

Food Waste

食物浪費



Think & Write

Think and write down your answers!



What are the **problems**
“food waste” may bring?

「浪費食物」可能會帶來哪些**問題**？

What are the **benefits**
“no food waste” may bring?

「停止浪費食物」會帶來哪些**好處**？

How can we reduce
“food waste”?

我們要如何減少「浪費食物」？

Time to share!

Share your answers with others!





After watching the video,
do you have more ideas now?

看完影片後有更多想法嗎？

What are the **problems**
“food waste” may bring?

「浪費食物」可能會帶來哪些**問題**？

Problems? 問題?



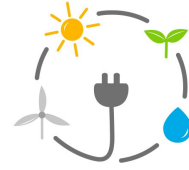
Problems? 問題?



1. waste money



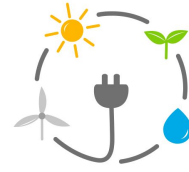
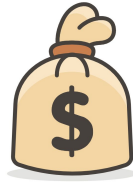
Problems? 問題?



1. waste **money**
2. waste **energy** (water, electricity...)



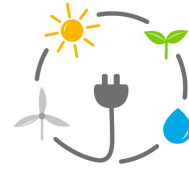
Problems? 問題?



1. waste **money**
2. waste **energy** (water, electricity...)
3. waste **labor** (farmers, factory workers, drivers...)



Problems? 問題?



1. waste **money**
2. waste **energy** (water, electricity...)
3. waste **labor** (farmers, factory workers, drivers...)
4. bring **pollution** (water pollution, air pollution, greengas → global warming...)

What are the **benefits**
“no food waste” may bring?

「停止浪費食物」會帶來哪些**好處**？

Benefits? 好處?



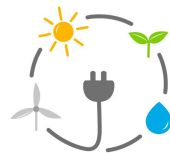
Benefits? 好處?

1. save money



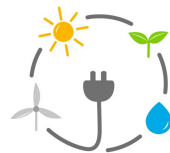
Benefits? 好處?

1. save **money**
2. save **energy**



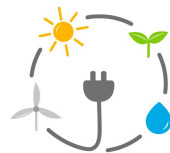
Benefits? 好處?

1. save **money**
2. save **energy**
3. save **labor**



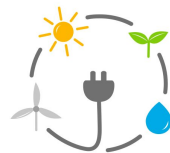
Benefits? 好處?

1. save **money**
2. save **energy**
3. save **labor**
4. reduce **pollution** ↓



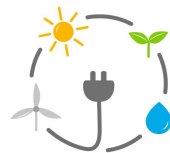
Benefits? 好處?

1. save **money**
2. save **energy**
3. save **labor**
4. reduce **pollution** ↓
5. slow down **global warming** ↓



Benefits? 好處?

1. save **money**
2. save **energy**
3. save **labor**
4. reduce **pollution** ↓
5. slow down **global warming** ↓
6. help **hungry people**



How can we reduce
“food waste”?

我們要如何減少「浪費食物」？

REDUCE
FOOD
WASTE





減少
浪費食物





減少 浪費食物



1. Only buy the food you need
 - a. a shopping list
 - b. a smaller fridge





減少
浪費食物



2. Eat all the food you buy

- a. store the food well
- b. clean your fridge often
- c. feed animals



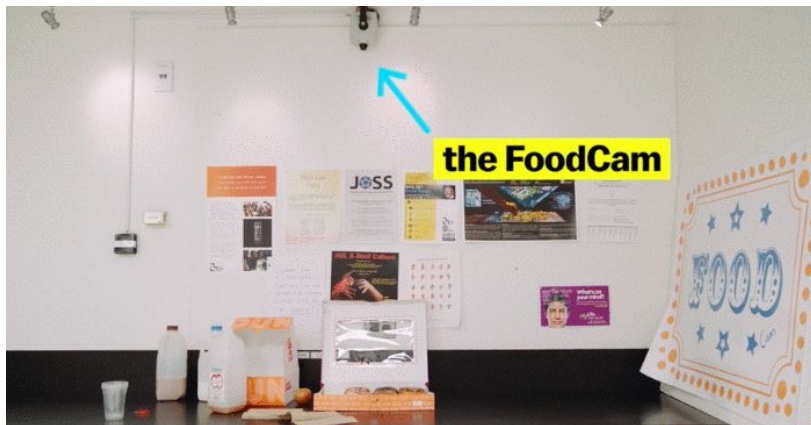


減少
浪費食物



3. Share the food you can't finish

a. foodcam (食物照相機)





