

Take away foods environmental issues

Take away companies such as KFC can do a lot to help the environment.

There are five R's to consider:

- Reduce
- Re-use
- Recycle
- Rethink
- Refuse

Reduce:-

Energy: Reduce room temperature in stores by 1°C, turning off lights and heating when not in use, economic energy electrical equipment eg induction hobs; small volume kettles, use residual heat in ovens and on hobs, use cold rinse on dishwashers.

Water: Washing fruit and veg in a bowl of water rather than running water, avoid over filling pans for boiling and steaming, run dishwashers when full rather than half empty.

Food Waste: 8.3 million tonnes of food is thrown away in the UK every year. This can be avoided with carefully portion control so that too much food is not ordered and prepared, storing food carefully so that it keeps longer, using left overs in other dishes before they go off.

Packaging on food: Although packaging promotes, protects and preserves food much food is over packaged and manufacturers should try to avoid buying over packaged food. Avoid using disposable packaging eg clingfilm, plastic cups and boxes especially from take away food. Buy fruit and vegetables loose so that no packaging is needed.

Reuse:-

Cooking Oil: Can be used several times for cooking before it needs throwing away.

Recycle:-

Packaging: Glass, card and paper, plastics, steel and aluminium, laminated tetra packs are all food packages that can be recycled.

Refuse and choose:- to use environmentally unsound products eg

- Refuse to use companies who **exploit workers** and use **environmentally unsound** farming methods
- Choose to use **fair trade** and **organic** products
- Refuse to use food that has been **air freighted**
- Choose to use **local and seasonal** produce
- Refuse to use **highly packaged** foods
- Choose to buy fruit and vegetables **loose without packaging**

Activity:

Read the info above about the 5 R's for being more eco-friendly take away food. Design a package for KFC chicken that is designed to help them be more eco-friendly.