

# Greenolution *Digest*

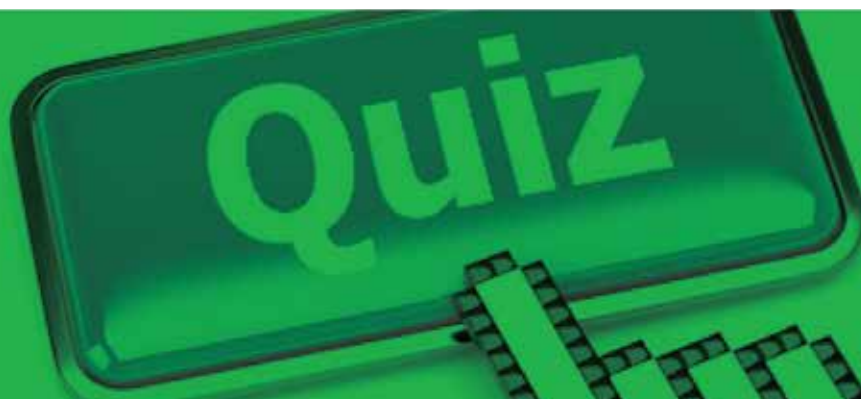
Greenolution e-Newsletter, July 2016

**COVER  
STORY**

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**GREEN  
QUIZ**



5

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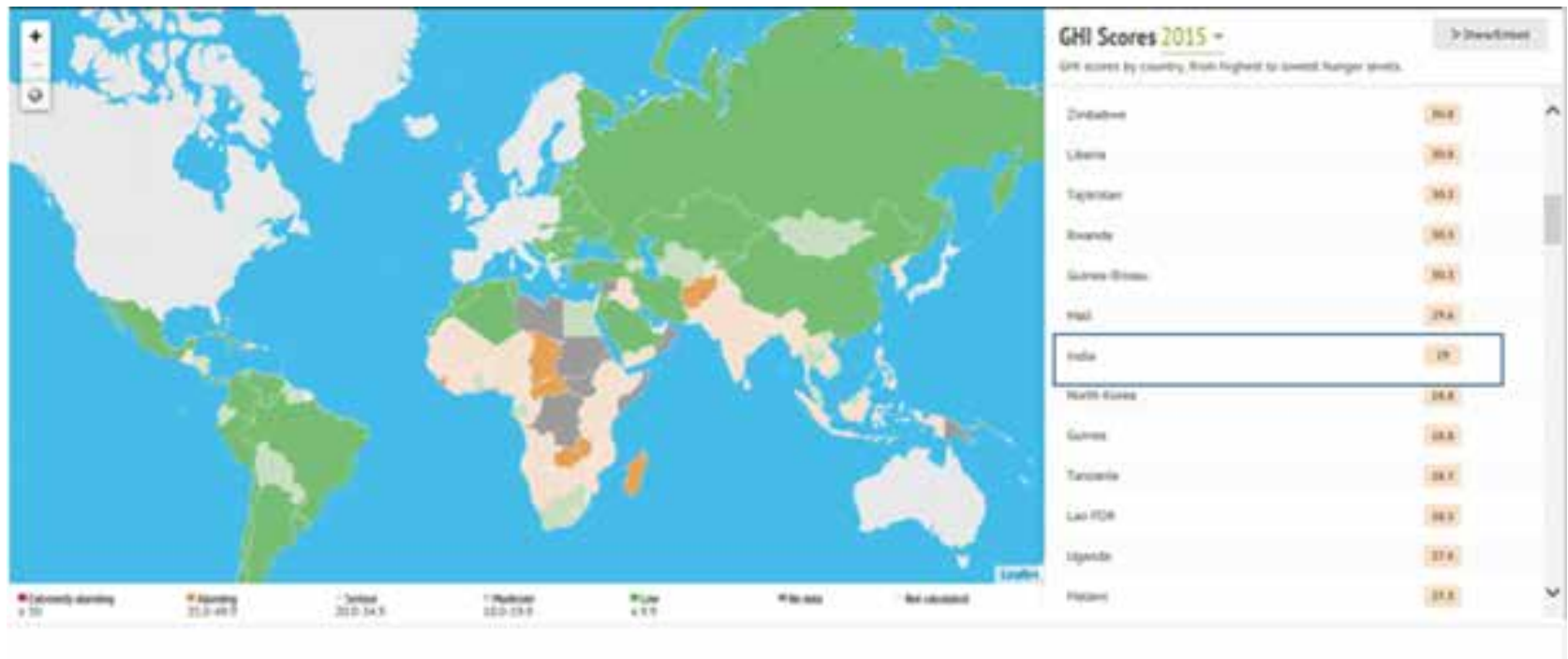
## COVER STORY



