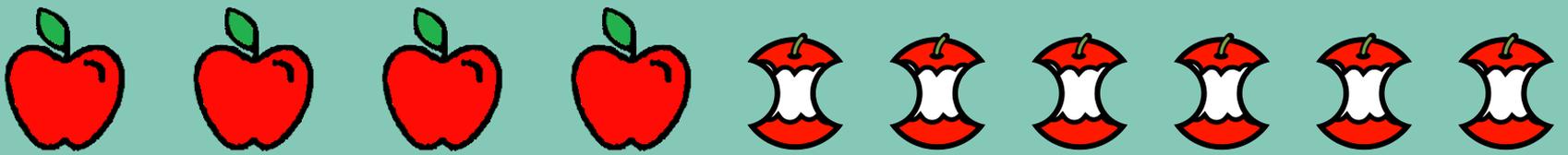


Ban the Bin: Cutting Food Waste in Canada

A fact sheet by Bronwen Tucker

About **40% of all edible food** available in Canada is never consumed



This represents about **\$27 billion dollars** and **2% of Canada's GDP**. **70% of this waste** happens occurs in stores, restaurants, and homes.

For the average Canadian each year, this means:

16 kg oils, fats, and sugars

6 kg dairy

26 kg meat

122 kg fruits and vegetables

(or about **\$780 dollars** in groceries)

Working to cut our food waste means we could help reduce the food insecurity currently experienced by **13% of Canadian households**

And reduce the contribution of food production to **climate change, biodiversity loss, water scarcity, and nitrogen runoff.**

Top 5 ways to reduce food waste:

- 1 Buy less and plan your meals ahead of time** In the UK, shoppers who planned meals ahead of time were found to waste 21 % less food on average.
- 2 Serve smaller portions:** Since 1982, the average pizza slice has grown 70% in calories, and the average chocolate chip cookie quadrupled.
- 3 Volunteer or donate to food surplus rescue programs:** Second Harvest in Toronto re-distributes 7.2 million tonnes of food from restaurants and grocery stores each year.
- 4 Write to your local MP asking to adopt a national food waste strategy:** Canada is the one of two OECD countries that does not have a strategy for food waste policy.
- 5 Encourage businesses to act:** A coalition of food retailers, manufacturers, and suppliers in the U.K. focused on consumer awareness and changing marketing incentives has reduced food waste in the country by an estimated 18% since 2005.



Winter 2014 Internship

In 2014 the IHSP welcomed ten McGill students from across the University for a 14-week Internship. Training sessions focused on communicating research findings to the media or general public, and gaining insight into different disciplinary approaches. In addition to in-depth research projects carried out in collaboration with faculty and staff, interns devoted ten to fifteen hours to short policy projects on a topic of their choice. Students were asked to frame an issue, find at least two points of supporting evidence and develop rudimentary policy recommendations. The above document reflects the short timeframe given to students to complete this task, and may not be a polished product.

Please note the opinions reflected in this document do not necessarily reflect the opinions of the IHSP.