

## Activity 2: Food Waste Pledge Template

# Food Waste Pledge



We, the students of \_\_\_\_\_ ,  
are committed to reducing food waste.

To help reduce food waste, we promise to:

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By working together, we can  
fight food waste!

Date:

Signatures:



## A Dozen Apples Beginning



Apple Seeds

## A Dozen Apples Field



Apple trees are grown in a large orchard. They take roughly 4-6 years to bear fruit. When ripe, the trees are checked and then the apples are picked at the right time for them to last all the way until they reach you.

But... some trees do not make it due to extreme weather and pests. Remove one apple from your total.

## A Dozen Apples Processing



Apples are harvested from trees and washed. Cameras inspect their size, colour, and for any bruises. A new coating is put on them to help protect them and give them a longer shelf life.

However... Not all apples are 'perfect' for store sale. Some are sent for processing for juices, etc. Remove two apples from your total.

## A Dozen Apples Transportation



Next, the apples are Stored in a room with lower oxygen to keep them from ripening too quickly, until they are shipped to grocery warehouses or individual stores.

But... Some apples still ripen too quickly. Lose one apple from your total.

## A Dozen Apples Grocery Store



Put out in the store, apples ripen quicker at room temperature and with regular oxygen levels. After being displayed in the store, the apples are handled by people looking for the best shape and firmness.

The result? Some apples are dropped and bruised, and others become mushy when next to other apples. Lose one apple.

## A Dozen Apples Consumer



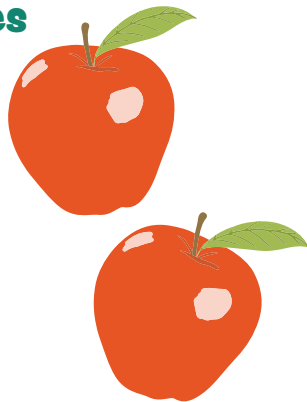
Apples sit in a fruit bowl or fridge, where they give off ethylene gas that also ripens other fruits around them.

Some apples are eaten in time and others over ripen.

One apple is bruised from transporting it to your home. Another is forgotten in your lunchbox over the weekend.

Lose two two apples.

## A Dozen Apples End Result



A few apples.

## A Full Cow Beginning

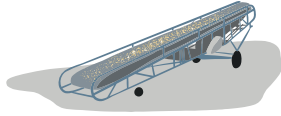
Cow begins as a young calf

## A Full Cow Field



The cow grows up in open pastures or in a feedlot. It eats hay and other plant crops, drinks water, and grows to roughly 3 years old until slaughtered.

## A Full Cow Processing



Goes to a processing plant and is butchered. Then it is frozen and stored cold.

## A Full Cow Transportation



Meat is transported in a refrigerated truck to a store distribution point or warehouse.

## A Full Cow Grocery Store



Meat is sold in packaging and cut at a certain temperature

## A Full Cow Consumer



## A Full Cow End Result



Kilogram of steak

## Pail of Lentils Beginning



Lentil Seeds

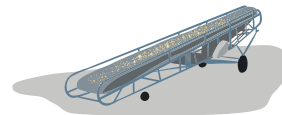
## Pail of Lentils Field



Grown on a field without irrigation, lentils do not require a lot of water. After months of growing, they are sorted using a harvesting combiner.

But... some of the lentils are lost in this process. Remove a cup of lentils.

## Pail of Lentils Processing



Lentils are dried out and then stored until processed in bags.

## Pail of Lentils Transportation



Lentils are shipped to food distribution centres.

## Pail of Lentils Grocery Store



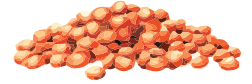
Some of the bags of lentil seeds have a hole in them, and are thrown away.

## Pail of Lentils Consumer



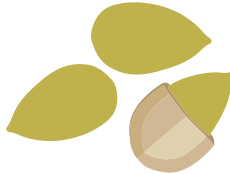
Keeps

## Pail of Lentils End Result



Cup of lentils.

