

# From Small Actions to Big Results

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To solve the problem of food waste, I think we need to understand the causes of food waste. Food production, food processing, and food consumption are all related to food waste.

First, food production. Let's think of farmers. When they have crops that have no value, or don't look good, what do they do? I think most of them throw them into the trash. That's because they need to sell valuable goods to make money.

Second, food processing. For example, food production factories. If they create extra material during the process, what do they do? I think most places would throw it into the trash. That's because they have no use for them afterwards.

Finally, food consumption. This relates to all of us. When we have too much food that can't be consumed, I think most people throw it into the trash. This fact is really disappointing. When we look around the world, we have more than 800 million people who live with malnutrition. When I learned this for the first time, I had to reflect on how I was thinking about food. I can afford enough meals every day, but we have many people who are always searching for how to get enough food to live.

Solving the food waste problem is not an easy issue, but by thinking about the causes of food waste, I came up with an idea. That is to build an international organization of "secondhand food". The construction of this would be very easy. We could donate all of the foods that are wasted in the process of food production and food processing to people living with food insecurity. But the problem with making this organization is one of money. How do we transport all of the food? We'd need a large sum of money to execute this idea, so we would have to fundraise to make enough money for transportation. It may be difficult to deal with fundraising, but if we have every person stay conscious of the problem of food waste and the importance of helping people living in food insecurity, this dream can become a reality!

I think the food waste problem can be solved by everyone's cooperation. In my case, not only having enough food but I should also have an idea of what kind of food I want to eat. Before, I forgot to be thankful for my meals. Right now, I eat my meals full of thanks.

Small actions may not be seen, but as the saying goes "many a little makes a mickle." By doing small things, we can solve the problem of food waste and we can also help many people's lives.