# Food Wastage - A Tragedy of our Times!

The next time you decide to throw away that extra slice of bread into the bin, think about the little boy in the vicinity who'd probably be going hungry to bed tonight...again. Hunger is a real problem and several crores of people in India, and globally, are victims of it.

Below is the map illustrated in the Global Hunger Index (GHI) - 2015 report by the International Food Policy Research Institute (IFPRI) -



\*India, as per the legend in the map, falls in the 'Serious' category

\*Figures as per Global Hunger Index (GHI) 2015, IFPRI

As visible in the above map, India is at 29 on the table and therefore, falls in the 'Serious' category (although a noticeable drop since 2005). So, what is the GHI?

# Food Waste - A Tragedy of our Times!

## Global Hunger Index (GHI)

The Global Hunger Index (GHI) is a tool designed to comprehensively measure and track hunger globally, regionally, and by country. Each year, the IFPRI calculates GHI scores in order to assess progress, or the lack thereof, in decreasing hunger. The GHI is designed to raise awareness and understanding of regional and country differences in the struggle against hunger.

An increase in a country's GHI score indicates that the hunger situation is worsening and vice-versa. The 2015 GHI reflects country-level data and projections spanning the period 2010 to 2016.

Source: ifpri.org



## COVER STORY



# How could you help!

Through little steps and some thought, we could go a long way in at least reducing the gravity of the problem. But, like they say, charity begins at home, and quite literally in this case! Some tips to help you get going - at the store, at home, when eating out and during mealtimes at home -

### At the Store

1. Shop smart. Plan meals, use grocery lists, and avoid impulse buys. This way, you're less likely to buy things you don't need and that you're unlikely to actually consume. Buy items only when you have a plan for using them, and wait until perishables are all used up before buying more.
2. Buy exactly what you need. For example, if a recipe calls for two carrots, don't buy a whole bag. Instead, buy loose produce so you can purchase the exact number you'll use.
3. Be realistic. If you live alone, you won't need the same number of apples as a family of four (unless you really like apples). If you rarely cook, don't stock up on goods that have to be cooked in order to be consumed (such as baking supplies or dried grains and beans).

### At Home

1. Practice First In, First Out. When unpacking groceries, move older products to the front of the fridge/freezer/pantry and put new products in the back. This way, you're more likely to use up the older stuff before it expires.
2. Monitor what you throw away. Designate a week in which you write down everything you throw out on a regular basis. Tossing half a loaf of bread each week? Maybe it's time to start freezing half that loaf the moment you buy it so it doesn't go stale before you're able to eat it.
3. Take stock. Note upcoming expiration dates on foods you already have at home, and plan meals around the products that are closest to their expiration. On a similar note, keep a list of what's in the freezer and when each item was frozen. Place this on the freezer door for easy reference and use items before they pass their prime.
4. Designate one dinner each week as a "use-it-up" meal. Instead of cooking a new meal, look

# How could you help!

around in the cupboards and fridge for leftovers and other food that might otherwise get overlooked.

