

News Release

FOR IMMEDIATE RELEASE

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Cowichan joins national effort to 'Love Food Hate Waste'

Duncan, BC – The Cowichan Valley Regional District is joining major metropolitan communities such as Vancouver, Toronto and Montreal in a campaign to reduce food waste across Canada.

Love Food Hate Waste is designed to help Canadians reduce avoidable food waste they produce at home and change our behaviours about food across the country. The campaign aligns with the region's commitment to the Solid Waste Management Plan. Studies show that almost half (47%) of Canada's food waste occurs at home, two-thirds of which was food that could have been eaten.

"Food waste is a serious issue in Cowichan, and addressing it is one of the key strategies in our new Solid Waste Management Plant," said Tauseef Waraich, Manager of Solid Waste for the Cowichan Valley Regional District. "Currently compostable organics make up almost 30% of the garbage going to landfill. As residents we can all take small steps towards reducing this unnecessary waste in our communities."

Avoidable food waste, meaning food that could have been eaten like leftover meals or spoiled fruit, accounts for just over half of the organic material collected across the CVRD. When wasted food is sent to the landfill, it decomposes without access to oxygen and produces a highly potent greenhouse gas called methane. While composting is a better alternative to landfilling, the greatest impact is reducing food waste at the source.

Good food is often wasted because we buy too much, cook too much or don't store it correctly. The average Canadian household throws away 140 kg of food waste each year, which equates to approximately \$1,100 worth of food. The most effective way to reduce food waste at home is through meal planning and proper food storage. For helpful tips on how to Love Food Hate Waste in your home, visit www.lovefoodhatewaste.ca or www.cvrld.bc.ca/78/Garbage-Recycling.

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