

The most wasted
foods in Turkey
and the rates:

 bread **%17**

 fresh
vegetables **%13**

 fresh
fruits **%12**

 main
course **%12**

 sweet, cake
confectionery **%11**

 dairy
products **%10**

HOW CAN WE

AVOID

FOOD

WASTE?

Considering that the highest food waste occurs
in our homes and restaurants, we can state that
each of us individually has responsibilities to
prevent food waste.

- You can use smaller plates on your tables and
start your meals with small portions.
- You can use the leftovers at your next meal.
- Before you go shopping, you can make a list of
needs, so you can prevent the food from rotting
because you don't buy much food.

One bite
one life

As the Turkish Food and Sugar
Industry Workers' Union, we aim for
a livable world with our **“One Bite,
One Life”** project, which we have
implemented in order to raise
awareness regarding food waste.



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#OneBiteOneLife

WHAT IS FOOD WASTE?

Food waste is defined as throwing away the produced food without being consumed. Considering the fact that one third of the food in the world is wasted, together with the increasing population and climate change, food waste threatens our future as it does today.



HUNGER WITH NUMERICAL DATA

The number of people who cannot reach food or have no food security in the world has **increased from 700 million to 821 million.**

One out of eight people in the world sleeps hungry every day. More than 27 thousand people die due to hunger and lack of nutrition. If only a quarter of the food lost or wasted could be recovered, 821 million hungry people would be fed.

While around 2.1 billion people are struggling with overweight and obesity in the world population reaching 7.8 billion, **811 million people are malnourished and go to bed hungry in the evenings.**

Over 1.3 billion tons of food is either lost or wasted every year worldwide. This amount, which corresponds to approximately 1 trillion dollars economically, can feed more than 800 million people who are starving in the world many times over.

The total amount of food wasted worldwide is **23 million truckloads of 40 tons of food.**

When it is calculated that people eat an average of 70,000 meals in a lifetime, which corresponds to approximately 25-30 tons of food, **it is predicted that wasted food can be enough for more than 30 million people in a lifetime.**

2 billion people in the world cannot regularly access clean water.

While a person's daily water consumption should be 25 liters, **this amount is 217 liters per day in Turkey.**

A CHILD DIES OF HUNGER EVERY 5 SECONDS!

UNICEF announced that more than 10 million children in many parts of the world suffer from hunger and famine. The situation of 16 million children under the age of 5 is very critical in 55 countries or regions where the food crisis is most concrete. 150 million children worldwide suffer from malnutrition.

FOOD WASTE IN TURKEY

Turkey ranks third in the world in food waste per capita. We throw away 4.1 percent of our national income every year, with an annual average of 214 billion TL. **96 kg of food per person per year at homes, 28 kg at restaurants, and 16 kg at sales points becomes garbage.**



Instead of food waste In Turkey:

10-year treatment of **4.280** SMA patient can be met, who are in need of one of the most expensive treatments in the world.

214 hospitals with **300** beds can be built in our country