



Harvesting Change: Cultivating a Sustainable Food System



Problem Statement

Here in the Global North, and often at Douglas College, we have a problem of excessive food waste as well as food packaging waste and unsustainable food systems that are causing harm to our societies and our environments.

Research Questions

1

How can we work to eliminate food waste? What are the main contributors?

2

How can we create better food systems that benefit our health as well as the health of our environments?

3

What are the social factors and sociological theories that influence different consumption habits toward food?

12 REPRODUCE CONSUMPTION AND PRODUCTION



- Canadians create over 50 million tonnes of food waste annually
- Importance of a circular economy, especially in our food systems - REDUCE
- Many organizations create food waste before it can even be consumed. Grocery stores won't accept fruits and vegetables that have imperfections

15 LIFE DEGRADE



- Food waste can cause destroy habitats through pollution and environmental degradation
- Greenhouse gas emissions are released from animals whose meat we demand so highly

2 FEEL HUNGER



- Individuals and countries in the Global North get to waste more amounts of food and eat unsustainable amounts of meat while the Global South faced famine and starvation globally
- Reducing unsustainable food systems and contributing to solving hunger could increase the productivity of populations to get an education, join the workforce, and boost the economy while fostering healthier communities and workplaces

Douglas College Initiatives

- 25% discounts on those who bring reusable cups
- Compostable and recyclable water cups and takeout containers
- Paper straws and wooden stir sticks replace plastic
- FeedBC supplies canteens with local food

Literature

- From Waste Hierarchy to Circular Economy: A Review of Food Waste Prevention and Valorization" by Parvian et al. (2021)
- Article: "Food Waste: The Role of Date Labels, Package Size, and Product Category" by Nathan L. W. Wilson (2017)
- Article: "Unconsumed Foods: Food Spoiling, Wasting, and Recycling in global perspectives" by Tessa Takahashi et al. (2020)

Findings

Cultural norms, perceptions of food value, an consumer habits all influence the amount of food wasted at the household level (Parvian et al., 2021)

Food labels such as expiry and best by dates negatively influence sustainable consumption and consumer behaviour (Wilson, 2017)

Globally, those who have access to the most food also waste the most due to cultural and social influences (Takahashi et al., 2020)

Conclusions & Recommendations

- Greenness culture influences food waste and sustainable food systems.
- Our privilege in the Global North and at Douglas College causes our society contributors to not ignore these issues
- Recommendations for Douglas College:
 - Abolish packaging which can't be recycled, use compostable packaging instead
 - Canteens is very meat based - Good Vites Grill, charcuterie, salad bar is expensive - have one vegetarian day and one vegan day a week with protein alternative benefits
 - Campus discount of 1-2% is not incentive enough - create a stamping system where every full purchase with a reusable container your drink is free
 - The students and other residents on campus could engage in Food2Food and advertise to students before closing that items will be sold for cheaper