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The solution to preventing food waste is largely educational. Although there is thousands of pounds of food waste at every step of the industrial food system consumer waste is a large portion of the problem yet the most simple to solve. The solution is educating consumers about what portioning they should be buying products/produce in, that way there is less overbuying and food rotting in consumer pantries. The other way consumers need to be educated is learning to accept cosmetic imperfections in their food, this will help reduce waste across many different parts of the food system.

The other solution is simplifying the "best by" food labeling in order to reflect the freshness of the product and is uniform across all or most products so the consumer and grocery stores waste less.