5. Use it all. When cooking, use every piece of whatever food you're cooking with, whenever possible. For example, leave the skin on cucumbers and potatoes, sauté broccoli stems along with the florets, and so on. Skins and stems often have provide additional nutrients for our bodies.
6. Store better. If you regularly throw away stale chips/cereal/crackers/etc., try storing them in airtight containers — this should help them keep longer (or, of course, just buy fewer of these products).
7. Repurpose leftovers scraps. Use vegetable and meat scraps in homemade stocks, and use citrus fruit rinds and zest to add flavour to other meals.
8. Make sure your fridge is functioning at maximum efficiency. Look for tight seals, proper temperature, etc. — this will ensure that the fridge keeps food fresh as long as possible.
9. Preserve produce. Produce doesn't have to be tossed just because it's reaching the end of its peak. Soft fruit can be used in smoothies; wilting vegetables can be used in soups, etc. And both wilting fruits and veggies can be turned into delicious, nutritious juice.
10. Donate what you won't use. Donate it to a food bank or give to someone in need
11. Compost! Hate potato skins? Don't feel like turning wilted vegetables into soup stock? No worries; food scraps still don't need to be tossed. Just start a compost pile in the backyard or even under the sink, and convert food waste into a useful resource.

## **During Mealtime (at home and when eating out)**

1. Take a moment to ask your body what it wants to eat, and how much — and then serve yourself that. Or simply start with less food on your plate. If you want more, you can always go back for it — but this way you won't find out that you're full and still have a heap of food in front of you. In fact, one study found that reducing portion sizes is an easy way to reduce food waste.
2. Split the dish. If eating out, split a dish with a friend so you don't waste half of the giant portion sizes found at many restaurants.
3. Take home leftovers. Even if you're not into splitting meals, those portion sizes don't have to be wasted. Just ask to take leftovers home.

Source: <http://greatist.com/health/how-to-ways-reduce-food-waste>

Join Greenolution this month in its efforts to minimise (if not prevent) food wastage in office canteens. More on this soon...

# Smart savings leads to great benefits!!

Earlier this year, Greenolution initiated its 'Water Conservation' campaign and urged employees to avoid wastage and put water unfit for drinking to other uses around office. Setting a fine and fitting example, our employees in Salsette and CENTEC have shown others the way forward!

## **SALSETTE**

At Salsette, employees placed 'Greenolution buckets' in canteen and other spots within the premises and managed to save an impressive 435 litres of leftover water in bottles & glasses and used it for watering plants.



## CENTEC

At our office in CENTEC too, where 'Greenolution buckets' were placed, office boys have been instructed to collect unused / leftover water of the previous day from water bottles for watering plants and general cleaning purposes. Each day, approximately 6-7 litres of leftover water is used for the said purposes. Doing so, they've managed to save approximately 130 litres water in May 2016



## GREEN QUIZ

# Quiz

1 This is a disposal method in which solid organic wastes are subjected to combustion so as to convert them into residue and gaseous products.

\_\_\_\_\_

2 Which type of bag is general waste put into?

- A. Containers lined with black bags
- B. Containers lined with clear bags
- C. Sharps containers
- D. Containers lined with yellow bags

3 How should biomedical waste be disposed?

- A. Containers lined with black bags.
- B. Containers lined with clear bags.
- C. Sharps containers.
- D. Containers lined with yellow bags.

4 In which year did the Alaska oil spill happen?

- A. True
- B. False

To know the winner for last issue

visit [www.greenolution.com](http://www.greenolution.com)

Send in your answers to  
[greenolution@tatapower.com](mailto:greenolution@tatapower.com)



**GREEN  
CLICK**

DT 3,5-4,5 / 16-80 AZ



**Ratnadeep Acharya, CGPL**



**Tulshidas Chavan, Bhira**



**Vipin Kathait, MPL**



**Vipinkumar Raval, CENTEC**