**Week 12 Assignment: Food Waste and You**

**Personal Experience with Food Waste:** Over the past several days, I discarded a portion of leftover pasta and some wilted lettuce. The pasta had been left in the fridge for too long and began to smell off, while the lettuce had become slimy and unappetizing.

**Understanding of Food Waste:** My understanding of food waste has been greatly enhanced by this week's content, which highlights its effects on the economy, the environment, and society. Food waste consumes the resources necessary to produce food, adds to economic losses, and aggravates environmental problems by emitting methane from landfills (PBS Newshour, 2024).

**Reasons for Food Waste:**

Several reasons for food waste were discussed:

* Over-purchasing and improper planning (PBS Newshour, 2024).
* Strict cosmetic standards for produce (CBC Marketplace, 2016).
* Misunderstanding of "best before" dates (France 24, 2024).
* Inefficient supply chains (PBS Newshour, 2024).

**Most Relevant Reason:** The most applicable reason to my experience is over-purchasing and improper planning. The leftover pasta and wilted lettuce resulted from buying more food than I could consume within its shelf life.

**Impactful Country Approach:** I think South Korea's attitude to food waste has the biggest influence. Their methodical conversion of food waste into bioenergy, fertiliser, and animal feed is an inventive and all-encompassing solution. This approach presents a successful paradigm for sustainable waste management since it not only minimises the amount of waste dumped in landfills but also converts it into useful resources (France 24, 2024).

**Critical Role in Addressing Food Waste:** Grocery retailers and food manufacturers play important responsibilities, but I think the role of the customer is more important. The amount of food waste is ultimately determined by the purchasing, eating, and disposal habits of customers, even if manufacturers and retailers can apply rules to prevent waste. Reducing food waste in households can be greatly aided by educating consumers and promoting prudent food shopping, storage, and consumption (PBS Newshour, 2024).

**References:**

* CBC Marketplace. (2016, October 28). [Food waste: How much food do supermarkets throw away](https://www.youtube.com/watch?v=QLqkV8cP4xs). YouTube.
* France 24. (2024, January 10). [How South Korea became the champion of food waste recycling](https://www.youtube.com/watch?v=ACZLgw9CNXU). YouTube.
* PBS Newshour. (2019, August 31). [Is France's groundbreaking food-waste law working?](https://www.youtube.com/watch?v=BhgaJI3sOMA). YouTube.
* PBS Newshour. (2024, April 6). [Food waste is a global problem. Here are major drivers and what can be done about it](https://www.youtube.com/watch?v=UeFBB0MafT8). YouTube.