

GOOD FOOD, BAD WASTE

Discussion Guide

Around the world, a billion tons of food gets thrown away every year, even while hundreds of millions of people suffer from hunger. A lot of what we don't eat ends up rotting in landfills, which contributes to global heating. The good news is that many governments, communities and individuals are working hard to tackle this giant problem. By working together we can decrease our overall waste and make sure all people have food security. Plus, by reducing food waste, we can also fight the climate crisis! This discussion guide offers students some food for thought.

DISCUSSION QUESTIONS

Chapter 1

1. What is food security and why is it a problem?
2. Why is so much food thrown away, and not just in wealthy countries but in developing ones too?
3. Think about your own food waste habits. Are you surprised that most food waste happens in our homes?
4. When did food waste become such a big problem and what factors have led to this situation?
5. Which of the experts interviewed in Chapter 1 are most inspiring to you and why?

Chapter 2

1. How does wasting food impact the planet?
2. What are some practical ways to cut your carbon footprint when it comes to how you shop for and eat food?
3. What are some of the ways companies, ranchers, entrepreneurs and farmers are helping out?
4. Explain how a plant-based diet often has less of a carbon footprint than a diet involving meat.
5. Based on this chapter, which methods might you want to try if you wanted to eat for the planet?



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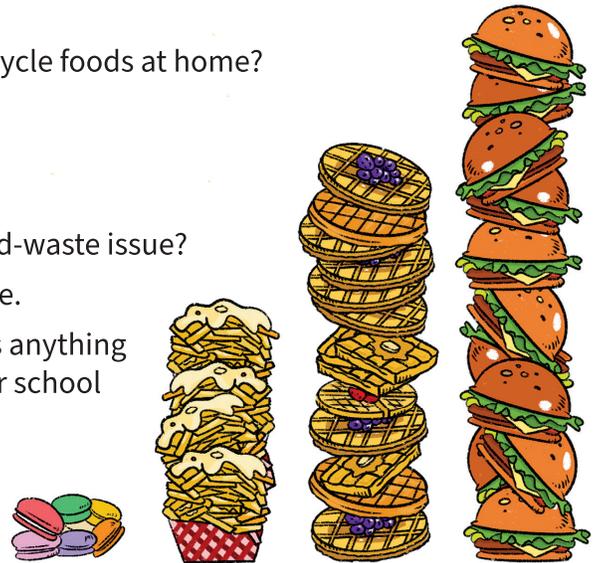


Chapter 3

1. Looking at the “Food Recovery Hierarchy,” what is food recovery? Which methods are most and least preferred and why?
2. In what ways are governments in various countries stepping in to help to address the food-waste crisis?
3. Why does so much food go to waste on farms? How are non-profits, businesses and volunteers helping get good food to people who need it?
4. Explain *upcycling*. Can you think of some ways you can upcycle foods at home?
5. What are some benefits of gardening?

Chapter 4

1. In what ways can animals be part of the solution to the food-waste issue?
2. Can food be used for energy? Explain how this is being done.
3. Think about initiatives in your school to fight food waste. Is anything currently being done? Brainstorm some ideas for ways your school can improve in this area.
4. What makes the ORCA machine such an interesting idea?
5. Why is composting helpful and how does it work?



Chapter 5

1. Think about how your family uses (or doesn't use) food at home. In a group, discuss what you do with leftovers, what you eat for breakfast and how you shop for and store food.
2. If you were to design a food-waste study in your own home, what steps would be involved?
3. Of all the ideas mentioned in this chapter about how to reduce food waste at home, which ones are most doable in your family? Are you able to talk to others about how to cut back on waste?
4. What's the problem with expiry dates and why are they misleading?
5. Explain how small changes can make a big impact.



Credit: Justine Apple

ABOUT THE AUTHOR

Erin Silver is an award-winning children's author. Her books include *Just Watch Me*, *What Kids Did: Stories of Kindness and Invention in the Time of COVID-19*, *Proud to Play: Canadian LGBTQ+ Athletes Who Made History*, *Sitting Shiva* and *Rush Hour: Navigating Our Global Traffic Jam*. Erin's journalism work has appeared in everything from *Good Housekeeping* to the *Globe and Mail*. She has an MFA, a postgraduate journalism degree and a bachelor of arts. She volunteers for several organizations and is also involved in the writing community. Erin lives with her family in Toronto. Visit her online at ErinSilver.ca.

