

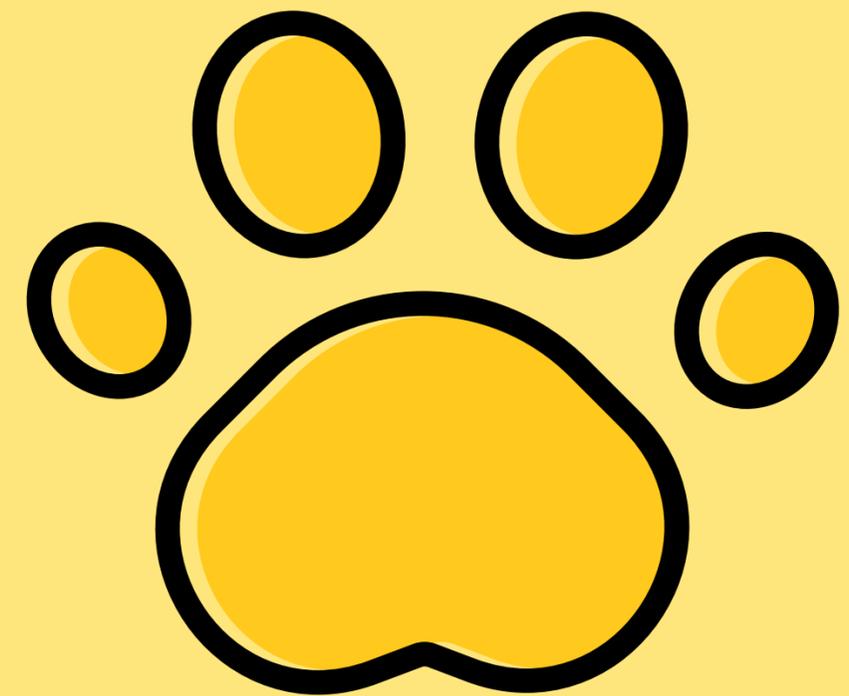
# Day 2 - Greener

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# Impacts of COVID-19 on our Lifestyles

The outbreak of corona virus has influenced our lives to a greater extent. Being locked at homes for longer than a duration of 5 months we have hardly moved outside into the fresh air and had intimate contact with the nature, though we are safe at homes away from the virus yet things we are deprived of are the facts about how we will be facing issues with reduced immunity, we have become lethargic, continuous exposure to disinfectants can lead to accumulation of chlorides and other salts in our bodies. Due to this health crisis, we have faced issues with access to healthy and nutritious foods, due to elevated prices and poor hygiene practices. All our eating and sleeping patterns have got disturbed . Hence, we are facing major issues physically as well as mentally. Following are the key points tabulated indicating positive as well as negative impacts of COVID-19:

# IMPACTS OF COVID-19 ON OUR LIFESTYLE



## POSITIVE IMPACTS

INCREASED SANITATION  
IMPROVED IMMUNITY  
CLEAN ENVIRONMENT  
POLLUTION FREE ATMOSPHERE  
ENRICHED BIO- RESERVES  
REPLENISHMENT OF EXHAUSTED  
RESOURCES

## NEGATIVE IMPACTS

INADEQUATE MEDICAL FACILITIES  
RISING PRICES OF COMMODITIES  
INCREASED CONSUMPTION OF  
ELECTRICITY  
DIFFICULT MOBILISATION  
DEFICIENCY OF PROVISION OF  
FRESH FOODS AND RESOURCES  
DECREASED EXPOSURE WITH  
NATURE

# We adopted to control food waste



We took the challenge to control food waste , we are facing issues associated with protocols to control and eradicate, treat wastes generated from our kitchens, restaurants, schools and cafeterias in the form of food waste and wet garbage, hence we decided to choose this step in order to control th amount of food waste we generate and eradicate it .



## Step 1 Meal plan

Planning a meal helps one to focus on what actually has to be cooked, eaten, hence ends up with finishing all the cooked eatables.

## Step 2 Portion control

Cook right sized portion for everyone for each meal



## Step 3 Love with Leftovers

Perfect food portion enables no leftovers, even if you end with them spice them up and add to your meals.



## Step 4 Perform food waste audit

Audit of generated food waste keeps a check on what you generate for the next time, and you can keep a track on them by noting what you waste each day by throwing.



# **Benefits of controlling and eradicating food waste:**

- Global Reduction of generation of food waste.
- Reduction in grocery bills comparatively.
- Encourages grocers to stock less hence ensuring food availability to vulnerable ones,eradicating malnutrition.
- Ensures rotation of food.

# Screenshot



# Caption

We decided to adopt the step of reducing food waste from the Global Footprint Network's steps to reduce Global Ecological Footprint .The measures to implement this step include:•plan your meal •plan your portion of food•don't fill your refrigerator•Use everything •show love with left overs•freezer for meat and fish •keep a food waste audi•adopt rotation of food ....Hence we commit and also assure to influence others with this measures in order to bring about transformations in our global ecological footprint.👏👏👏👏👏👏  
👏..@turninggreenorg  
@globalfootprintnetwork  
@zerowastechef @everyoneproducts  
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# Link

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