

MODULE V Handout

Learning Objectives:

1. Addressing Food Waste and Loss
2. Understanding Sustainable Raw Materials
3. Exploring Sustainable Packaging Materials

Activity for Self-Reflection: "Food Waste Diary"

To raise awareness about food waste and encourage mindful consumption habits. **Instructions:**

- Daily Recording
- Reflection Questions
- Action Plan

Essay: "Building a Sustainable Food Future"

In today's world, the need for sustainable and responsible food systems has never been more critical. As we confront challenges such as climate change, resource depletion and food insecurity, it's imperative to address key aspects of sustainability within the food industry.

One significant aspect is **addressing food waste and loss**. Across the food supply chain, from production to consumption, vast amounts of food are wasted each year. By understanding the magnitude of this issue and implementing strategies to reduce waste, we can improve resource efficiency and mitigate environmental impact.

Moreover, **understanding sustainable raw materials** is essential. Sustainable sourcing practices not only promote environmental conservation but also support ethical and socially responsible production methods. By prioritizing sustainable raw materials, we can minimize ecological harm and contribute to a more equitable food system.

Furthermore, **exploring sustainable packaging materials** is crucial in reducing the environmental footprint of food packaging. From biodegradable plastics to recycled content, innovative packaging solutions can help minimize waste and promote a circular economy model.

In conclusion, building sustainable and responsible food systems requires concerted efforts at every level of the supply chain. By addressing food waste, sourcing sustainable raw materials and adopting eco-friendly packaging solutions, we can pave the way for a healthier planet and a more resilient food future.

Find out more by participating in the Training for Food Businesses delivered online:

<https://upinfood.erasmus.site/>