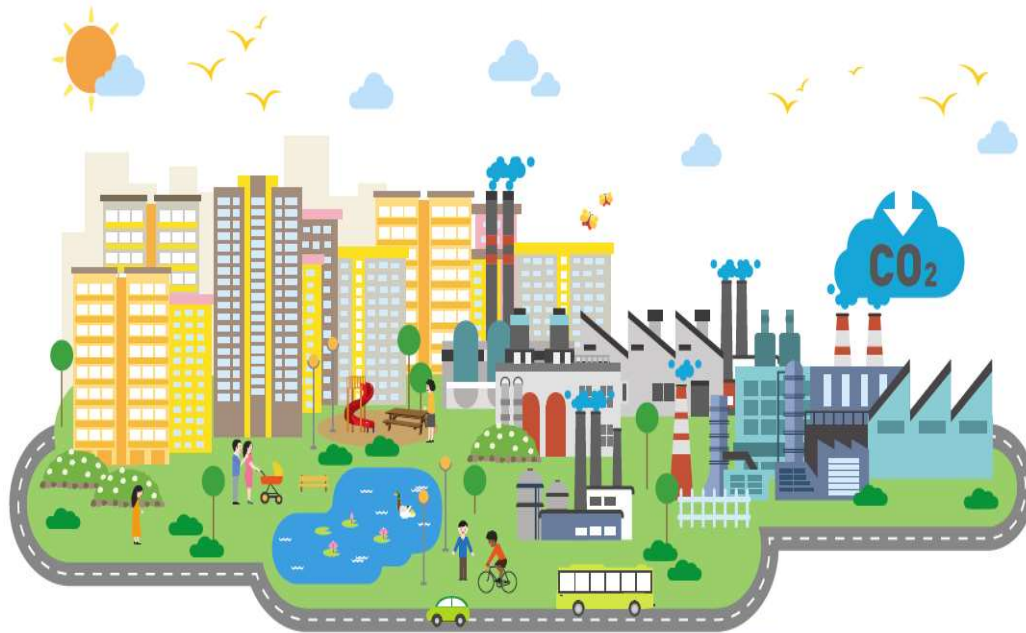
At the current refuse disposal rate, we would require:

1  **WTE Plant**
Every 7-10 years

1  **Landfill**
Every 30-35 years



Climate Change



- **Singapore is easily affected by effects of climate change.**
- **All of us must take action today to save our earth!**

Resources required to produce, transport, store and dispose food are wasted if we waste food

Food waste increases our carbon footprint

**Effects of climate change are:
dry spells, more intense rainfall, rising sea levels**

4 What can we do?

Food Management Cycle – Closing the loop





Growing Food



**Growing food
takes time,
hard work and
resources.
Let's not
waste them!**

Wasting food = wasting time, manpower, precious resources (such as water, fossil fuels, etc.). This puts a strain on our environment.



Buying Food



Check your kitchen before going grocery shopping.

- This prevents duplicate purchases.



Plan your purchases ahead.

- Make a shopping list and keep to it.



Look past the imperfections.

- Odd-looking, bruised and blemished fruits and vegetables can be trimmed and used for cooking.



Storing Food



Store it correctly.

- Follow the storage instructions on the product's packaging.



Store better.

- Some products like chips and crackers are better stored in airtight containers.



Practise 'first to expire, first out'.

- Place products that are nearer to their expiry dates at the front of the fridge, freezer or cupboard, to remind yourself to use them first.



Ordering Food



Order only what you can eat.

- Start with less food on the table and order more later, if you need to.



Downsize your order.

- If you intend to eat less, ask for a smaller portion.



Swap sides.

- If a dish contains something you don't eat, request for a replacement when ordering.



Redistributing Food

Redistribute excess food to the less fortunate:

