



**PREVENTION AND REDUCTION OF FOOD AND DRINK WASTE  
IN HOUSEHOLD AND SOCIETY**

**Zeenat R. Khan<sup>1</sup> and Kumudini R. Dhore<sup>2</sup>**

<sup>1</sup>Research Scholar

<sup>2</sup>Associate Professor

Department of Home Science,  
Smt. R.D.G. College for Women, Akola.

Corresponding Author's E-mail ID: [khanzeenat185@gmail.com](mailto:khanzeenat185@gmail.com)

**Abstract:**

Food waste or food loss is food that is discarded or cannot be used. The causes of food waste or loss are numerous, and occur at the stages of production, processing, retailing and consumption. Food waste refer to food that is of good quality and fit for human consumption but that does not get consumed because it is discarded-either before or after it spoils. Food waste is the result of negligence or a conscious decision to throw food away. "Food loss and waste" refers to the edible parts of plants and animals that are produced or harvested for human consumption but that are not ultimately consumed by people. In particular, "food loss" refers to food that spills, spoils, incurs an abnormal reduction in quality such as bruising or wilting, or otherwise gets lost before it reach the consumer. Food loss is the unintended result of agriculture process or technical limitation in storage, infrastructure, packaging, or marketing. Food loss and waste have many negative economic and environmental impacts. Economically, they represent wasted investment that can reduce farmers' incomes and increase consumers' expenses. Environmentally, food loss and waste inflict a host of impacts, including unnecessary greenhouse gas emissions and inefficiently used water and land, which in turn can lead to diminished natural ecosystems and the service they provide.

**Keywords:** *food waste, food loss, human consumption*

**Introduction:**

Food waste can be composted at home, avoiding central collection entirely, and many local authorities have schemes to provide sub sized composting bin systems. However, the proportion of the population willing to dispose of their food waste in that way may be limited. One way of dealing with food waste is to reduce its creation. Consumers can reduce spoilage by planning their food shopping, avoiding potentially wasteful spontaneous purchases, and storing foods properly. Food is one of the most important





drivers of environmental pressures, particularly in terms of water, land and resource use, greenhouse gas emissions (GHGs), pollution, and subsequent climate and habitat change. In terms of economic impacts, food waste represents high waste management costs and money wasted. Wasting food also raises social questions, particularly given the current global financial rises food prices and international food shortages. That's where waste prevention issue emerges. Even cutting waste in half would be a huge step toward global food security and a boon for the environment. Food waste source prevention strategy focuses on preventing food waste before it is created.

Response to the problem of food waste at all social levels has varied hugely, including campaigns from advisory and environmental groups, and concentrated media attention on the subject.

As alternatives to landfill, food waste can be composted to produce soil and fertilizer, fed to animals, or used to produce energy or fuel.

### **Reduction and Disposal:**

#### **Animal Feed:**

The feeding of food scraps to animals is, historically, the most common way of dealing with household food waste.

It is now widely believed by scientists that the domestication of the dog was related to food scraps. Indeed, some believe that dogs "self-domesticated" by following around hunter-gatherer bands in order to eat their scraps. In many preindustrial societies, domestic dogs perform (or performed) valuable service to their human owners in exchange for scraps of meat. For example sled dogs in the Arctic, or herding dogs and livestock guardian dogs in Europe. Modern-day pet dogs are also often fed table scraps. In fact, taking leftovers home from a restaurant is often called a doggy bag.

One of the common animals to be fed household scraps is swine, in which case the food scraps are often called slop. See also: pig farming.

Chickens have traditionally been given mixtures of waste grains and milling by-products in a mixture called chicken scratch. As well, giving table





scraps to backyard chickens is a large part of that movement's claim to sustainability though not all backyard chicken growers recommend it.

### **Anaerobic Digestion:**

Anaerobic digestion produces both useful gaseous products and a solid fibrous "compostable" material. Anaerobic digestion plants can provide energy from waste by burning the methane created from food and other organic wastes to generate electricity, defraying the plants' costs and reducing greenhouse gas emissions.

Food waste coming through the sanitary sewers from garbage disposal units is treated along with other sewage and contributes to sludge.

With the growing economy, lifestyle changes are seen where rich people throw

Lavish parties where the quantity of food cooked is over estimated on most occasions and the left over or surplus food goes to the waste-bins in large quantities. A huge amount of food waste usually takes place at Weddings, Religious feasts, various social gathering.

Each of these approaches—and others like them—can help reduce food loss and waste. To further galvanize commitment to reducing food loss and waste, several cross-cutting strategies are needed. These strategies will require action from multilateral and bilateral donors, intergovernmental agencies, national governments, and the private sector, among others. We recommend five strategies:

1. Develop a food loss and waste measurement protocol.
2. Set food loss and waste reduction targets.
3. Increase investment in reducing postharvest losses in developing countries.
4. Create entities devoted to reducing food waste.

Hunger can be eliminated in our life times This requires comprehensive effort to ensure that eve man, woman and child enjoy their Right to Adequate Food; women are empowered; priority is given to family farming; and food systems everywhere are sustainable and resilient.

The challenge of Zero Hunger means:

Zero stunted children less than 2 years.





100% access to adequate food all year round.

All food systems are sustainable.

**Recommendation:**

1. Awareness campaigns to prevent food wastage.
2. If food is effectively reduced at the first stage then not only is the food save for a large part of population.
3. Reduction means buying less quantities of any kind of processed or unprocessed food.
4. Consumers are encouraged to donate themselves if the leftover food is small in quantity.

**References:**

- “ Food waste Half of all food ends up thrown away” Huffington Post 10 January 2013. Retrieved 5 February 2013 .
- Jump up ^ Gustav son et al., p. v.
- Jump up ^ Western of 2000, pp. x-xi.
- Jump up ^ Oreopoulou, p. 1.
- ^ Jump up to: a b "Glossary" Eastern Metropolitan Regional council Retrieved 2009-08-25.
- ^ Jump up to: a b "Terms of Environment: Glossary, Abbreviations and Acronyms (Glossary F)". United States Environmental Protection Agency. 2006. Retrieved 2009-08-20.
- ^ Jump up to: a b "Organic Materials Management Glossary". California Integrated Waste Management Board. 2008. Retrieved 2009- 08-20.
- ^ Jump up to: a b "Food Waste Composting Regulations" (PDF). California Integrated Waste Management Board. 2009. Retrieved 2013- 11-14.
- Jump up ^ Gustav son et al., p. 2.
- “Wasting food! Spare a thought for the famished” The new Indian Express

=====

