



Enviro Notes

Environment Periodical for change makers
(An Environment Awareness Initiative by Nirvaan Somany)

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Food Waste Is A Big NO

As per our ancient Indian culture and tradition food waste is considered a sin. A lot of people world over pray before eating their meals yet sadly food waste has become a huge worldwide problem. The United Nations estimates that one in three people in the world do not have access to sufficient food to lead a healthy life .

More than 1 billion tons of food are wasted each year, according to a new report from the United Nations. That's 17% of the food produced globally in a year. If food waste were a country it would be the third-largest greenhouse gas emitter on the planet! As per one data, the average person in India wastes 137 grams of food every single day. That's 0.96 kg per week or 50 kg per year.

Most waste happens at home according to research. People buy too much food, or they throw it away too soon because of the date on the package. To a lesser degree, waste also happens in restaurants and stores. Concern about food waste has grown because of the toll food production takes on the environment. Farming, packaging, and transporting food all produce greenhouse-gas emissions.

Food waste that ends up in landfills produce huge amounts of methane - a more powerful greenhouse gas than even carbon dioxide. Excess amounts of greenhouse gases such as methane, CO₂ and chlorofluorocarbons absorb infrared radiation and heat up the earth's atmosphere, causing global warming and climate change.

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ROMY FOODS

1/3 OF THE FOOD PRODUCED GLOBALLY EACH YEAR IS NEVER EATEN

FOOD WASTE EFFECTS

THESE GREENHOUSE GASES BECOME PART OF THE ATMOSPHERE AND **TRAP IN HEAT**, WHICH **RAISES THE PLANET'S TEMPERATURE**

THE WASTED FOOD ENDS UP IN LANDFILLS, WHERE (UNABLE TO DECOMPOSE) IT RELEASES **GREENHOUSE GASES**

ENERGY MONEY WATER LABOUR

THAT WENT INTO PRODUCING THIS FOOD WERE ALSO **WASTED**

The infographic features a central globe with a banner stating '1/3 OF THE FOOD PRODUCED GLOBALLY EACH YEAR IS NEVER EATEN'. To the left, a trash bin labeled 'FOOD WASTE EFFECTS' is overflowing with food scraps. Below the bin are icons for Energy (factory), Money (stack of coins), Water (faucet), and Labour (hand holding a whisk). To the right, a truck dumps food into a landfill, with a diagram showing food decomposing and releasing greenhouse gases. Further right, a globe is shown with a banner stating 'THESE GREENHOUSE GASES BECOME PART OF THE ATMOSPHERE AND TRAP IN HEAT, WHICH RAISES THE PLANET'S TEMPERATURE'. Below this, a house is shown with a storm cloud and rain, and a car is shown driving through a storm.

Why is the sky blue? And why do sunsets seem red?

Blue Skies

The light from the Sun is really made up of all the colours of the rainbow. Light energy travels in waves, like waves in water. Blue light waves are shorter than light waves of any other colour.

Sunlight is scattered in all directions by the tiny molecules of air in Earth's atmosphere. Blue is scattered more than other colours because it travels as shorter, smaller waves. This is why we see a blue sky most of the time.



Red Sunsets

When the Sun is lower in the sky, sunlight goes through more of the atmosphere. The blue light is scattered so much that the reds and yellows pass through to your eyes.

Dust, pollution, and haze in the daytime can make the sky look greyish or even white, and sunsets look less colourful.

A volcano can throw huge amounts of dust and sulfuric acid droplets (tiny drops) high into the atmosphere. After a very large eruption of a volcano, sunsets around the world will be more colourful for many months.

Food Waste Is A Big NO

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When we waste food, we waste the natural resources used for producing that food, the three main ones being energy, fuel and water. Agriculture accounts for 70% of the water used throughout the world. So when you waste food you are wasting the earth's most precious commodity - water. If you look at land usage, around 3.4 million acres of land, which is roughly one-third the world's total agricultural land area, is used to grow food that is wasted. Millions of litres of oil are also wasted every year to produce food

that is not eaten. And all this does not even take into account the negative impacts on biodiversity due to activities like monocropping, a practice where a field is used for production of pure stands of one crop only, and converting wildlands into agricultural areas. Pouring a glass of milk down the sink is nearly 1,000 litres of water wasted. Additionally, taking into account global food transportation, large amounts of oil, diesel and other fossil fuels are consumed as well.

So, stopping the wastage of food is one single step that can make our country and planet a better place to live. It is a very easy habit that needs a small tweaking of our existing habits of how we consume and store our food.

Fading Songs of The Sparrow

The house sparrow was one of the most common birds to be found in Delhi. However slowly and surely these birds have disappeared from the urban landscape where they once used to thrive.

The sparrow, declared Delhi's national bird in 2012 has been declining in population at an alarming rate due to factors such as urbanisation, destroying ecological resources for their sustenance as well as, high levels of pollution in the city and emissions from radiation towers. Pesticides kill... not only pests. It has reached a point where a large proportion of the young population in India may have never

even seen or heard of a sparrow.

Sparrow plays an important role in environmental balance. Sparrows feed their children with insects called alpha and cat-worm. These insects are extremely dangerous for crops. They kill the leaves of crops and destroy them. In addition, sparrow eats insects that appear during monsoon season .

A survey by the Indian Council of Agricultural Research found that their number decreased by 80% in Andhra Pradesh. States like Kerala, Gujarat and Rajasthan have seen up to 20% decline.