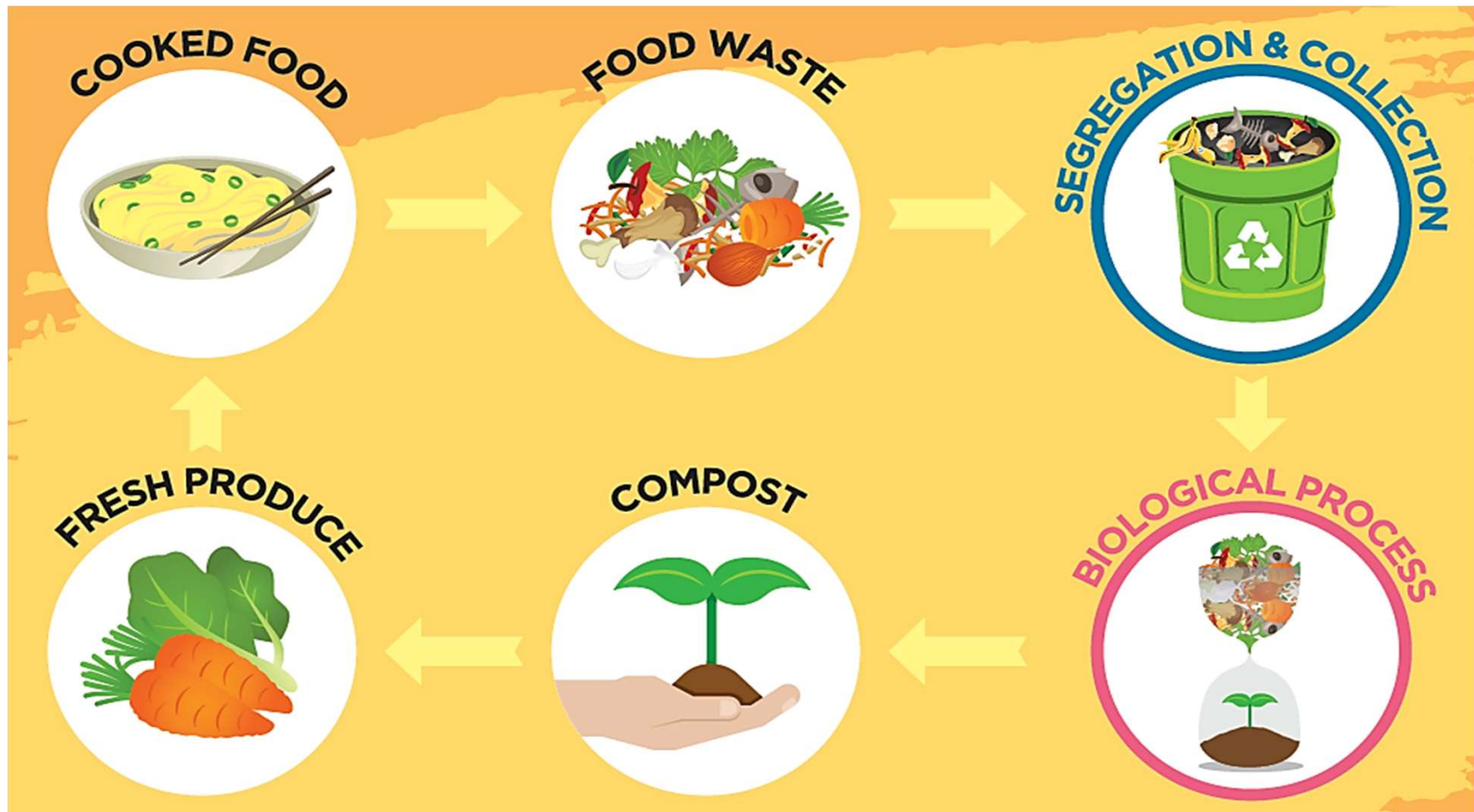
- The Food Bank Singapore
- Food from the Heart
- Willing Hearts
- Fei Yue Community Services
- Lions Home for the Elders

	ITEMS THAT CAN BE DONATED		ITEMS THAT CANNOT BE DONATED
 STAPLES Rice, Noodles, Pasta	 BEVERAGES Hot Beverages, UHT Milk, Ready to Drink	 UNLABELLED	 EXPIRED
 CONDIMENTS Oil, Seasoning, Spices, Spreads, Sugar, Syrup	 SNACKS Biscuits, Cereals, Chips, Chocolates	 OPENED	 USED
 CANNED FOOD Beans, Seafood, Fruits, Soup, Meat	 DRIED/PRESERVED FOOD Beans, Fruits, Vegetables, Meat		



Recycling Food Waste

Food waste recycling loop:



5 Be a food waste ambassador!

Take Action Today for a Sustainable Future

1. PLEDGE to practise food waste reduction habits. Buy, order and take only what you need. (Visit the MEWR website at <https://www.mewr.gov.sg/educational-institution-pledge> to pledge to do your part for Climate Action.)
2. SHARE information with your family and friends and get them to pledge too.
3. JOIN & ORGANISE activities that promote food waste reduction.

Be a food
winner,
not a food
binner!



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Thank you for
your attention!

For more
information on
what you can do
to protect the
environment,
visit

cgs.sg

Our Environment

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