

Reducing food loss

1. Motivation behind Research Paper

Are there any foods you dislike? There are a lot of foods that I dislike. Did you know that food waste has become a problem in recent years? Discarded food and dishes are increasing the amount of garbage. From there, when garbage is burned, carbon dioxide is generated, which leads to global warming. I researched food waste because I thought it was the most familiar problem to me. The number one reason was that I had a lot of likes and dislikes. As I learned about the state of the world at school, I realized the seriousness of food loss and came to think that I should at least take action. Then, I decided to grasp the current situation and problems of food loss and investigate what we can do.

2. Introduction

The purpose of this research paper is to learn about food loss and to have people understand what must be done through Social Networking Services (SNS).

The data collected for this study will include information obtained from the Ministry of Agriculture, Forestry, and Fisheries.

3. Results and Analysis

What is the cause of food loss? When I looked into it, the first one was over-removal. Over-removal refers to throwing away even the edible parts of vegetables, such as peeling the skin of vegetables too thick. The second is throwing away food before the best before date/expiration date. In addition to throwing away vegetables due to their short shelf life, we believe that the reason for this is that they tend to be left over at home. So, what will happen to Japan and the rest of the world if we continue to leave food loss as it is? Food loss has three serious consequences. These are severe food shortages, increased environmental impact, and economic losses. Based on this, major problems that arise from ignoring food loss include economic and environmental problems. In response to this situation, various efforts are already being made in countries around the world. First, France enacted the world's first food waste law. This law prohibits large supermarkets from discarding unsold food that has expired. Surplus food is obliged to be donated to volunteer organizations so that it can reach the needy. In addition, there are strict penalties for violating this law, and it is attracting attention from all over the world as a law with strong enforcement power.

One of the economic challenges is the high cost of landfilling and incineration when processing food loss. As for environmental issues, incineration generates carbon dioxide, which contributes to global warming. In response to this situation, Japan is also taking countermeasures against food loss. This activity is called "Food Bank". First of all, a food bank is an activity in which food that is still edible but

discarded for various reasons is donated and provided free of charge to facilities and people in need of food.

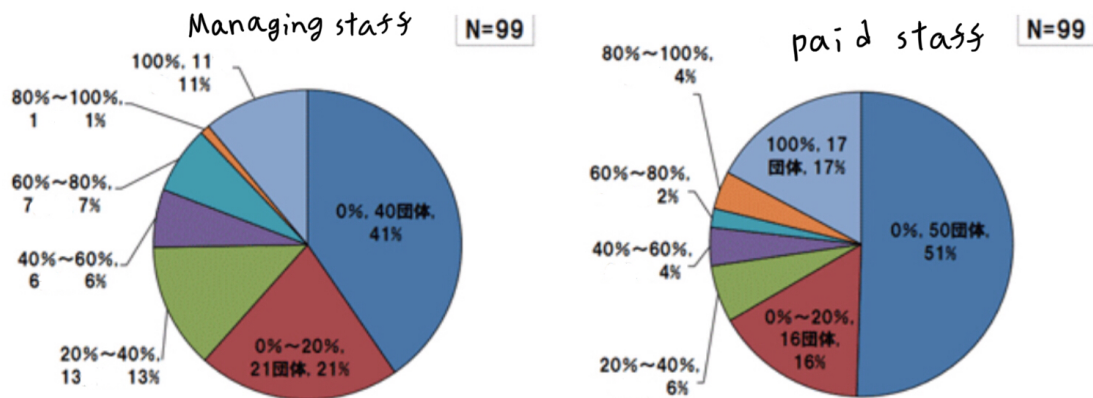


Figure 1. Graphs showing breakdown of food bank staff

The above graph shows how many food bank staff are full-time or paid. Over 40% of organizations do not have full-time staff, and over 50% are supported by unpaid staff. As you can see from the graph, there is no choice but to rely on unpaid volunteers. In addition, there is also the problem of where responsibility lies when an accident occurs. A characteristic of food banks in Japan is that the law does not specify who should take responsibility in the event of an accident such as food poisoning caused by donated food. In foreign countries, even if an accident occurs, there are laws and systems in place that exempt the donor from liability if there is no malice on the part of the donor. However, there is no such system in Japan, so there is a possibility that donors may be hesitant to donate out of fear of responsibility. These problems can never be solved by food banks alone, and the government must take the lead in tackling them. Laws must be put in place so that food banks can continue to provide food.

4. Reflection

What do we as consumers have to do to reduce food loss? For example, consumers will use supermarkets, convenience stores, and restaurants. During that shopping, there are many times when you make impulse purchases when you pick up the item. In that case, I want you to calm down and think again. Just checking to see if you can actually eat it before the expiration date/expiration date makes a difference. I totally understand the desire to eat, but I think it is important to plan to some extent when going shopping in order not to waste food expenses. Don't buy more food than you need, prepare the amount of food you can eat on the table every day, and prepare the ingredients. Planning is important when shopping.

5. Reflection

As I investigated this matter, I felt that it was not someone else's problem. There are often foods that I don't like, and I often leave too much. In addition, there were times when I made impulse purchases and threw away leftover ingredients. However, as I learned about food waste, I learned about the current situation in Japan and the rest of the world, and came to believe that I had to start by changing myself. Now, I spend my days consciously making only the amount I can eat, not buying too much, and making a plan when I go shopping.

6. Work Cited

Ministry of Agriculture, Forestry and Fisheries. Oct.2020. Web. 4. Oct. 2022.

https://www.maff.go.jp/j/pr/aff/2010/spe1_01.html