

Name: Purnima Kabir

User Name: SNP

School Name: Jahangirnagar University

I collected scraps from a meal or produce that may be past its shelf life and turned the scraps into a Produce Pal — a creative, eye-catching character that highlights the urgency of ending food waste and the importance of eating organic, seasonal, and local foods:

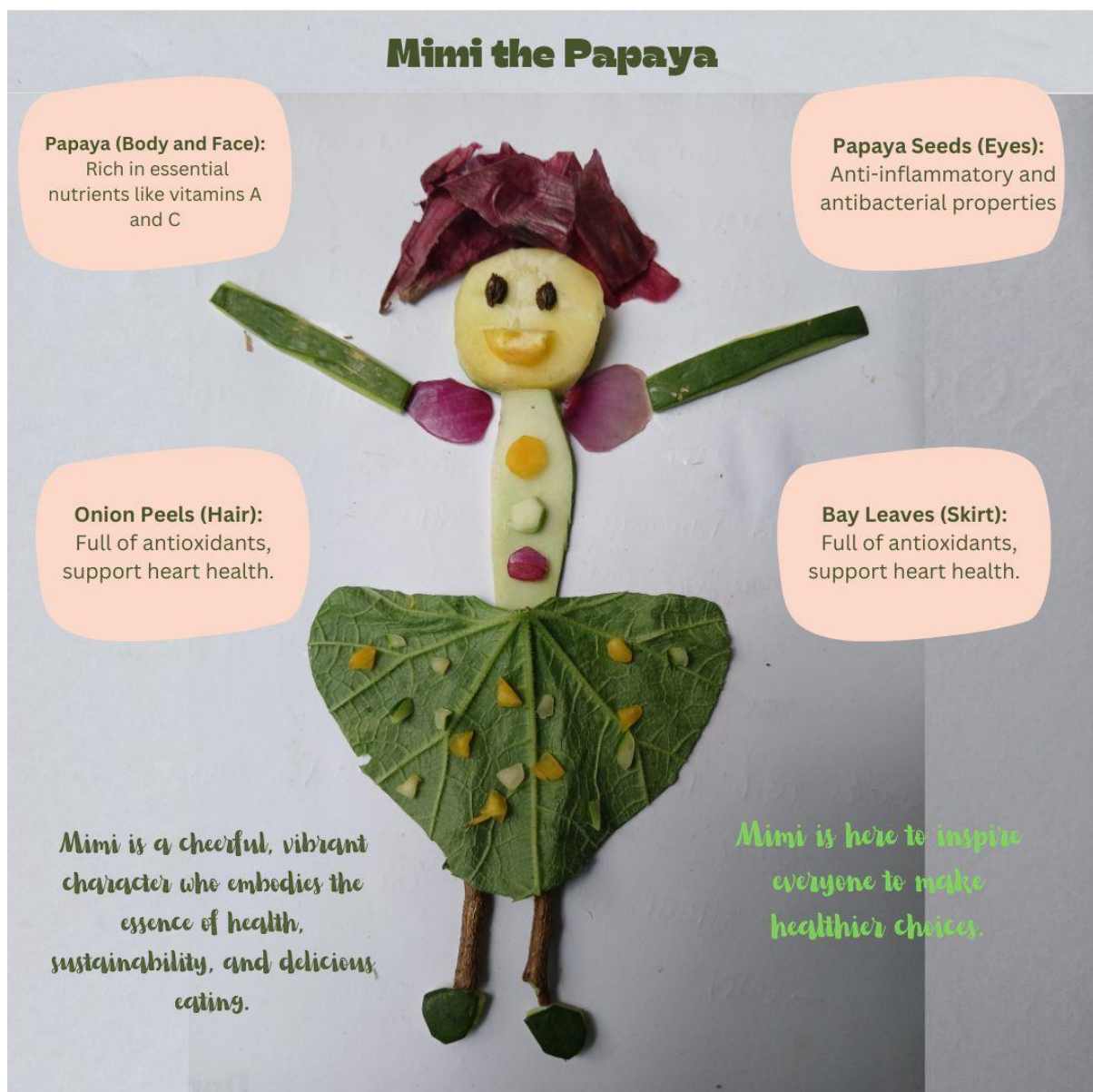


Figure: My produce pal called Mimi the Papaya.

Here, Mimi is an energetic and cheerful character who represents health, sustainability, and the joy of delicious eating. She inspires everyone to make healthier choices by sharing facts about fresh vegetables, promoting organic produce, and encouraging seasonal eating.

The Story of Mimi the Papaya

Where She Came From:

Mimi the Papaya was not born in a field or on a farm, but in the heart of a mindful kitchen. She is a true child of sustainability, meticulously crafted from the very parts of fresh produce often dismissed as "waste". Her cheerful face and healthy body are carved from the vibrant papaya, rich in essential Vitamins A and C. Her tiny, knowing eyes are the papaya seeds, which offer hidden anti-inflammatory and antibacterial properties. Her luscious locks are made of discarded onion peels, a testament to the fact that beauty and antioxidants can be found even in what is stripped away. Her elegant skirt is a collection of fragrant bay leaves, supporting heart health with their antioxidants. Mimi is a character born from the radical idea that every piece of food has value and purpose.

What She Represents:

Mimi embodies the essence of health, sustainability, and delicious eating. She is a vibrant ambassador for the zero-waste movement in the home kitchen. Mimi's very existence challenges us to look beyond the edible flesh and see the potential in the peels, seeds, and scraps. She represents the circularity of nature and the wisdom of our ancestors, who knew how to utilize every part of their harvest.

What She Teaches About Valuing Food

Mimi's primary lesson is simple but profound: **waste is a failure of imagination**. She teaches that valuing food means recognizing its total nutritional and creative worth. It's not just about eating a vegetable; it's about honoring the resources: the soil, water, and labor that went into growing it.

- ◆ By showcasing the healthful properties of onion peels and papaya seeds, Mimi encourages us to research and use food components we previously tossed.
- ◆ Her beautiful bay leaf skirt shows that even non-traditional food parts can be repurposed in decorative and useful ways, fostering a more appreciative and less wasteful mindset.
- ◆ She inspires us to transform the wilting, the peeled, and the leftover into something new and beautiful, pushing us to make healthier, more resourceful choices every day.

Mimi's Fact from Dana Gunders:

Mimi's mission is all the more urgent when we consider the scale of the global problem. As food waste expert Dana Gunders highlights in her TED Talk, "How to turn the tables on food waste": Globally, we waste a staggering one billion meals every single day. Mimi shows us that tackling this massive crisis starts one meal, one onion peel, and one papaya seed at a time.

That's why I thought that I can use the scraps to make a seasonal scrap soup and here are the details:

Ingredients:

-  Onion peels
-  Bay leaves
-  Vegetable scraps (Papaya peels)
-  Garlic and herbs

Methods:

- ❖ Assemble all vegetable scraps, including the onion peels and bay leaves.
- ❖ Add them to a pot of water, along with garlic, herbs, and flavours like salt and pepper.
- ❖ Boil for 30-45 minutes to extract the flavours and nutrients.
- ❖ Rinsing and use the broth as a base for soups, stews, or sauces.

This soup is also a perfect zero-waste solution and detentions the essence of the season by using whatever is fresh and available.

Here is the link of my Instagram post:

<https://www.instagram.com/p/DP8wWV1iTJr/?igsh=Z2d3dGhkYzcydjBu>

Here is the screenshot of my Instagram post:

