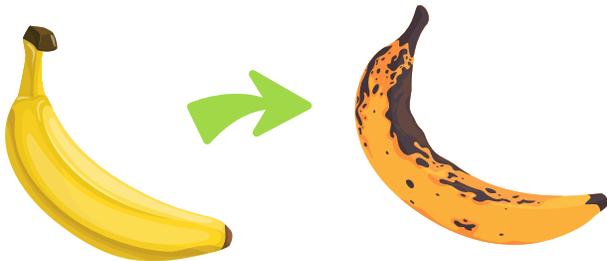
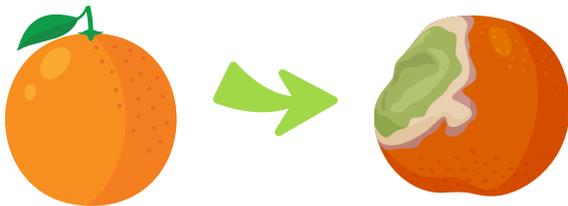
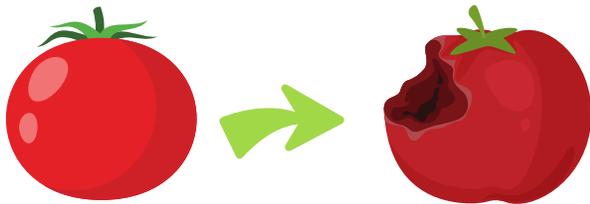
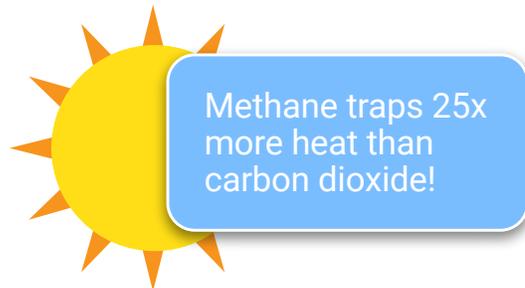


Ever wonder what happens to the food you throw away? We're talking about the pizza crust that you were too full to finish, or the strawberries that went mouldy on the kitchen counter. Food that's thrown out doesn't just magically disappear. It goes where the rest of your garbage goes: **to the landfill.**



We often hear about how food breaks down or decomposes, so you might not think it matters where you put it. But it really does! When you mix food with garbage, it doesn't decompose well. It takes a really long time to break down and produces one of the strongest greenhouse gases: **methane.**



The more heat that is trapped in the atmosphere, the more our climate changes. As the climate changes, it brings on harsher droughts, wild fires, stronger hurricanes, and rising sea levels.

Cutting down on the amount of food we waste is one of the many things that we can do to help fight climate change.



Understanding Food Waste

There are two types of food waste:

Avoidable food waste

The food we could have eaten but we throw away or let spoil instead.

Things like...

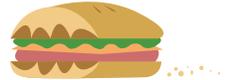
bread crusts



mouldy fruit



half-eaten sandwich



veggies that look weird



Unavoidable food waste

The parts of food that we don't usually eat.

Things like...

bones



egg shells



orange peels



onion skins



When we throw out things we don't eat, we waste a lot more than just food. Imagine a container of juicy, red strawberries. Now think of all of the time, money, and resources that went into getting those strawberries to your kitchen counter:



Human labour to plant, care for, and pick the strawberries.



Water to keep the plants alive in the summer heat.



Plastic to package all the strawberries.



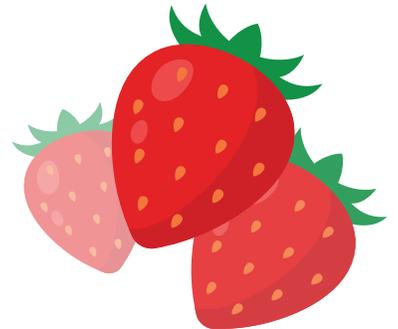
Electricity to refrigerate the strawberries.



Fuel to transport the strawberries.



Money to pay all the workers and for you to buy the strawberries.



If you let those strawberries go bad, all of these things get wasted right along with them.

We can learn a lot about cutting food waste from Indigenous communities and nations across Canada.



Many First Nations have protocols when taking an animal's life. The animal is honoured through offerings and prayers to thank it for its life, and no part of it is wasted.

For example, when some Indigenous people in Canada, such as the Cree, hunt moose for food, they might use the stomach as a water container and its leg bones as leather scrapers to make clothes from hides.

Knowledge holders teach young people to take only as much food as they need during a harvest and ways to preserve food to prevent it from rotting.

Some tips include drying berries in the sun or by fire to make them last longer or to share extra food with friends or neighbours. Some Indigenous communities, like the Fox Lake Cree Nation, use communal freezers. This way, people can take and share extra food with others who may not be able to hunt, fish, or harvest berries for themselves.

By sharing food, it is less likely to go to waste!

