

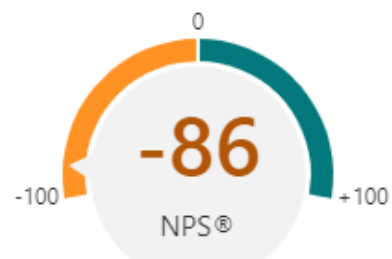
# Tossing Money in the Trash; Food Waste in Schools



**Food waste is a predominant issue across the UK. The place where it happens the most is in Schools.**

Alone, schools waste approximately 80,000 tons of food per year which 1 ton of it could feed almost 70 people for a full week. Which means that if schools wasted no food, about 5.6 million people struggling with food poverty around the world could have food for a whole week with just food that schools in the UK wasted.

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### **So, how bad are schools at wasting food?**

When a survey was sent out to all the pupils in Harrogate Ladies College with one of the questions being “How good do you think the school is at preventing food waste” the pupils mostly agreed that our school was not a great preventer of this problem.

### **Why is food wasted in schools?**

There are a lot of reasons why food might be wasted in schools such as too much prepared food, lack of time to eat, taste, and portion sizes. Most of the time between all the meals served in a day, it will include all of these.

### **How could schools try and reduce the amount of food they waste?**

Lots of the food that is being put in the bin is leftover food from meal times. This means that the food is still edible and could be donated to many different places so people who are struggling to afford food to feed their family.

Another way schools could prevent less food waste would be to have the pupils pick the portion of food they want. Lots of the time most people throw away their food because they have too much on their plate and cannot finish it. If they got to pick the amount of food they were served, there would be less of it being thrown away.



### **What you can do to help?**

Many pupils, children, teens and even adults think that they would not be able to help but there are many things that you can do to help at home. Some of these things might be eating leftover food from the previous night so that way it will not go bad, avoid buying too much food, storing foods correctly so you will not have to throw them out and even freezing food so that it is preserved for consumption later.

### **Conclusion**

In conclusion, food waste is a huge problem around the world and in schools. This may not be a problem that can be fixed by yourself but if everyone were to contribute even just by trying their best not to waste, in the future it could be a problem of the past. We hope that now you have become more aware that the food you waste accumulates over time. Avoiding food waste can as well help some families that are struggling to buy food for their children or even for themselves.