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## ✓ DAILY TASK

**Challenge:** Draft a document with a full report about your meal, including where you sourced your ingredients, the cost of the ingredients, what percentage were FLOSN, and what you learned throughout the process.

**Was it easy to stay on budget? How did FLOSN food costs stack up?**

**Did you have to travel far to purchase ingredients?**

**How far did the food travel to your local market?**

**A full report about your meal:** Today I have created my meal using the FLOSN ingredients. And now this report documents the journey of creating a wholesome meal, emphasizing the use of FLOSN (Fresh, Local, Organic, Seasonal, and Non-processed) ingredients. The goal was to explore the feasibility of preparing a delicious and sustainable meal while staying within a reasonable budget. The budget was Under 4\$.

**Meal Overview:** The meal that I cooked today was very delicious. This meal was unique because I have used as many FLOSN ingredients as possible here, and the budget was under only 4\$. The meal contains Rice which is very common or local in our country and potato curry, cucumber, and curry. Here I avoid meat, so this was my today FLOSN recipe meal.

### ingredients:

- Rice
- Potato
- Onion
- Cucumber
- Spices
- Green Chili paper
- Vegetable Oil

**Source and Coast of the ingredients:** All the ingredients I have collected from the local market. All the vegetables come directly from the farmer market. That's why I have collected this at the low cost. It's about 3\$.

### FLOSN Percentage:

Fresh: 90%

Local: 95%

Organic: 100%

Seasonal: 98%

Non-processed: 100%

### **My thought Process:**

Throughout the process my thought that I have realize is

- ✚ Quality Through Conscious Sourcing
- ✚ Supporting local farmers fosters community connections and promotes sustainable agriculture.
- ✚ Strategic sourcing and minimizing processed items keep costs within a reasonable budget.
- ✚ Emphasizing Fresh, Local, Organic, Seasonal, and Non-processed ingredients creates a wholesome meal.

**Was it easy to stay on budget:** Yes! As I don't use meat in the recipe this gets very easy because I chose seasonal food and locally grown vegetables in the local market.

**Did you have to travel far to purchase ingredients:** Yes, I had to travel like 1km because this local market is beside my hall where I live and in a 2 km radius there is agriculture fields so there needs for extra traveling coast.

**how you managed leftovers and food waste:** The leftover and food waste are carefully managed. Effective food residue management and food waste reduction were prioritized through careful planning and mindfulness practices. Careful consideration is given to separation in order to minimize excess during food preparation. The extra food I have saved for the future in the freeze.

I have created a short v-log video. In which I showed how I made this recipe and how I collected the ingredients.

**YouTube video link:** <https://youtu.be/KG4mHi6PY3I>

## Recipes

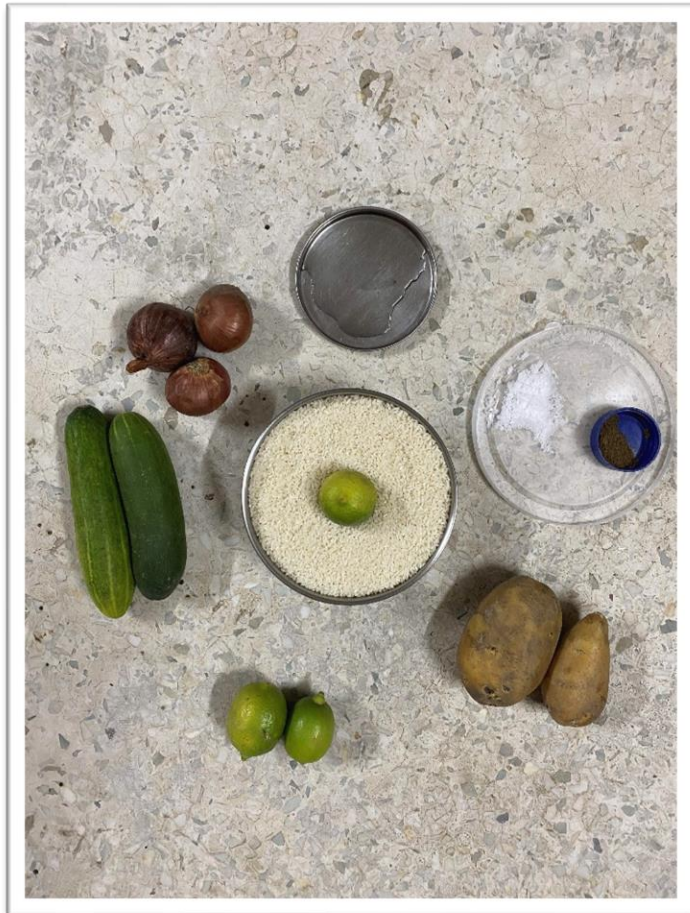


Figure 2: The ingredients



Figure 1: Final recipe





## ✓ SOCIAL MEDIA POST



Figure 4: My recipe

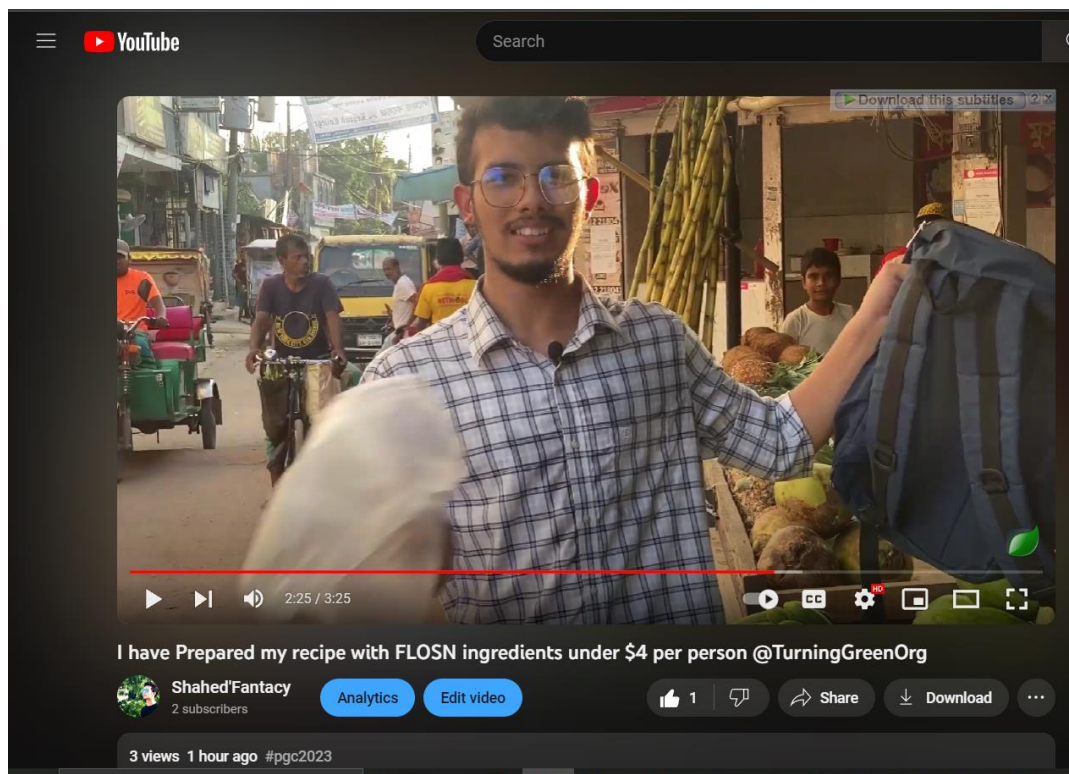


Figure 3: A vlog video upload on YouTube about the recipe