

10 Minutes For The Planet

A Shameful Waste - Great ideas to save food ©

by Sarah Heath and Catherine Balter-Kendall

Stressed syllables are underlined and in **bold**.*



Hello! I'm Sarah Heath and you're listening to 10 Minutes for the Planet on EnglishWaves.

In the last two programs, the subject of global food **wastage** has been considered and what some of the **effects** are of that unnecessary extravagance. So, how can this **squandering** of food be **tackled**?

It takes minimal effort for all parts of society to play their role in **ensuring** that food waste is avoided. The World Resources Institute and the Waste and Resources Action Programme **compiled** data from 700 companies in 17 countries on their efforts to reduce food wastage through separate initiatives and the economies they make **in thus doing**. The study concluded that for every €1 spent on investing in preventative measures, a saving of €12 was made.

Governments have started to **instigate** cooperative schemes between public services as well as better collaboration **between** all levels of the food chain. For example, Italy is in the process of recovering a billion tons of excess food each year, after the government offered **tax breaks** to supermarkets which donated **leftover food** to charity.

And in other countries, supermarket chains have started **to do their bit**. The German company, Lidl, which has over 10,000 shops in Europe, has **pledged** to cut food waste per store by 25% by the year 2020 and have **committed to** the UN Global Goal's **target** for a 50% reduction in global waste by 2030. **To bring** customers **on board** in the UK, they have been offering a box of slightly **damaged** produce at £1.50 to **encourage** consumers to accept less-than-perfect food which is nevertheless perfectly fine to eat.

Industrial-sized food manufacturers can make better use of

to squander (vb.) to waste

to tackle (vb.) to deal with, to solve (of a problem)

to ensure (vb.) to make sure that

in thus doing (exp.) in doing this

to instigate (vb.) to put in place

tax break (n.) deduction from taxes

leftover food (exp.) food that is left uneaten after a meal

to do one's bit (exp.) to contribute to a cause, to help

to pledge (vb.) to promise

to commit to sth. (phrasal vb.) to promise to keep an agreement

target (n.) goal, objective

to bring so. on board (exp.) to persuade people to join a programme

massive composting **machines** which can **churn through** nearly 2,000 kilos of food to make a ready-made liquid compost, **negating any need** to dump it in **landfill sites**. And new technology in making biogas means that **households** can **convert** their own waste into fuel by installing a **purpose-made machine**.

And perhaps unsurprisingly, new solutions have now become digital! Innovative developers have **come up with** apps which make sustainable eating all the more **attainable**: a Swedish start-up puts consumers **in touch with** local restaurants and bars who have unsold food through their app “Karma”; “Too good to go”, is available in 9 European countries and **provides** a platform for shops to sell their surplus goods at a **reduced** price; “Farmdrop” **cuts out** the supermarket middle man completely by delivering fresh food directly to the consumer making it more environmentally friendly on several levels and the Marine Conservation Society has **produced** an app which provides consumers with information about sustainable fishing as well as which restaurants **adhere** to more **ocean-friendly** buying strategies.

Less digital but just as effective is a measuring cup invented by The Netherlands Nutrition Centre which allows for **precise** measuring of rice and pasta based on portions rather than weight, so that the correct quantities are cooked at home. And there are ‘smart’ fridge magnets which monitor the expiration dates of food being stored in the **fridge**. One company has devised recloseable **lids** on packaging for fresh produce, ensuring a longer fridge life.

Everyone can make a difference with the smallest of steps: **take-aways** might make life easier but often restaurants minimum spend policy for food to be delivered, can **result** in over-ordering. Meal planning is a very effective way to cut costs both for personal households and the negative effects on the planet. Buy efficiently, consider better **storage** and keep a good, basic stock of dried goods in the kitchen cupboard. All very **manageable** steps for every household to take.

And it can be very sociable too! A social enterprise in the UK called Apples for Eggs is based upon a system of exchanging produce without any money changing hands. Local communities get together, keeping the food supply chain short, and **swap** food which means that local growers, bakers or hen owners can **get rid of** their surplus of cakes, jars of home-made jam, bunches of fresh herbs, or.....apples and eggs.

industrial-sized food manufacturers (exp.) large factories producing food

to churn through (phrasal vb.) to process, to deal with

negating any need (exp.) making it unnecessary

landfill sites (compound n.) place where rubbish is dumped or buried

household (n.) a family unit living in one house

purpose-made (adj.) made specifically for that use.

to come up with (phrasal vb.) to invent

attainable (adj.) easy to achieve

in touch with (exp.) in contact with

to cut out (phrasal vb.) to eliminate

ocean-friendly (adj.) not damaging the ocean

lid (n.) top that closes food container

take-aways (n.) food bought from a restaurant to eat at home

to swap (vb.) to exchange

to get rid of (exp.) to give/throw away sth. you have too much of or don't want

Tune in next week for more stories on the environment, here on English Waves.

***Tip!**

The “-age” in the words below are all pronounced like the “idge” in “fridge”
wastage, damaged, encourage, fridge, storage

The following two syllable words have their main stress on the second syllable:

effects, compiled, between, machines, convert, provides, reduced, produced, adhere,
precise, result