

MANZI'S NEWS

A Newsletter for Manzi's Friends



August 2019



IS WASTING FOOD WASTING WATER?

Hi Friends

In our previous article we spoke about "Continuing to Celebrate our Environment". I am sure you have enjoyed reading it and you are still in the celebration mood. You have learnt about the importance of the environment and how if we care for the environment it will also care for us.

For instance the food that we eat to stay healthy, such as vegetables and fruits, comes naturally from our environment. These fruit and vegetables are grown on farms. The meat that we eat comes from animals that also live on farms. These food items are then packaged and supplied to big shops to supply us. If the food is as close to its natural state as possible then it is called **unprocessed food**, e.g. an orange, an apple, etc. If the food is changed from its natural state by adding fat or sugar and removing its nutrients by taking off the peel and cooking it then it is called **processed food**, e.g. apple pie, loaf of bread, cheese, etc. Some foods are slightly processed and some are highly processed. In all food growing processes water is very important.

Have you ever thought how much water goes into the growing of your favourite food? The amount of water is calculated by adding up all the water that is used to grow or make a specific food item, to package it and to transport it to the shop. This can work out to a lot of water. The making of processed and unprocessed food uses water, however processed food uses more water.

Unprocessed Food



1 Orange: 50 litres



1 Apple: 35 litres

Processed Food



1 Loaf of Bread:
600 litres

1 Block of Cheese:
3330 litres



Photo Credit: www.kisspng.com



How is Water Used in the Food Making Process?

The making of bread needs a lot of water because first wheat has to be planted and watered before it can grow and be harvested. To harvest wheat on a large farm tractors are needed and water is needed to manufacture the tractor and to make it run. The wheat has to be milled and the machines need to be washed. Ingredients, including water, have to be added in order to make the bread. Electricity needs to be used to bake the bread which uses water. Then the bread has to be transported to the big shops where we can buy it. Now you can see why it takes 600 litres of water to make one loaf of bread. What about all the other foods that we eat?

Food Wastage

Food wastage is when we buy food or prepare food and then it spoils before we use it, and then throw it away. Remember that not only water was used in the making of the food but also land, people (that work on the farm), transportation and all the material used to package the food.



Credit: www.olioex.com/food-waste/the-problem-of-food-waste

The food that is wasted will end up on landfills and ultimately make the environment, that we live in, unhealthy. The landfills are getting full everyday, diseases spread and people can become ill. It is estimated that 25% of fresh water is used due to food that is wasted. Before we throw away food we need to think about the problems that will be caused to the environment and all the resources, such as water, that will be wasted. Consider giving food to those who don't have food before it gets spoilt. In that way you will be making someone's life better.

Friends, I would like to ask you to go and find out how much water is used in the making of your favourite food, be it a banana, a cupcake, etc. Remember to first find out the whole process that is used in the making of your food, not only the water inside the food. Also look for places in your area where food can be donated so that it can be put to good use.

Till next time...



For more information on being Water Wise please contact 0860 10 10 60 or logo onto www.waterwise.co.za.



References for Newsletter:

- www.waterfootprint.org
- www.propelsteps.wordpress.com
- www.olioex.com/food-waste
- www.kisspng.com