



## FOOD WASTAGE AND FOOD MANAGEMENT

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### ABSTRACT

Food is an essential part of our life and due to increasing in population the demand of food has also increases due to which there is a lot of crisis in food. Every day about 30% of children in the world die out of poverty and malnutrition. One of the major food wastes comes from universities and hostels; it is our duty check this problem and helps to sort it out. In India the food gets wasted in every household, event and also in institutions like universities and school. In Institutions and Universities food is prepared in bulk amount but lot of amount gets wasted. The food which gets wasted can be used to feed the hungry. One of the solutions can be by giving students choices of what they want to eat; this can help to reduce food wastage. We can also try to make a scheme of paying a penalty of RS 20 for leaving rice or vegetables and Rs 10 for leaving salad or papads. This can also help to check food wastage and collect money for charity. In North-Indian Vegetarian Mess it has been observed that about 90-100 kg of food is prepared for students every day from which approximately 40-50 kg of food is left over and about 10-20 kg of food gets wasted every day by students. The same case can be seen in North Indian-Non-Vegetarian Mess and about 100-120 kg of food is prepared including rice, chapatti and vegetables from which again about 30-40 kg of food gets wasted every day; this scenario can be seen in every mess. Food wastage is a major issue in universities and hostel and it is our duty to check its wastage and try to minimalize it. We have to change our food habit and menu because food crisis is a major threat for people. This can be a step towards fighting hunger and poverty.

**Keywords:** Poverty and malnutrition, North-Indian Vegetarian Mess, food crisis, North Indian-Non-Vegetarian Mess

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### INTRODUCTION

Food is an essential part of our life and due to increasing in population the demand of food has also increases due to which there is a lot of crisis in food. Every day about 30% of children in the world die out of poverty and malnutrition. Food scarcity has become an international topic and therefore it is our prime concern to save food and manage food wastage. India is one of the main countries which faces problem of food scarcity and it is due to improper food management and food wastage. One of the major food wastes comes from universities and hostels; it is our duty check this problem and helps to sort it out [1-4].

### PROBLEM ANALYSIS

India's population [3-5] today is 1.31 billion and it is approximated to reach 1.45 billion by 2030 and 1.50 billion by 2050 which is equal to combined population of China and USA.

According to reports, [2-5] India has been ranked 55 in Global Hunger Index and it trails behind its neighboring countries like Srilanka and Nepal. The Global Hunger Index (GHI) is a statistical tool used to describe the state of countries' hunger situation. In India about 40% of children are under nourished and are victims of mal-nourishment.

In India the demand of food increases every day and with decreasing area of land for cultivation this problem is reached to its peak.

These problems are faced due to various reasons; some of the main reasons are insufficient land for irrigation, improper food storage facilities and food wastage.

In India the food gets wasted in every household, event and also in institutions like universities and school. In Institutions and Universities food is prepared in bulk amount but lot of amount gets wasted. The food which gets wasted can be used to feed the hungry.

## LITERARY SUPPORT

**According to survey done, in different mess in Universities:**

**In North-Indian Veg Mess:**

About 90-100 kg of food is prepared for students every day from which approximately 40-50 kg of food is left over and about 10-20 kg of food gets wasted every day by students.

**The same case can be seen in North Indian-Non-Veg Mess:**

About 100-120 kg of food is prepared including rice, chapatti and vegetables from which again about 30-40 kg of food gets wasted every day; this scenario can be seen in every mess.

On calculating we get food wastage of about 90-100 kg of food gets wasted every day from boys' hostel and if we use the same calculation for girls' hostel then we get a total wastage of about 40 kg of food every day which means a total wastage of 3000-4000 kg of food every month, that much amount of food is enough to feed a small village.

**On doing the same calculation for other messes we get:**

**Special Mess - 20-30kg**

**South Indian Veg - 40-50 kg**

**South Indian Non-Veg - 50-60 kg**

On making a total calculation we find that a lot of amount of food gets wasted every month.

These food wastages are main reasons for scarcity food and shortage. In India about 30-40% of children in every state suffer from malnutrition.

## SOLUTIONS

These problems can be resolved if we try to pay much more attention to it. As this issue needs a serious attention as food wastage management is the need of the hour. We can stop if we try to check the amount of food we take to eat and the amount of food which we leave in the plate.

We can try to control these wastages by measuring the amount of food that gets wasted and then accordingly we can develop action plan to control the spoilage of food.

One of the solutions can be by giving students choices of what they want to eat; this can help to reduce food wastage. We can also try to make a scheme of paying a penalty of RS 20 for leaving rice or vegetables and Rs 10 for leaving salad or papads. This can also help to check food wastage and collect money for charity.

These waste foods can be utilized to feed animals like swine and stray dogs and cats or we can use them to make compost or we can try making biogas from these waste food materials.

## CONCLUSION

Food wastage is a major issue in universities and hostel and it is our duty to check its wastage and try to minimize it. We have to change our food habit and menu because food crisis is a major threat for people. This can be a step towards fighting hunger and poverty.

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