Love Food Hate Waste - A Case Study on Engaging Students

Helen Angelakis
Demographics

- Greater Western Sydney population of approximately 2 million people and covers approx 3,500 sq miles
- More than 160 nations are represented in the GWS population.
- University of Western Sydney has 6 campuses across GWS
- UWS currently has 40,000 full and part time students
- High percentage of first in family
- Approximately 1000 residential students across 6 campuses
Our goal is to achieve less Food Waste
What is Food Waste?

**Avoidable:**
- Buy too much – on average we throw away 30% of the food we buy.
- Cook too much – correct portions – menu plan
- Out of date

**Unavoidable:**
- Food skins
- Tea bags
- 3 day old pizza
Challenges

• How do we get students to attend workshops?
• Keep them interested
• Inspire behaviour change
• Making a difference
• Posters around campus
• Electronic posters
• Leaflet under their doors
• Going to their pizza nights to advertise
• Email
• Facebook

• We also offered
• Free food
• Giveaway
• Lucky door prizes
### Statistics

<table>
<thead>
<tr>
<th>Australia</th>
<th>USA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population 22 million</td>
<td>Population 313 million</td>
</tr>
<tr>
<td>4 Million tonnes food waste each year</td>
<td>36 million tonnes food waste each year</td>
</tr>
<tr>
<td>$1036 per household (approx)</td>
<td>$1500 per household (approx)</td>
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When you throw food away you are throwing away water, energy, fuel, raw materials that were needed to grow, process and transport that food item.

The love food hate waste program is all about raising awareness about the food we waste and how that impacts the environment.

Food waste in land fill creates methane gas which is 25 time stronger than carbon dioxide.
Meat
If it has been slaughtered for our consumption at least eat it.
• *Did you know that approx 46% is not consumed by humans*
'Fussy customers' force farmers to throw away fruit and vegetables and if they make it to the supermarket a further 20-40% can also be rejected.

About 1/3 of bananas produced in QLD are thrown out because they aren’t pretty enough.

More than half the mangos produced are thrown out because they don’t look good or are undersize.
How you can reduce your food waste

- Shop better
- Plan a weekly menu
- Eat healthy
- Save money
- Use leftovers
- Storing food
- Cooking workshops
- Food coop
Alternatives

- Reducing
- Composting
- Worm farms
- Pigs

Avoidable and unavoidable food waste

Easy menu planning

Different ways to use leftovers

Cooking workshops

Food coop

Buy local
Saves carbon miles

Shopping better and saving money

Correct food storage

Shopping better and saving money

Easy menu planning

Different ways to use leftovers

Cooking workshops

Food coop

Avoidable and unavoidable food waste
• Embedded into the curriculum
• Integrated science
• Workshop and video