



Waste Free Kitchen: Eat Smart and save the planet

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Introduction

**Have you ever wondered what happens to
food after we throw it away?**

It doesn't just disappear. It starts a new, often invisible journey.

The Journey of Wasted Food



1. The Table



2. Collection



3. Destination

Critical Thinking

The Hidden Cost

- What resources were wasted to produce the food we just threw away?

Consider the water, energy, labor, and transport involved in getting that meal to your plate.

The destination

- Does it just "disappear"?
- Does everything end up in the same place?

In many regions, organic waste mixes with plastics and metals, creating long-term environmental hazards.

Defining Food Waste

Edible (Avoidable) Waste

This refers to food that was, at some point, fit for human consumption but was discarded. Examples include leftovers, bread crusts, or fruits that went bad before being eaten.



Unavoidable Waste

These are the parts of food that are not typically edible, such as banana peels, eggshells, bones, and coffee grounds.



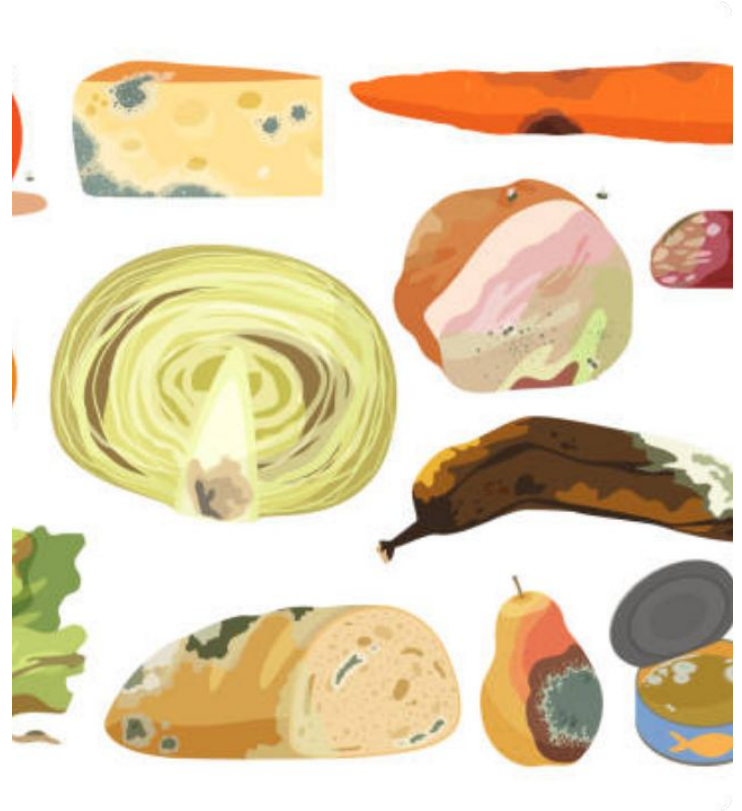
The Science of Rot

Anaerobic Decomposition

When food is buried in landfills, it is cut off from oxygen. It undergoes anaerobic decomposition, a process where bacteria break down organic matter without air.

The Methane Problem

This process releases Methane (CH_4), a greenhouse gas that is 25 times more potent than Carbon Dioxide (CO_2) at trapping heat in the atmosphere, significantly contributing to climate change.



Context: Lebanon

Landfill Challenges

In Lebanon, waste management is a critical issue because significant portion of our garbage is organic food waste. When sent to landfills like Naameh or the coastal dumps, it contributes heavily to local pollution.

The Impact

This unmanaged waste leads to leachate contaminating groundwater and methane emissions affecting our air quality, making local solutions like composting vital.



Activity: Eco-Researchers

Become a detective!

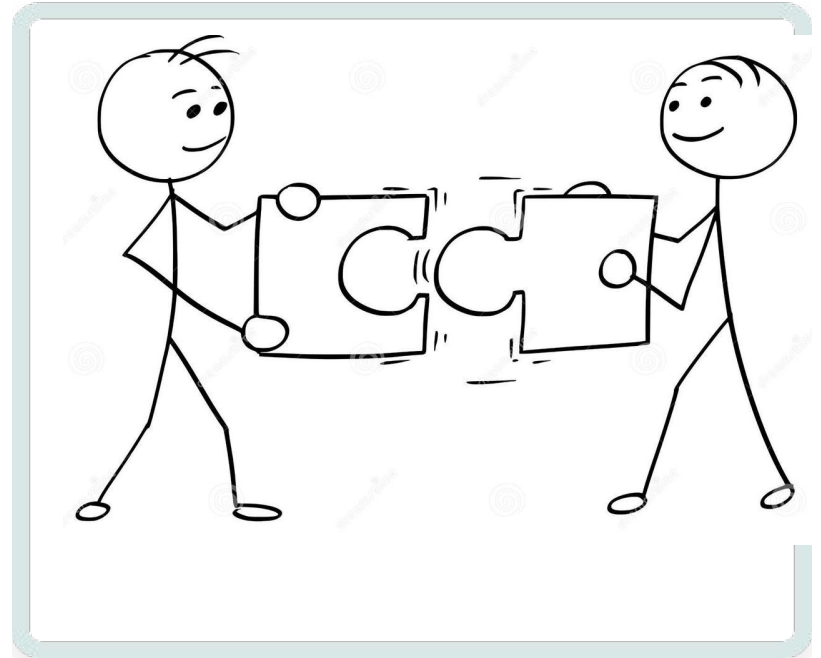
During your snack or lunchtime, observe the food waste in the bins and record your findings below.

Type of Food	Quantity	Reason	Notes
Half an Apple	1 Piece	"Got full"	Avoidable Waste

Class Discussion

Let's Share!

- What are your experiences with food waste at home?
- What is one simple habit we can change to reduce "edible" waste?
- How can recycling or composting help the situation in Lebanon?



Mission: Zero waste!

Super Strategies

- **Meal Planning:** Only buy what you need!
- **Love Leftovers:** Turn dinner into a new lunch.
- **Ugly Veggies:** They taste just as good!

Challenge/Task:

Design a future kitchen where **nothing** goes to waste!



Congratulations! You are now officially Eco-Guardians!

Circle time

Let's gather in a circle for a reflective discussion.

"What was the most interesting or surprising thing you learned today?"



Thank You!

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