

Learning Opportunity

Service and Learning (March 09, 2025)

THEME: Food Insecurity

TOPIC: Reducing Food Waste as a Path to Justice

TEXT: [Isaiah 58:6-10](#)

DESCRIPTION: An important conversation about food waste and its impact on food insecurity. Every year, millions of pounds of perfectly good food are thrown away while many in our communities struggle to access nutritious meals. We explored the realities of food waste, its environmental and social consequences, and the powerful work of food rescue programs like Second Harvest. We also discussed practical ways we can make a difference—both individually and as a community as we considered how we can respond with compassion and action?

GENERAL VIDEOS

- The Landscape of Food Waste in Canada (Second Harvest) (4:36) (shown)
<https://youtu.be/9RnTIDl4Ci8?feature=shared>
- Canadians get Creative in Solving Food Waste (5:39) (shown)
<https://www.youtube.com/watch?v=fRovHP4eXyM>
- Everything You Need to Know about Food Waste in Canada (12:16) (additional resource) <https://youtu.be/PaFgcXhEdKM?feature=shared>
- Just Eat It a Food Waste Story (73 min) (Free on CBC GEM)
<https://gem.cbc.ca/just-eat-it-a-food-waste-story>

CHILDREN'S VIDEOS

- CBC Kids: Food Insecurity explained for Kids (1.26) (shown)
<https://youtu.be/YfRtUgn7GRk?feature=shared>
- Kids go undercover to discover food waste (3.30) (shown)
https://youtu.be/mn_dsgG0vKs?feature=shared
- Why does Food Waste Matter (6.01) (additional resource)
<https://youtu.be/we58BImYLVc?feature=shared>

CANADIAN CONTENT BOOK RECOMMENDATIONS

- **Children (Ages 9-12):** Good Food Bad Waste: Let's Eat for the Planet.
Available [Waterloo Public Library](#) and [Kitchener Public Library](#)
- **Adults:** Cook More Waste Less Zero-Waste Recipes to Use Up Groceries, Tackle Food Scraps, and Transform Leftovers.
Available [Waterloo Public Library](#) and [Kitchener Public Library](#)

WEBSITE LINKS

- Second Harvest Food Rescue: <https://www.secondharvest.ca/>
- Loop Resources: <https://loopresource.ca/public/>
- Too Good Too Go APP:
<https://www.toogoodtogo.com/en-ca/how-to-collect-too-good-to-go>
- Rock What You've Got: Recipes for Preventing Food Waste (Guelph Family Health Study/ Guelph Food Waste Research Project):
<https://guelphfamilyhealthstudy.com/wp-content/uploads/2019/09/Rock-What-Youve-Got-Recipes-Sept-2019-Web.pdf>
- The Avoidable Crisis of Foodwaste Report (2019):
https://cdn.prod.website-files.com/6618114bae6895cc12d3dc1d/664e6ca350936c6be9444458_The-Avoidable-Crisis-of-Food-Waste-Roadmap_compressed.pdf
- The Avoidable Crisis of Food Waste Report/Update (2024):
https://cdn.prod.website-files.com/6618114bae6895cc12d3dc1d/678fef92d23e957f68c00aee_ACFW_Roadmap2024_Digital_compressed.pdf
- The Seed run by the Guelph Community Health Centre: <https://theseedguelph.ca/>

QUESTIONS FOR REFLECTION

- What does food mean to you beyond physical nourishment?
- How do we personally contribute to food waste?
- What steps can we take as individuals and as a church to reduce waste and support food rescue?
- What from the video's resonated with you and/or challenged you?