



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 environment?

3

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

12 REFORM
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
DRAMA



- 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 THE
BURNER



- 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 food fair communities and ecosystems

Douglas College Initiatives

- 0.35¢ 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 cafeteria with local food

Literature

- From Waste Hierarchy to Circular Economy: A Review of Food Waste Prevention and Valorization" by Parvaneh et al. (2019)
- Article: "Food Waste: The Role of Date Labels, Package Size, and Product Category" by Norbert L. W. Wilson (2017)
- Article: "Unconsumed Food: Food Spoiling, Wasting and Recycling in global perspectives" by Tamas Takacs et al. (2019)

Findings

Cultural norms, perceptions of food value, and consumer habits all influence the amount of food wasted at the household level (Parvaneh et al., 2019)
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., 2019)

Conclusions & Recommendations

Consumer culture influences food waste and unsustainable food systems. Our privilege in the Global North and at Douglas College creates our ready contribution. In and beyond these issues:

- Recommendations for Douglas College
- Elimination packaging which can't be recycled, nor compostable packaging instead
- California is very meat based - Good Ones Cell, shawarma, called here is expensive - have our vegetarian day and our vegan day a week with protein substituting benefits
- Campus discount of 0.35¢ is not incentive enough - maybe a stamping system where every full purchase with a reusable container your drink is free
- Two students and other vendors on campus could engage in FoodlandTalk and advertise to students before closing that items will be sold for cheaper