

# To make a no waste food society

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In my opinion, we should approach the problem of food waste with two perspectives, a personal one, and a public one.

These days, this problem is becoming serious, and many people warn us to stop it by making guidelines, using posters, etc. However, I don't think they have a positive effect, because both leaders and citizens don't take the problem seriously, and they don't work really hard to solve it. Therefore, I strongly think that it is necessary for both of them to make a big effort.

First, I will argue about three things that we can do. First, we can pick up products from the front of the shelf which have early expiration dates. We tend to pick the ones in the back of the shelf because they have later expiration dates and we can stock them for long time. However, when we do this, what will happen? Front products will still remain and there is a high probability that they will be disposed of because of the early expiration date. If we pick them up from the front and consume them quickly, we can avoid throwing away products, and the amount of product which remains on the shelf will decrease. Second, we can control the amount of food we take, so that we can eat it completely. I hear the news that a lot of food is thrown away in many restaurants. I think we can change this situation with a little action. For example, when we go to a buffet style restaurant, we can choose only our favorite dishes with our desired amount. Therefore, if we think a little bit about trying to eat what we have, we can control how much we eat, and we will not waste any more food. It is also good for our health. Third, we can use a doggy bag. But in fact, it is quite difficult to use one because of COVID-19, so I think we should use it when it's acceptable to reduce the amount of food that will be thrown away.

Second, I will argue about three things that governments should do. First, they should promote supermarkets to sell small packages of food. It is proper for a meal, and it prevents buying too many ingredients and not to using them. We can reduce the amount of waste certainly. Second, they should make an environment of being able to do food donation. According to a passage I received as homework before the camp, some companies and applications promote spreading actions of food donation to organizations such as food banks and food kitchens. However, Japan doesn't have these systems

at all. We don't know anything about these organizations. Therefore, governments, not only national but also local ones, should make curriculums to educate students, and make posters or websites to tell citizens the importance of it and how to do it. Then, they should make systems and routes for donating food with cooperating food or ICT companies. Third, they should enlighten people to think about food manners again. There are many kinds of food manners that are necessary. On the other hand, there are some which may cause food waste. For example, in China, people have to leave 20% of dishes to show that the meal is finished. It is a tradition of China, but it surely produces a lot of waste. Not only China, but also Japan, or Kumamoto probably have these manners and we don't realize they are not good. I want governments to appeal these facts to citizens strongly and act to solve the problems as our leaders. Then we also have to think of our food manners critically and strive to improve them.

I conclude that we should solve the problem of food waste with the public's power and our own power. And I believe that if we all make an effort, while never giving up, we can produce no food waste in the future.