**Food Wastage**

Food is one of our basic needs. It is important for everyone, whether rich or poor. But, the one who has plenty of food, often wastes it. The wastage of food starts right from its production to the final consumption. Food like processed food has a limited shelf life and we often buy more than we need and we dont use it before its shelf life, so we end up wasting it. Purchasing more than the needed food in restaurants and hotels is also a major reason for food wastage. Sometimes, there is food prepared more than needed in our houses, which results in the wastage of lots of food.The food, prepared in the marriages and other functions, also causes food wastage in a huge amount.

There should be proper planning of the food storage. Also, we should buy and cook only the needed amount of food. Moreover we can eat the leftover next day as a breakfast instead of throwing it away. Also, Instead of wasting food in marriages and other functions, we can distribute them among hungry poor people. Many times we forget to keep food items in the fridge because it is not visible to us. Such things go bad. To prevent this waste, it is important that we should clean our fridge every three-four days. Plan the entire meal of the week or month in advance and shop accordingly. Do not overdo anything. Make your menu as planned, otherwise the chances of wastage increase.