So what can we do about this?

The placing of artificial nest boxes is one of the best solutions to enhance and improve the dwindling sparrow population across the nation, especially in urban areas. These encourage sparrows to nest and remain in these cities as well as give

them an artificial habitat to make up for the lack of a natural one due to deforestation and urbanisation. It's important to save sparrows by installing nest boxes, bird feeders, planting native plants and reducing use of chemical pesticides and fertilisers.

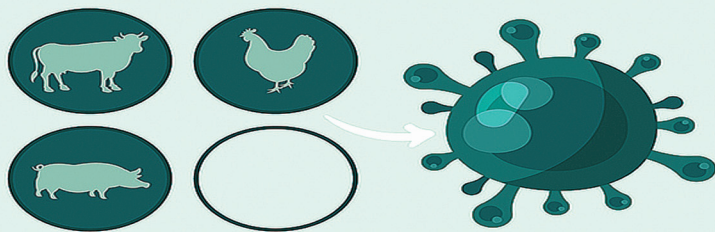
Bird feeders using recycled materials



7 FACTS SHOWING WHY OUR HEALTH DEPENDS ON THE ENVIRONMENT

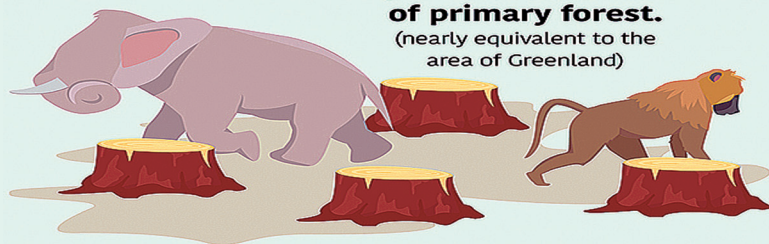
1 3 out of 4 new infectious diseases (like COVID-19) have an animal origin

The number of unknown viruses is enormous (around 320,000 in mammals alone).



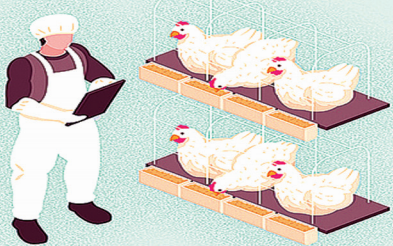
3 31% of outbreaks of emerging infectious diseases are linked to deforestation

Since 2000, we have cut down **2,3 MILLION KM²** of primary forest. (nearly equivalent to the area of Greenland)



Deforestation favours closer contact between humans and wild animals, creating a greater risk of zoonotic disease.

5 Unsustainable global food production poses a danger to the people and planet



The paradox of hunger and obesity: We live in a world where chronic hunger affects more than **850 MILLION** people, while another **500 MILLION** suffer from obesity.

2 The less biodiversity, the more risk of disease transmission

Biodiversity loss exacerbates the risk and incidence of infectious diseases.



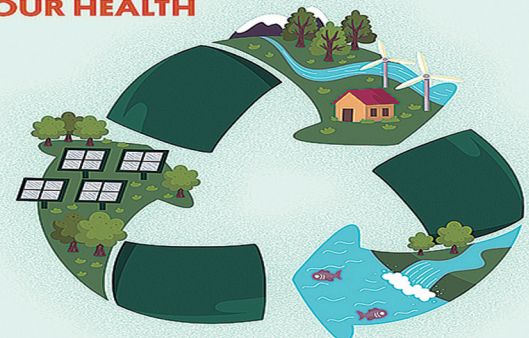
For example, a high diversity of vertebrate hosts reduces the transmission of diseases by ticks or mosquitoes.

4 Mitigating climate change can avoid 250,000 deaths per year

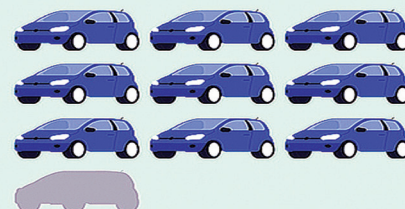
EFFECTS ON OUR HEALTH

Direct: Increases in respiratory and cardiovascular diseases, heat stress, vector-borne diseases and undernutrition.

Indirect: effects caused by increased poverty, mass migration and violent conflict.



6 Air pollution kills an estimated 7 million people worldwide every year

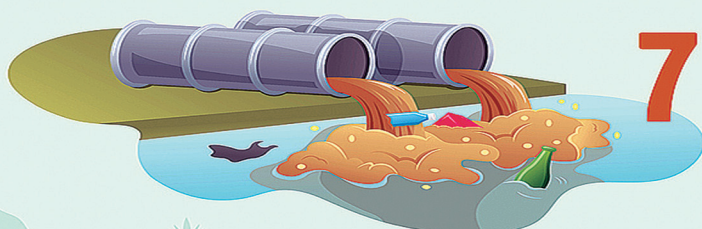


9 OUT OF 10 PEOPLE breathe air containing high levels of pollutants.

By reducing air pollutants now, we could slow the increase in near-term global warming by 0.6°C by 2050.

7 Every year, unsafe water sickens about 1 billion people

Contaminated water can transmit diseases such as diarrhoea, cholera, dysentery, typhoid, and polio.



Adopting a planetary health approach after the COVID-19 crisis would help prevent other potential risks that can arise from environmental degradation.