

Activist Menu

This is Rubbish is an arts led organization. We use participatory and theatrical food waste experiences to raise awareness, and tackle the problem of industry and household food waste. This is Rubbish is proud to be working with Glasgow School of Art and 'There's No Such Thing as a Free Lunch Cafe' to tackle the issue of food waste in Glasgow.

Around a third of all the food produced in the world ends up being wasted somewhere along the production and consumption line, according to the UN's Food and Agriculture Organisation. In the UK, 50% of food waste occurs in the home. The other 50% of wastage takes place across the supply chain, mostly on farms, but also during transport and in stores.

You are invited to sample our wholesome and hearty activist menu, choosing your method of change from every course.

Starters

In the UK, 50% of food waste occurs in the home: *Tackle your trash can today.*

Keep your Fridge Fresh: Hate those vegetables that go soft at the back of the fridge? Keep an eye on the dark side of the shelf, and keep older produce at the front of your fridge. Make that extra effort to do a quick stir fry or make ratatouille to serve up that surplus.

Love your List: Feel like the supermarket is trying to get you to spend more money? Take ten minutes to check your shelves before you shop. Allow for spontaneous spurts, but stick to buying what you know you'll use.

Perfect your Portions: The devil is in the detail. Plan your portions, or if you can't be bothered, take leftovers to work, feed them to the children or store for another day in the freezer. On a tired evening after work, you'll come to discover discarded gems just waiting to be eaten.

Mains

50% of the 18 – 20 million tones of food wasted in the UK occurs in the industrial supply chain. Political action can put pressure on government and supermarkets to change their wasteful ways. *Here's how you can help.*

Call for large food businesses including supermarkets to publish annual food waste audits: Write to your local supermarket / manufacturer / distributor / large farm and call for transparent reporting by all large food businesses. Call for transparent, and independent food waste audits to be published by all big food businesses. It's impossible to manage what isn't measured.

Call for the Courtauld Commitment 3 to introduce an individual food waste reduction target: At present WRAP's Courtauld Commitment 3 calls for a reduction in traditional grocery ingredients, product and packaging waste in the grocery supply chain by 3% by 2015. This is unambitious and leaves food waste off the list. Call for the introduction of a separate and more ambitious food waste reduction target for the grocery sector to work with.

Call for longer term food waste reduction targets:

Get involved, and campaign for industry food waste reduction targets to be set inline with the needs of a resource finite world, not just inline with targets that suit big business. We suggest lobbying for the introduction of European Parliament's (EP) 2011 target to be met, which is halving food waste by 2025.

Dessert

There is a delightful array of delicious DIY, national and international food waste campaigns currently gathering momentum. *Sate your appetite for change with a taste of campaigning.*

This is Rubbish: Take part in ceremonious food waste campaigning. We use the arts to communicate the problems and solutions to industry and household food waste. We like communicating through creative food experience in particular. If you hate waste but love creative communication join us for a project or event,
www.thisisrubbish.org

There's No Such Thing as a Free Lunch Cafe: You can get involved with Glasgow's finest food surplus cafe today. Find Denis some where near the fruit salad, or call 07707 430 113.

Feedback: Feeding the 5000 is a campaign that aims to empower and inspire the global community to enact positive solutions to the global issue of food waste. They work with governments, businesses and civil society at the international level to catalyse change in social attitudes and innovative solutions necessary to tackle food waste at the global scale.
www.feedbackglobal.org

Fareshare: FareShare identifies edible food that would otherwise be wasted or diverted to non-human consumption, and feeds it to people in need. They have a range of depots and distribution points and are always looking for volunteers.
www.fareshare.org.uk

A lot to digest?

Start By Setting Your Food Waste Resolution Today

An estimated 30% - 50% of all the food produced in the world ends up being wasted somewhere along the line between production and consumption
– *how can you stop the rot?*

What can you do today to help bring an end to food waste in the home and the industry?