

Environmental Education: 3Rs (Reduce, Reuse, Recycle)

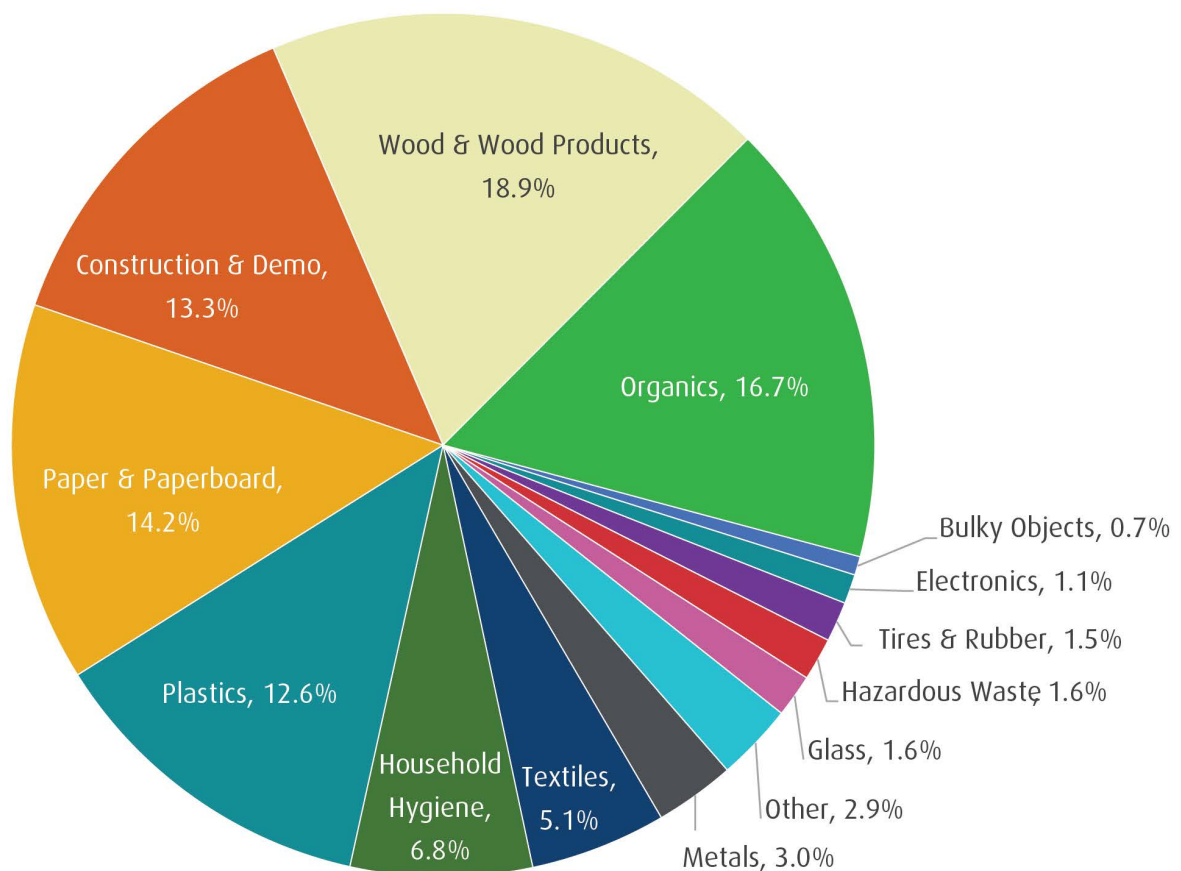
Love Food Hate Waste

Background Information

Organics, including food waste, account for 16.7% of everything ending up in our landfill. 63% of that, approximately 19,000 tonnes, is **avoidable** food waste — food that could have been eaten. When we throw food in the garbage not only are we wasting a valuable resources, the food slowly breakdowns in the landfill and produces methane, a greenhouse gas.

Consider how long it takes to grow and produce our food. How much land and water is needed? How many people and vehicles are used to grow, pick, sort and transport our food?

If we are more thoughtful about the amount of food we buy, using the food we have and finding alternatives to throwing food in the garbage we will have a huge impact on the climate, environment and our regional landfill.



Hartland Landfill Overall Waste Composition Study 2022

For more information about food waste in the region visit www.crd.bc.ca/lovefood.

Contact us at education@crd.bc.ca with recycling questions or for more learning opportunities.

Activity Instructions

1. Examine foods from your kitchen or pantry and calculate how far they have travelled.
2. Create your own table and headings to document findings or use the one provided below. If making your own table, alternative headings could include: best before or expiry date, storage location (where in the fridge, back of a cupboard, top shelf, etc.), container type (can, box, plastic, bag, etc.), recipe ideas, etc.
3. Calculate the distance travelled by using Google Maps. Enter your address or city and the origin of your food to generate an estimated distance.
4. Use the [Growing Solutions Food Calendar](#) to check if items are produced on Vancouver Island and which season they are produced.

Food Item	Origin	Distance Travelled	Can it be made on Vancouver Island?	Growing Season on Vancouver Island
<i>Banana</i>	<i>Guatemala</i>	<i>6,217 km</i>	<i>No</i>	<i>-</i>
<i>Cucumber</i>	<i>Port Alberni, BC</i>	<i>194 km</i>	<i>Yes</i>	<i>February - October</i>

Label where your food items came from on the map below.

Food Item	Origin	Symbol or colour on map
<i>Green grapes</i>	<i>California</i>	★

