

After dinner you throw what's left on your plate in the garbage, right? Well here's some "food for thought", every year over 116 billion dollars worth of food is wasted and that's only in the US! That's like everyone in the USA throwing away 975 perfect condition apples. After learning how much food is wasted, I formed an opinion. We should inform people about food waste and try to avoid it in our homes and schools. Why should we try to avoid food waste? How does it affect us? These are all very good questions. I'm Sofia Sabatella and today I will be the one answering these questions.

So, here's the million dollar question. "Why should we care about food waste?" Food waste is the third largest greenhouse gas creator on earth according to the EPA. wait a sec.. How does that work? Well, when the food is dumped in the trash it goes to the landfills, there the food creates greenhouse gas. Which is very bad because it's part of the reason for global warming. Global Warming is causing many animals to go extinct. It is also causing many animals to be lowered to the endangered range because their habitats are disappearing.

Did you know food waste is hurting your family right now as you sit here? I've already talked about the greenhouse gas being made by food waste but other toxic gasses are being made too. The gas made by this old food can range from mildly hurting your lungs and throat to causing lung cancer. According to the NIH (national institute of health) "Food waste emits harmful gases, such as CO₂, H₂S, CH₄, N₂O, and PM_{2.5}, that are detrimental to human health". All because that one kid doesn't like it when her bananas are brown *sigh.

Another reason to care about what I'm saying is that food waste affects your family in ways other than medical. The amount of money you spend on food waste is over 1500 dollars a year on food not eaten which in turn affects global warming, the polar bears habitat and the health of your families at home.

Some people might say "what's the point?" Here it is: food waste hurts you, your family and the world you live in. You might think that the "small" amount of food you throw away isn't enough to harm us and the world but since everyone's throws out a small amount of food the amount becomes a large amount of food.

So now that you know how dangerous food waste is, how do we avoid it? Here's how. **1** We can buy less items more often. This means that we will buy food we will actually eat and not by things because we can. **2** Stay loyal to the list. This means you will buy what's on the list instead of impulse buying. **3** preserve food by pickling, dehydrating, freezing and buying food that doesn't go bad easily. **4** eat leftovers. **5** donate. **6** compost! Those scraps are good for gardens and help fertilize soil.

Food waste threatens the life of the environment and the people living in it so avoiding it is harming the earth and us too. The longer we ignore it, the longer it hurts us. So when my speech is done. When you all go home to your families and have dinner. Remember my speech, remember how the food we throw away is harming us and the earth slow enough for us not to notice and now that we have. We have a chance **2** save it!