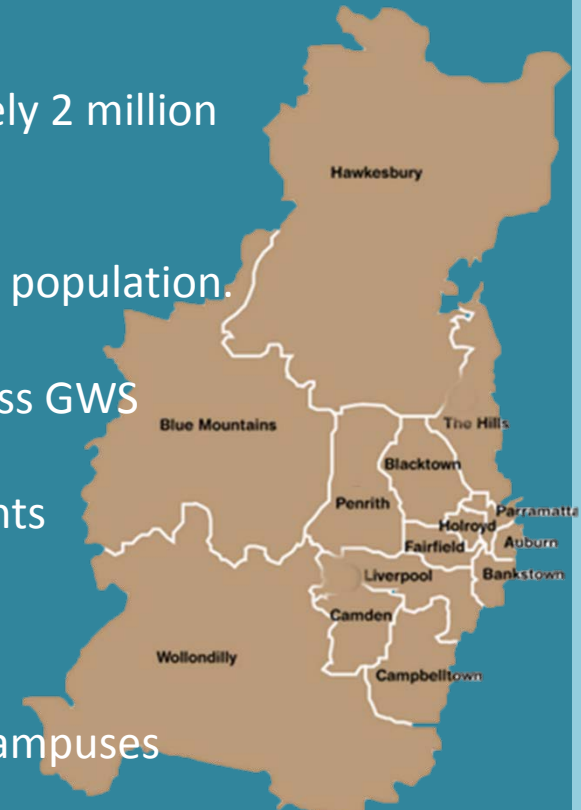







# Love Food Hate Waste - A Case Study on Engaging Students

# 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 to much – on average we throw away 30% of the food we buy.
- Cook to much – correct portions – menu plan
- Out of date



**BEST BEFORE**  
**31 10 2008**

## 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

COME ALONG AND SEE HOW EASY IT IS TO  
**EAT HEALTHY**  
**SHOP SMART**  
AND SAVE MONEY

*Free food  
Give a ways*



**WORKSHOP**

WED 10TH | BUILDING | LIMIT OF  
OCTOBER | M10. G30 | 20 SO BE  
6:30-7:30PM | KITCHEN | QUICK  
RSVP Mon 8th OCT: [sustainability@uws.edu.au](mailto:sustainability@uws.edu.au)



- 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

Australia	USA
Population 22 million	Population 313 million
4 Million tonnes food waste each year	36 million tonnes food waste each year
\$1036 per household (approx)	\$1500 per household (approx)





Food waste in land fill creates **methane gas** which is 25 time stronger than carbon dioxide.



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.





## 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



Too small



Too many spots



Too big

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.



Shop better



Plan a weekly menu



Eat healthy



Save money



Storing food

# How you can reduce your food waste



Use leftovers



Cooking workshops



Food coop

Buy local  
Saves carbon miles

Avoidable and unavoidable  
food waste

Easy menu  
planning

Shopping  
better and  
saving money

## Alternatives

Correct food  
storage

- Reducing
- Composting
- Worm farms
- Pigs

Different ways to  
use leftovers



Cooking  
workshops



Food  
coop



- Embedded into the curriculum
- Integrated science
- Workshop and video





University of  
Western Sydney  
Bringing knowledge to life

*Helen Angelakis*

