



FOOD WASTE MANAGEMENT AND ENVIRONMENT

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Abstract:

Food waste or food loss is that food which can not be used or in the form of unfavourable condition. The causes of food waste or loss are numerous. The management of food waste is the way of use of waste food without affecting health and environmental factors and on the other hand proper and adequate use of food to obtain goal of zero food waste. Recycling process and code of conduct for restriction of food loss on large food purchases is essential for positive Health and positive environment.

Keywords: *food waste, recycling process, environment, positive health*

Introduction:

Food can be defined as anything solid or liquid which when swallowed, digested and assimilated in the body keeps it well.

“ The preservation of health is a duty” Spencer.

Health is a state of complete physical, mental social well being and not merely the absence of disease or infirmity.

Food waste or food loss is food that is can not be used or in the form of unfavorable condition, the causes of food waste or loss are numerous and occurs at the stages of production, processing, retailing and consumption.

Positive Health and Positive Environment:

Food waste management is that the way of disposal or use of waste food in right way and without affecting health and environmental factors and on the other hand proper and adequate use of food to obtain goal of zero food waste.

- 1) In waste management food waste programme accepts many kinds of biodegradable foodstuffs, vegetables, fruits, eggshells.
- 2) To identify and evaluate food waste management in the home. To consider food waste collection options and identify.





3) From kitchen waste composting/ conserving valuable resources composting often described as nature is way of recycling.

Recycling process



Vegetables, fruits, Cereals, and other kitchen waste



Manure



Re -plantation/ Reagricultural products

- 1) Conducting waste Audit of Restaurants, canteens, Hotels etc.
- 2) Better food waste management makes a business more profitable and prevents from loss of foods and results in healthy environment.

Food waste continues in the post harvest stage, but the amount of post harvest loss is involved are relatively unknown and difficult to estimate. Regardless, the variety of factors that contributing to food waste both biological, environmental and socio- economical would limit the usefulness and reliability of general figures. Losses in nutritional value, caloric value and edibility of crops by extreme of temperatures, humidity or the action of micro organisms

Save perishable food-

- 1) Use food preservation methods one way of dealing with food waste is to reduce its creation
- 2) Consumers can reduce spoilage by planning their food shopping, avoiding potentially waste food spontaneous purchases for e.g. Big – Bazaar and mall shopping that food Purchased on offer price that's why food products are purchased on large amount or extra food purchased and food waste occurs. House hold food waste are feeding to animals, cow, buffalo and goats Food waste biodegraded by composting and revised to fertilize soil. Food waste coming through the sanitary sewers from garbage disposal units is treated along with other se wage.





- 3) Food wastage cripples a country's economy to an extent that most of us are unaware. In urban population about 20% of food what we buy ends up being thrown away.

Love food → Hate waste-

Stop food waste --

According to UNDP United Nations Development Programme 40% of food waste in India.

Things we can do in our daily life to stop food wastage

- 1) Make a habit not to waste any food in your plate while you have your food be in break fast lunch or dinner. Make it a point to absolutely stick it to no matter how the food tastes or was served in the first place.
- 2) If you cook at home, make sure you cook keeping in mind, there is no excess. You can always complete your lunch, dinner with a few fruits rather than keep some extra food in refrigerator it's a lot better and healthier practice.
- 3) If you cook at home, make sure you select your vegetable, cereals and others in the order of their shelf life, just means, if you had spinach or fenugreek or coriander leaves in your refrigerator take care of how to preserve it and use later in good condition
- 4) If you work in Restaurants/ canteens how we manage excess food Adequate and sufficient cooking sufficient and adequate eating practices results in zero food waste
- 5) Avoid large purchase of food stuffs. Planned while purchasing food, avoid use of offer packs of food stuffs that extra food can not be taken and proper use of food occurs.
- 6) Take a sufficient food served in marriages, functions, ceremony and parties Don't waste food in any form.
- 7) Women's are strictly avoid those things which are responsible for large kitchen food wastage. They use in proper way that their family happily eating food and no waste occurs at home.
- 8) Use of code of conduct for Dhabas, Restaurants, canteens, Hotels for food wastage on large amount.





In this way we try to stop food wastage for our better environment

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