

No waste's play!

Information researched by class 2C of CSE Institut La Bastida and written by Radu Illie and Clara Sarmentero summarising the ideas from the class.



The class of 2nC has conducted a research about food waste and finding different alternatives to solve the problem. Our main goal was giving support and voice to all the ideas and alternatives that help to improve this problem.

Our curiosity started with the interview conducted to the father of one of our students. He is a butcher and told us briefly the differences and benefits of supporting small local shops. One was waste. He thought that the amount of food waste in supermarkets was much bigger than in small local shops.

Finding out how big the problem is.

In a global scale, around one third of the food that we produce is lost or thrown away: 40% is lost at the harvesting and processing stages, and the same percentage at retailer and home consumption levels. According to the government, in 2020 around 1.300 millions of kilograms of food were thrown without been eaten, three out of four homes throw food on a regular basis. The percentages are very disappointing.

Taking all that into account, and with an eye on the future, the class has decided to find or at least give visibility to all the actions and projects that try to solve this problem in Barcelona. First we have thought about what can we do at home to avoid throwing food in our homes:

Tip 1. Plan before. Buy only what you need, a shopping list helps a lot. Check what you have and what you don't have. Don't go shopping when you are hungry, the chances to buy more that you need are higher.

Tip 2. Promote and buy local products. The fruits that look worse are not bad, The taste is the same, they just seem different.

Tip 3. Avoid buying already cut and packaged fruits and vegetables. Let's make life harder to plastic.

Tip 4. Sort food waste and throw it in the brown container.

From that point the class has found a range from different local alternatives to avoid this

1. Food bank federation and its 56 associated food banks have distributed 154 million kilograms of food and have helped to more than a million and a half of people. See:

[FUNDACIÓ BANC DELS ALIMENTS, Barcelona](#)

2. The project Espigoladors, has a double purpose: helping people in a vulnerable situation and avoiding to discard fruits and vegetables that are not looking good. 95 % of these fruits go to local charitable entities and the 5% remaining are used to make home-baked mermelades. See: [Espigoladors | We fight to stop food waste and losses](#)

3. The project [Iamperfectfood.com](#) tries to benefit from the food that supermarkets discard in a good state and are sold in an app for mobiles with an 80% discount. See: [Soy Comida Perfecta \(@iamperfectfood\)](#) • [Instagram photos and videos](#)

4. Solidarity fridges are fridges placed in strategic places for people in a situation of social exclusion. These fridges have fresh products that can be taken as an option to having to find in the rubbish bins. More information here: [Solidarity Fridge | A project to fight against food waste \(neverasolidaria.org\)](https://neverasolidaria.org)

5. Doggy bags and campaigns like [Remenja'mmm](#), created by associations like Rezero, Nutrition without borders and Banks without borders that offer a baggy dog to each client in certain restaurant that have not finished their food to take it home.

We have much work ahead of us but in the meantime let's be creative and find solutions, or at least support these initiatives.

We save eat and **too good to throw** are apps that help finding a way out to food that otherwise will be thrown in restaurants, bakeries and alike. See: <https://toogoodtogo.es/es> and

SOURCE for statistics about food waste in Spain:

<https://www.rtve.es/television/20210517/alternativas-desperdicio-alimentos-aplicacion-zero-waste/2090742.shtml>