

# Food Waste in Scotland

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Everybody knows that food waste is a major issue. So, in a perfect ideal world everybody would do everything they can to limit food waste to a 0, but funnily enough we don't actually live in this perfect world. We live in Scotland. But what are we actually doing against it and what else can we do about it? In 2021 over one million tonnes of food was wasted. Around 30% of this came from industry e.g. companies, but the massive chunk of food waste comes from



households coming in at roughly 60%, this shows we can easily do something about this issue. Not only is food waste bad for the environment, it is also very costly. When we add up the estimated cost of food waste added on with the estimated food production costs the United Kingdom approximately 20 billion pounds annually.

## Food waste impact on climate change

Adding food waste on top of all the other climate change issues is like adding more rubbish onto an ever-growing landfill, literally. The majority of food waste will end up in landfills, when this happens it decomposes and releases a dangerous greenhouse gas called methane into the atmosphere. And that is only after the food reaches you, land, water and energy are all needlessly used for food to be made, transported and stored all for it to get to you, be wasted and ultimately transported and stored again. This clearly shows that food waste is a major issue that needs to be stopped by not only authorities/organisations such as governments and charities but also us, members of the public and in the grand scheme of climate change food waste is one of the things that the average person can do the most against without really only having to spend a little amount of money if not none.

# What are we currently doing?



Scotland is actively combating food waste with several different strategies with focuses at food waste. In 2019 the government made a plan to cut food waste by 33% by 2025. Although they have made progress towards the target we are not sure this goal has been hit/will hit. They recently implemented the household food waste collections. The Scottish government currently has a regulation in place that says that all food businesses in non-rural areas that generate more than 5 kg of food waste must recycle it. They are also working towards the UN sustainable development goal 12.3 which is to halve food waste by 2030. We also have biomass energy producers in place. If you have not heard of biomass, it is one of the best renewable energy sources now in place. It is when organic waste such as food waste is burned in power plants to be turned into energy. One of the main/biggest ones is the Energen Biomass in Cumbernauld.

# What Can You Do to Stop Food Waste?

As already mentioned, you can use the household food waste collection that has been implemented in many councils across the country, including Stirling! Another quick and easy method is to check your kitchen cupboards and fridge before you go shopping. This ensures that you don't buy foods and drinks that you already have and do not need. This method not only reduces food waste, it saves you money too! This may not seem like a lot and a small solution to a big problem but if every household across the country did this, we could save so much food. In addition to this when you do go out to shop check the use by dates before buying. If you know that you will not eat or drink it in time do not buy it. Meal prep can be seen as something used by people on diets or "gym bros" but it can also be a very effective method to reduce your food waste. If you pre plan and/or make your food in advance you know when and what you are eating throughout the week will easily lessen your food waste. Finally, use your kitchen appliances and use them correctly. Your fridge works most optimally at around 0 to 5 degrees Celsius. Foods such as dairy products will become spoiled much quicker if your fridge is any warmer. Along with your fridge try as much as you can to freeze foods especially things like vegetables.

All you need to do is boil them and put them in the freezer then you have veg for throughout the week and all you need to do is reheat.

## Conclusion on Food Waste



In my opinion food waste is one of the biggest issues concerning climate change. It can cause major impacts just from something stupid like not eating your veggies. In this article I have spoken specifically about Scotland, but the entire world has to act fast, not only for us but as the common theme with climate change we need to act for children and their children so on and so forth. So if it is something as big as companies changing how they are run or as simple as someone planning their shop or getting portions right, we need to do it and fast.

## Sources

[Tips for reducing food waste - FareShare](#)

[How much food is wasted in Scotland?](#)

[Food waste - Managing waste - gov.scot](#)

[Food waste: review of 2019 waste reduction action plan - gov.scot](#)

[Fight climate change by preventing food waste | Stories | WWF](#)

[Food waste in the UK](#)