

MOVE THE DATE

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Pledge

I can take on food waste by joining Food Bank Club, buying only what I need, sharing leftovers with my roommate, feeding scraps to my chickens, and increasing the amount I compost from the caf and my household.

11 Ways to Reduce Food Waste

1. Shop smart and realistically
2. Don't over serve food
3. Save- and eat- leftovers
4. Store food properly
5. Avoid clutter in pantry/ fridge
6. Treat expiration dates as guidelines
7. Keep track of what you throw away
8. Donate to food banks and farms
9. Try canning and pickling
10. Use apps and gadgets
11. Try composting



EARTH OVERSHOOT DAY

Sounds like a good thing, right? Wrong. Earth Overshoot Day falls on August 2 and is the day by which we have used more resources from nature than the planet can renew in the entire year. You can calculate the day that you would overshoot the resources if everyone lived like you here. My day is July 26 and if everyone lived like me, we would need 1.8 earths. I was incredibly surprised that I used so many resources- I live in an Eco House for goodness sake! But the results surprised me into taking a pledge to #movethedate and decrease my carbon footprint!



Food Bank
Club at College
of Idaho



How I'm Taking Action!

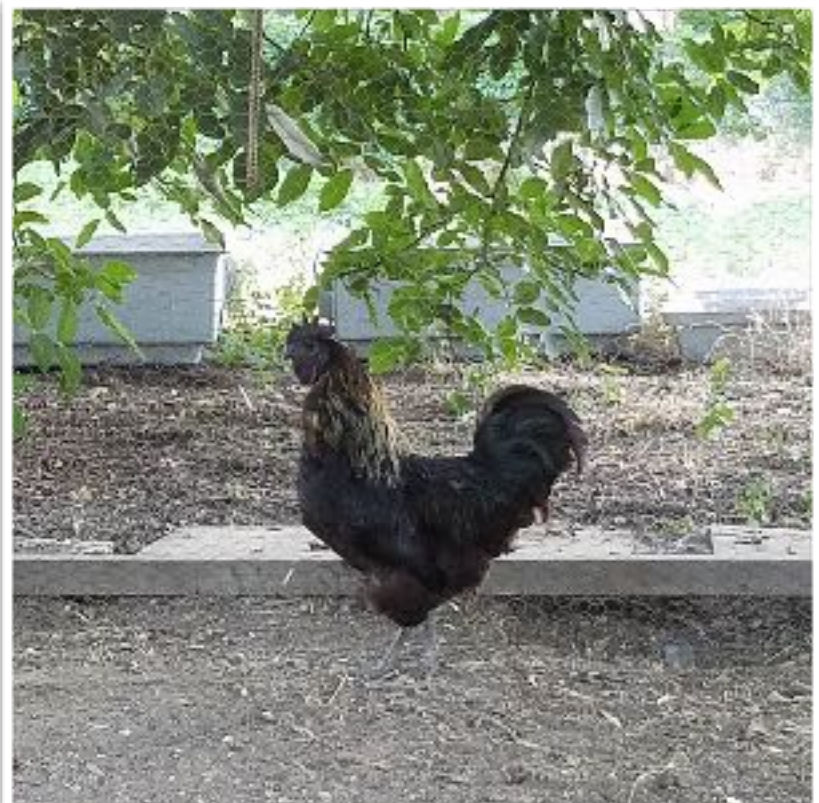
The Overshoot website brought to mind many different questions about how I create food waste in my own life. To address these, I am planning on taking these actions:

- Join Food Bank Club which picks up leftovers from the caf every week and delivers them to the local soup kitchen to feed the hungry and reduce commercial waste
- Use kitchen scraps from the caf and my household to feed the backyard chickens, supplementing their traditional feed
- I can buy weekly instead of monthly and buy only food that I will eat that week in order to keep it from going bad and share leftovers with my roommate instead of throwing it away
- Increase compost intake from the caf and ensure all kitchen scraps not fed to the chickens is composted

My Pledge- I take on food waste

In order to #movethedate and decrease my carbon footprint and use of resources, I took one of the 8 pledges on the Earth Overshoot Day website. I took Pledge 5 to take on food waste. This pledge is really meaningful to me because I care where my food comes from- I grow an organic garden and maintain a community one on campus. I know how important food can be to the health of the people and the planet. It saddened me to find out that food waste is 28% of the global Ecological Footprint! 1.3 billion tonnes of the food produced for human consumption is lost or wasted. To add insult to injury, many people go hungry while all this food is wasted in industrialized countries.

Fruits and vegetables, which are the healthiest and likely have the lowest ecological impact, are the most wasted. As a flexitarian, this hurts my heart! I wanted to act to reduce this food waste in my own life and on my campus.



One of our chickens, James Bond, benefitting from our saved kitchen scraps