減少
浪費食物



3. Share the food you can't finish

- a. foodcam (食物照相機)
- b. food bank (食物銀行)
- c. charity (慈善機構)





減少
浪費食物



4. Only take the food you can finish
a. smaller plate





減少
浪費食物



4. Only take the food you can finish
 - a. smaller plate
 - b. smaller food size





減少
浪費食物



4. Only take the food you can finish
 - a. smaller plate
 - b. smaller food size
 - c. no tray
(50% leftover reduced)





減少
浪費食物



5. Support local food & farms (reduce pollution)



REDUCE
FOOD
WASTE

減少
浪費食物



6. compost (堆肥)





減少 浪費食物

1. Only buy the food you need
2. Eat all the food you buy
3. Share the food you can't finish
4. Only take the food you can finish
5. Support local food & farms
6. Compost



Design your poster

Create your poster to love food and reduce waste!



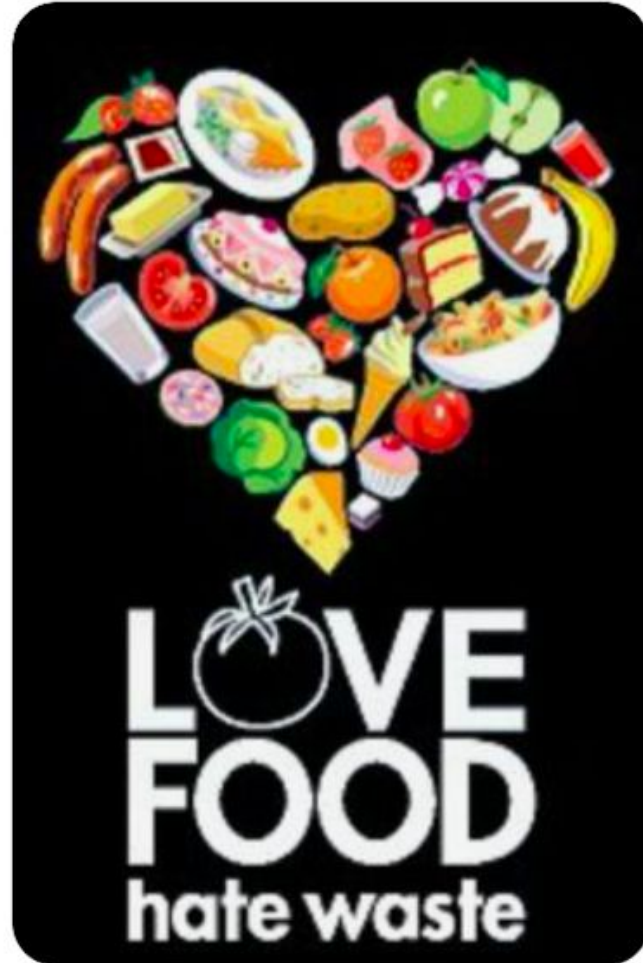
Examples



Examples



Examples



Examples



Examples



Examples



Examples

Think before you waste!





It's never too late to right a wrong!

修正錯誤永遠不嫌晚！



What to do?

