

# Eco Waste Hub - Complete Eco Guide

## Understanding Food Waste

Food waste is a global issue that affects our environment, economy, and society. This guide will help you understand the impact of food waste and provide practical solutions to reduce it.

## Environmental Impact

- Food waste contributes to 8% of global greenhouse gas emissions
- Wasted food means wasted water, energy, and resources used in production
- Landfill decomposition of food waste produces methane, a potent greenhouse gas

## Smart Shopping Habits

**Plan Your Meals:** Create a weekly meal plan and shopping list

**Check Your Fridge:** Take inventory before shopping

**Buy Local:** Support local farmers and reduce transportation emissions

## Storage Solutions

- Keep fruits and vegetables in proper storage conditions
- Use airtight containers for leftovers
- Freeze surplus food before it spoils
- Understand food date labels (Best Before vs. Use By)

## Creative Cooking

- Use vegetable scraps for homemade broth
- Transform stale bread into croutons or breadcrumbs
- Make smoothies with overripe fruits
- Create new meals from leftovers

## Composting Basics

Composting is a natural process that turns organic waste into nutrient-rich soil:

- Start with a small compost bin or pile
- Add a mix of green (food scraps) and brown (leaves, paper) materials
- Keep it moist and turn regularly
- Use finished compost in your garden

## Community Involvement

- Share surplus food with neighbors
- Donate to local food banks
- Participate in community composting programs
- Join food rescue initiatives

## Resources and Support

For more information and support:

- Visit our website: [www.ecowastehub.com](http://www.ecowastehub.com)
- Join our community forums
- Follow us on social media
- Contact our support team