



DAY 17 FOOD WASTE

Task Greener

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- **Review of today's infographic**

The infographic "Make #NotWasting A Way of Life" powerfully conveys that reducing food loss and waste is a crucial action that simultaneously addresses global hunger, poverty, and climate change. It highlights the staggering fact that one-third of global food production is lost or wasted annually, equivalent to 1.3 billion tones, which could otherwise feed hundreds of millions of hungry people. The infographic inspires targeted solutions by noting that in industrialized nations, most waste (40%) happens at the consumer level, emphasizing the importance of simple, everyday habits like composting, being aware of "Best Before" dates, and smarter meal planning. Ultimately, it frames the #NotWasting movement not as a chore, but as an essential lifestyle change that provides massive environmental and societal benefits by conserving water, fertilizer, and agricultural land, while reducing greenhouse gas emissions.

- **Our Collection:**

We rescued some produce scraps that might otherwise be discarded from our dining hall .Even I choose organic and seasonal fruits and vegetables (pomegranate, cucumber, papaya, onion & almond peel, Puishakhdata, and pomegranate& Papaya seeds)



Figure 1: The Organic waste I collect from my dinning hall

- **Produce pal making**

We turned the scraps into a **Produce Pal**(MR DOKIE) a creative, eye-catching character that highlights the urgency of ending food waste and the importance of eating organic, seasonal, and local foods.

MEET MR DOKIE! 😊

Hi, I'm Mr Dokie! I'm made from Bangladeshi local & seasonal reused vegetables & fruits scraps like pomegranate, cucumber, papaya, onion & almond peel, Puishakdata, and pomegranate& Papaya seeds which is true symbol of sustainability.

Onion Peel (hair): Adds nutrients to compost, promotes plant growth, used for natural dye or tea.

Puishak Data (hands): Rich in fiber and minerals; can be cooked or composted.

Pomegranate Peel (chest & fingers): Boosts immunity, improves skin, used for natural dye or compost.

Papaya Peel (legs): Softens skin, aids digestion, makes natural fertilizer.

Almond Peel (shoes): High in fiber and antioxidants; used in baking or skincare.



Cucumber Waste (head): Hydrates skin, reduces puffiness, enriches compost.

Pomegranate seeds(eyes): boost immunity, support heart health, aid digestion, and fight inflammation

Papaya seeds(nose): aid digestion, support liver health, fight parasites, and have antibacterial properties

I'M HERE TO HEAL
OUR PLANET
EAT ME OR SEND FOR
COMPOSTING



Story of The Produce Pal:

Mr. Dokie was born from Bangladeshi local and seasonal produce scraps bits of pomegranate, cucumber, papaya, onion, almond, and puishak data that might otherwise have been thrown away. Instead of ending up in the trash, these food scraps found new life as a symbol of creativity and sustainability.

Mr. Dokie reminds us that every peel, seed, and leftover has *value*. They can nourish soil through composting, boost our health, or even inspire art! This reflects what Dana Gunders shared in her TED Talk that nearly one-third of all food produced globally is never eaten, yet small changes in how we view and use food can make a big difference.

By creating Mr. Dokie, we learn to look at “waste” differently not as garbage, but as a resource full of possibility. Whether we eat it, reuse it, or compost it, every choice helps heal our planet.

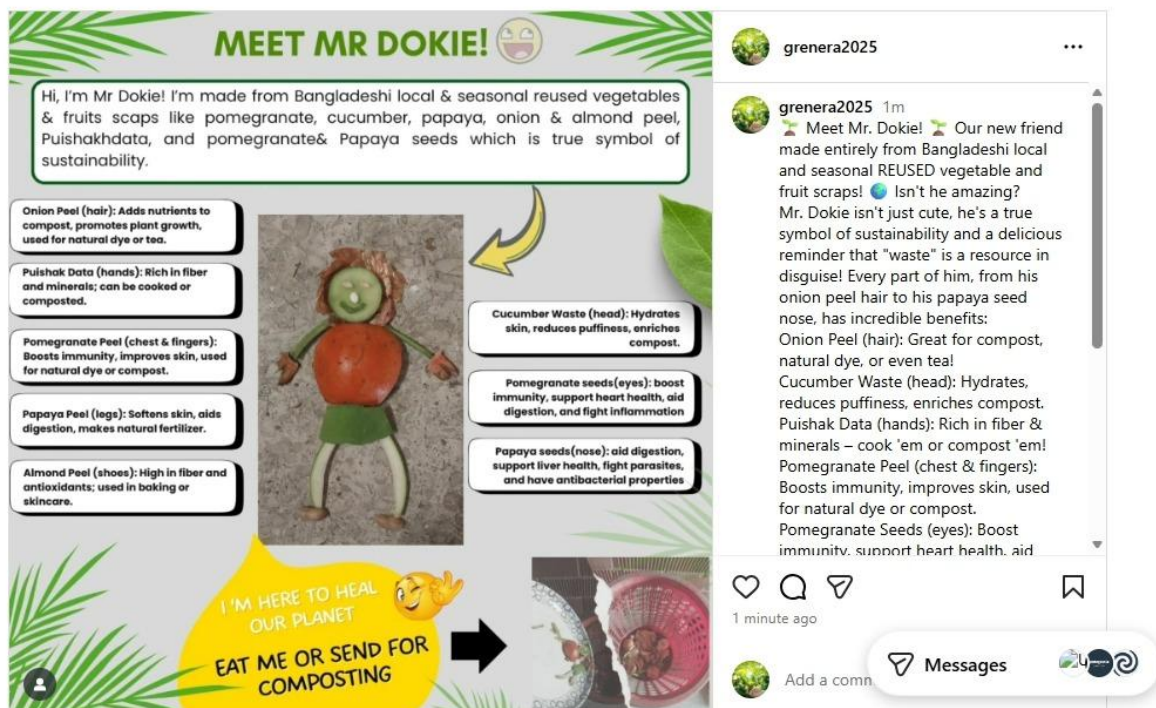
Mr. Dokie’s message:

“Eat me or send me for composting because nothing from nature should go to waste!”

Link of my Instagram post:

<https://www.instagram.com/p/DP8ofC1Eko4/?igsh=MW8zZDFmc28xdXF4eA==>

Screenshot of my Instagram post:



- Transform our scraps sent into dustbin for composting & return nutrients to the soil



Figure 2 The process of Composting our organic waste

From Scraps to Soil: The Composting Journey

Every peel, seed, and leftover we send to the compost bin starts a beautiful cycle of renewal. Instead of ending up in landfills, these food scraps break down naturally and return to the earth transforming into rich compost that nourishes plants and restores soil health.

By composting, we give back to nature what she first gave us. This simple act reduces waste, cuts greenhouse gas emissions, and helps grow healthier, more resilient gardens. It's a small step that makes a big impact turning waste into life once again.

Remember: All scrap matters feed the soil, not the landfill!