1. Record your eating habits.
(記錄你的飲食習慣。)
2. Find out what food is wasted.
(找出什麼食物被浪費了。)
3. Think about how to reduce food waste.
(想想如何減少食物浪費。)



Food Waste Record (浪費食物紀錄表)

Class: _____ No.: _____ Name: _____

A. Record your eating habits for a week! (記錄你的飲食習慣一週！)

Date (日期)	What food did I throw away? (我丟掉了什麼食物?)	Why? (為什麼?)
<i>example</i> 2023/03/24	<input type="checkbox"/> meat <input type="checkbox"/> fruit <input checked="" type="checkbox"/> snacks <input checked="" type="checkbox"/> vegetable <input type="checkbox"/> bread <input checked="" type="checkbox"/> drinks <input checked="" type="checkbox"/> rice <input type="checkbox"/> noodles <input type="checkbox"/> others: _____	vegetable - I don't like it. (我不喜歡吃。) rice - I was too full. (我太飽了。) snacks - It's expired. (過期了。) drinks - I dropped it on the floor. (掉到地上了。)
<i>Day 1</i>	<input type="checkbox"/> meat <input type="checkbox"/> fruit <input type="checkbox"/> snacks <input type="checkbox"/> vegetable <input type="checkbox"/> bread <input type="checkbox"/> drinks <input type="checkbox"/> rice <input type="checkbox"/> noodles <input type="checkbox"/> others: _____	
<i>Day 2</i>	<input type="checkbox"/> meat <input type="checkbox"/> fruit <input type="checkbox"/> snacks <input type="checkbox"/> vegetable <input type="checkbox"/> bread <input type="checkbox"/> drinks <input type="checkbox"/> rice <input type="checkbox"/> noodles <input type="checkbox"/> others: _____	
<i>Day 3</i>	<input type="checkbox"/> meat <input type="checkbox"/> fruit <input type="checkbox"/> snacks <input type="checkbox"/> vegetable <input type="checkbox"/> bread <input type="checkbox"/> drinks <input type="checkbox"/> rice <input type="checkbox"/> noodles <input type="checkbox"/> others: _____	
<i>Day 4</i>	<input type="checkbox"/> meat <input type="checkbox"/> fruit <input type="checkbox"/> snacks <input type="checkbox"/> vegetable <input type="checkbox"/> bread <input type="checkbox"/> drinks <input type="checkbox"/> rice <input type="checkbox"/> noodles <input type="checkbox"/> others: _____	

<p><i>Day 5</i></p>	<input type="checkbox"/> meat <input type="checkbox"/> vegetable <input type="checkbox"/> rice <input type="checkbox"/> others: _____	<input type="checkbox"/> fruit <input type="checkbox"/> bread <input type="checkbox"/> noodles	<input type="checkbox"/> snacks <input type="checkbox"/> drinks
<p><i>Day 6</i></p>	<input type="checkbox"/> meat <input type="checkbox"/> vegetable <input type="checkbox"/> rice <input type="checkbox"/> others: _____	<input type="checkbox"/> fruit <input type="checkbox"/> bread <input type="checkbox"/> noodles	<input type="checkbox"/> snacks <input type="checkbox"/> drinks
<p><i>Day 7</i></p>	<input type="checkbox"/> meat <input type="checkbox"/> vegetable <input type="checkbox"/> rice <input type="checkbox"/> others: _____	<input type="checkbox"/> fruit <input type="checkbox"/> bread <input type="checkbox"/> noodles	<input type="checkbox"/> snacks <input type="checkbox"/> drinks

B. Find out what food you threw away the most and why! (找出你最常丟掉什麼食物以及原因為何！)

a. I threw away _____ the most because _____

b. How can I reduce food waste based on my eating habits? _____



Let's Do This!



Let's Do This!



Let's Do This!





CLEAN PLATE
CHALLENGE

TAKE WHAT YOU WANT.
EAT WHAT YOU TAKE.



台灣全民食物銀行協會
Taiwan People's Food Bank Association



2021活動主題

台灣全民食物銀行

食物**逆轉剩**計畫

食物不浪費，我吃光我驕傲

1. 上傳您與吃光食物的空盤、空碗或空便當合照。

2. HASHTAG # 全民食物逆轉剩。

全民食物逆轉剩 # NO WASTE, NO HUNGER # 上傳你的完食照
吃多少 點多少



我完食，我驕傲
立即上傳完食照片至臉書
#全民食物逆轉剩





Let's empty our plates!

