



FOOD WASTAGE IN HOSTEL MESSES

Yash Kumar, Lalith, Bharathi Kannan, Lakshya Mundra

VIT University, Vellore-632014, India

ARTICLE INFO

Article History

Received: 06 November, 2016

Accepted: 18 December, 2016

Corresponding Author:

† Yash Kumar

† VIT University, Vellore-632014, India

Email ID: jk4english@gmail.com

ABSTRACT

Food Wastage is any food substance, crude or cooked, which is disposed of or required to be disposed of as indicated by lawful meaning of food waste by EU Commission. Every year 1.3 billion tons of nourishment, around 33% of all that is created, is squandered, including around 45% of all vegetables and fruits, 35% of seafood and fish, 30% of grains, 20% of dairy items and 20% of meat. Food wastage is frequently a result of unwittingly taking more food in your plate than required. The measure of food squandered goes alarmingly high in places with a large gathering and where there is boundless supply of food like a hostel mess. We can cut down food wastage significantly if a framework is made which enhances the propensities for hostellers, making them conscious and disciplined with the goal that they don't squander food. Food wastage is a serious issue that contributes to social, environmental, and economic problems. It leads to higher rates of food insecurity, causes atmospheric pollution, and results in a lot of capital wasted on inputs. To combat this issue, we can make both the staff and the students aware about the issues and the outcomes of food wastage. A biogas plant can be set up within the institute which utilises the wasted food and other organic wastes to produce energy. Of course, a plan such as this is expensive. But, with proper funding, it can be done. Therefore, by these efforts and ideas, we hope to end the issue of food wastage in hostel messes and save lives.

Keywords: EU Commission, social, environmental, and economic problems, save lives, lawful meaning

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INTRODUCTION

Food Wastage is any food substance, crude or cooked, which is disposed of or required to be disposed of as indicated by lawful meaning of food waste by EU Commission. Every year 1.3 billion tons of nourishment, around 33% of all that is created, is squandered, including around 45% of all vegetables and fruits, 35% of seafood and fish, 30% of grains, 20% of dairy items and 20% of meat. At the point when this figure is changed over to calories, this implies around 1 in 4 calories proposed for utilization is never really eaten. In a world brimming with yearning, unstable sustenance costs, and social distress,

these statistics are more than simply stunning: they are ecologically, ethically and monetarily unbelievable [1-3].

PROBLEM STATEMENT

Food wastage is frequently a result of unwittingly taking more food in your plate than required. The measure of food squandered goes alarmingly high in places with a large gathering and where there is boundless supply of food like a hostel mess.

We can cut down food wastage significantly if a framework is made which enhances the propensities for hostellers,

making them conscious and disciplined with the goal that they don't squander food.

LITERARY SURVEY [1-6]

1. The energy, water and land ramifications of food wastage are tremendous. At the time of increasing asset shortage, 20% of our land, 4% of energy and 25% of water is used in the production of food. In this manner wasting food suggests squandering such a large number of assets. In addition, a large portion of this squandered nourishment winds up in landfills, consuming more energy, where it breaks down into methane, a potent greenhouse gas.
2. A study by WRAP in 2013 highlighted a disparity between the way people eat in their own homes and when eating in a buffet. One fourth of the people will leave food on their plates when eating out in a buffet, despite the fact that they wouldn't really do so at home. This is mainly because people see unlimited food at a fixed cost and take more than what they can consume. It appears that when it comes to dining out, we may have eyes greater than our bellies.
3. As per the FAO report, titled "Food wastage footprint", around 54% of loss is occurring while the food is being processed after it has been harvested, and that is mostly happening in developing countries. The rest of the food loss, 46 percent, goes to waste after food makes it to the commercial centre or when it's being consumed.
4. Food waste is a social issue, as well as adds to growing environmental issues such as climate change with the production of food devouring large amounts of water, fertilizers and land. The fuel that is scorched to process, refrigerate and transport food likewise adds to the environmental cost.

PROBLEM ANALYSIS

Food wastage [2-4] is one of the leading concerns globally. The population is growing rapidly and so are the needs for nourishment.



Figure 1: Global food loss and waste

Dairy products, fruits and vegetables and meat constitute more than half of the food loss as they easily get spoilt.



Figure 2: Total food loss from retail, food service and households.

Most of the food is wasted while storage, before preparation.

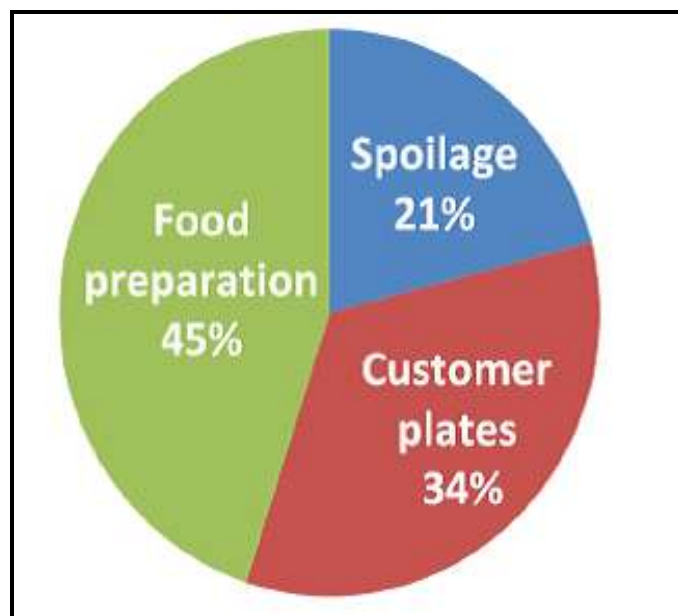


Figure 3: Food leftover on the plates comes next followed by spoilage.

Food is wasted at almost every step from it being cultivated to reaching the plate. Thus from production to distribution to consumption and finally disposal, food is getting wasted.



Figure 4: Who's wasting food?

SOLUTIONS

- The pattern and size of food waste all through the inventory network remains inadequately comprehended, in spite of growing media coverage and public concerns lately. Thus, making the mess staff conscious and aware can significantly cut down food wastage.
- Students should be made aware about the food scarcity all around the world and the large quantities of food wasted globally. Workshops should be conducted depicting the same. With the help of students' support, food wastage can almost be eradicated.
- A biogas plant can be set up within institute. The leftover food along with other organic waste can be utilised for the production of clean energy.
- Students leaving more than a minimum amount of food on the plate should be penalised.
- Buying in bulk is economical only if all the bought food is utilised. Thus, while purchasing, only the required amount of food should be purchased.

RECOMMENDATION

Many messes don't end up using a lot of the food made, thus wasting not only the money but also resources.

- Cook with leftover ingredients. This is the way to prevent the wastage of a lot of food every month. Little pieces can be stored in the refrigerator and reused.
- When you buy in bulk and don't use the entire lot, you have to throw away the unused food, because it will get spoilt. So buying items like dairy and meat in bulk should be avoided.

- Keep foods in cold places that they remain preserved for a longer duration. This can be achieved by proper storage in plastic bags or containers.

CONCLUSION

Food wastage is a serious issue that contributes to social, environmental, and economic problems. It leads to higher rates of food insecurity, causes atmospheric pollution, and results in a lot of capital wasted on inputs. To combat this issue, we can make both the staff and the students aware about the issues and the outcomes of food wastage. A biogas plant can be set up within the institute which utilises the wasted food and other organic wastes to produce energy. Of course, a plan such as this is expensive. But, with proper funding, it can be done. Therefore, by these efforts and ideas, we hope to end the issue of food wastage in hostel messes and save lives.

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