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green_dialogues
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Meet Ava Cado:



Ava Cado is a produce bride made from rescued food scraps. Her skirt is crafted from the outermost layer of an onion; her torso and arms are shaped from avocado skin and

peppers; her head is made from an avocado pit with hair from an orange; and her bouquet of flowers blooms from a bell pepper stem.

Ava represents commitment — not just between two people, but between humans and the Earth. She reminds us that beauty can be found in imperfection and that food scraps, similar to people, still have purpose beyond their first use. Onion skin is made into tea in many cultures, and my other ingredients can be composted to support new life. She stands for gratitude, creativity, and mindful consumption by choosing to see potential instead of waste.

Ava was born from ingredients that might have been tossed out after cooking, but she stands as a symbol of commitment to ending food waste. Like a bride promising her vows, Ava reminds us to value every part of our food. Every year, $\frac{1}{3}$ of food production that is made for human consumption is lost or wasted. If a quarter of this waste is saved, over 870 million people could be fed. Ava reminds us that through awareness and care, we can make not wasting food a lifelong vow to both people and the planet.