## Loaf of Bread Beginning



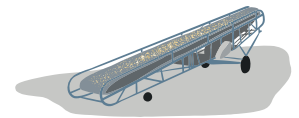
Wheat Seeds

## Loaf of Bread Field



Wheat takes roughly 4 months to be ready to harvest if planted in the spring, and 8 months if planted in the fall.

## Loaf of Bread Processing



The grains of wheat are harvested and crushed into flour at a mill which is then stored.

## Loaf of Bread Transportation



Flour is transported by truck to a bakery inside a grocery store or bakery.

## Loaf of Bread Grocery Store



The bakery uses the flour along with other ingredients to make bread. Bread past its expiry date of a few days is reduced for a day, and then thrown away.

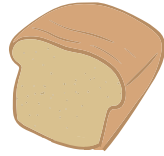
## Loaf of Bread Consumer



A loaf of bread is taken home, and some of it is eaten. But half of it is left on the counter, becomes dried out, and is tossed in the garbage.

## A Loaf of Bread End Result

Half a loaf of bread



## 2 Litres of Orange Juice Beginning

Orange Seeds are planted, or a piece of an orange tree is grafted on to another rootstock.



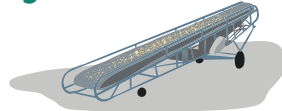
## 2 Litres of Orange Juice Field

Orange trees grow and bear fruit after 3 years if from a rootstock, or 15 by seed. Some of which bear good fruit, others misshapen. Hundreds of oranges grow per tree.



## 2 Litres of Orange Juice Processing

Oranges are harvested by hand into nylon sacks and transported to a packing house. Water and gases are added to the fruit to keep them fresh and kill any funguses.



## 2 Litres of Orange Juice Transportation

Oranges are moved from the packing house to stores and warehouses. The ones that are bruised, miscoloured, or under/overripe are sent off to a juice plant to be pressed into orange juice.



## 2 Litres of Orange Juice Grocery Store

Orange juice arrives at the store, and cartons are dented.



## 2 Litres of Orange Juice Consumer

Orange juice needs to be consumed in 7-10 days after opening.



## 2 Litres of Orange End Result

A litre of orange juice.



## A Litre of Maple Syrup Beginning

A Maple seed is planted and germinates



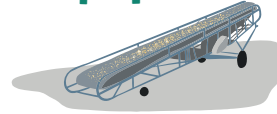
## A Litre of Maple Syrup Field

The maple seed germinates and grows for many years. It needs to be at least 40 years old to tap.



## A Litre of Maple Syrup Processing

Gallons of maple sap are tapped from the trees before the buds on the trees grow. For every forty litres of concentrated maple water, the water is boiled down to one litre of syrup.



## A Litre of Maple Syrup Transportation

Maple syrup is stored in large barrels and stored in a central warehouse. The quality, colour and content is inspected and a "grade" is assigned to types.



## A Litre of Maple Syrup Grocery Store

Maple syrup cans or bottles that are damaged along the way have to be throw away.



## A Litre of Maple Syrup Consumer

Bottle or can of syrup is used as a sugar alternative in baking and pancakes.



## A Litre of Maple Syrup End Result

Bottle of maple syrup



## Three Heads of Lettuce Beginning

Lettuce Seeds



## Three Heads of Lettuce Field

Grown in a greenhouse setting or in the Southern United States or Mexico. Faster varieties can take as little as 30-45 days. Water and nutrients are added to support it.



## Three Heads of Lettuce Processing

Heads of lettuce without pests or wilted leaves are packaged for transport. The lettuce heads are cut and packaged in plastic immediately, and put in a storehouse to cool.



## Three Heads of Lettuce Transportation



Transported by refrigerator truck and then stored in a cool warehouse.

## Three Heads of Lettuce Grocery Store



Lettuce is set out at the store in a cool place. However some heads begin to quickly rot in the store and are thrown away.

## Three Heads of Lettuce Consumer



Lettuce lasts a week to ten days in your refrigerator.

## Three Heads of Lettuce End Result



One head of lettuce