

## **An Eco Minute: - Reducing food waste**

Reducing food waste can have a positive impact upon the climate crisis.

One-third of all food produced globally is wasted. This not only squanders precious resources like water and energy but also contributes significantly to greenhouse gas emissions when food rots in landfills. Reducing food waste isn't just an individual responsibility—it's a community effort.

Here's how we can act, both personally and as a Rotary club, to tackle this issue:

### **Individuals**

1. **Plan your meals and shopping**—buy only what you need to avoid over-purchasing.
2. **Store food wisely**—learn to freeze or preserve food to extend its life.
3. **Reimagine leftovers**—get creative with yesterday's meals to avoid throwing them away.
4. **Compost your food scraps** instead of sending them to landfills.

### **Community Actions**

1. **Start a local food-sharing network** to distribute surplus food among neighbors and community members.
2. **Organize community composting programs** to make it easier for others to reduce waste.
3. **Collaborate with local grocery stores and restaurants** to rescue surplus food for donation.
4. **Host awareness campaigns or workshops** to educate others about the environmental impact of food waste and how to minimize it.

By holding ourselves accountable for our personal habits and working together as a community, we can reduce food waste and contribute to a healthier, more sustainable planet. As Rotarians, let's lead the charge—because small actions, multiplied by many, can create extraordinary change.

