

Nowadays people waste a lot of food that was bought from shops and restaurants. Why do you think people waste food? What can be done to reduce the amount of food they throw away?

Despite the fact that hunger takes lives every day around the world, the amount of food waste produced by other people is on the rise. While this paradoxical phenomenon created by humans stems from a number of contributory factors, certain measures can be taken to alleviate it.

According to a recent study released by the [FOA](#)[Fao](#), every day over a hundred million tons of food is thrown away throughout the world. Such a staggering number has made sociologists search for [the](#) underlying causes. First, this surge in food waste generation could be traced in [human's-humans'](#)

change in eating habits and more specifically a transformation of our cultural values. In many developed countries, people often consume more food than they need, which leads to more leftover and subsequently more waste. To compound the problem, the tendency to dine out more or have food delivered is commonplace among citizens especially youngsters. Gaining food, which once was a taxing task for humans, has now become so effortless that [has](#) led them to indifference towards other people who might struggle to survive. Furthermore, our cultural values are [highly-so](#) entrenched in food that [the](#) ability to eat at [pretensions-pretentious](#) restaurants and ordering expensive food has become a social stature. Our self-indulgent indulgence has not only brought us unprecedented disorders such as binge eating and obesity but created avarice to amass more. In most extreme instances, many take pride in the abundance of food they have access to. In fact, it is safe to say our hunger to attain and consume more has caused global hunger to become more prevalent than ever before.

As many experts contend, the collaboration of government and individuals can be an only effective long-term solution. People should try to dismiss their appeals to buying food beyond their need. As already put into practice in some parts of the world, [restaurants](#) and shops can serve people food in smaller amount and divide their meals into more slices or dishes in orders to give their customer more time to feel full. In addition, governments should introduce a flowchart by which people cannot buy more food as well as [impose-imposing](#) taxes for extra eating. Moreover, educating the public by distributing leaflets or producing programs about how the food is made and how some people in other corners of the world fight every day to survive can be effective.

To conclude, although there is no panacea or one-step solution to consumerism and production of food waste spread through the world, it seems feasible to mitigate this problem through attempts made by both governments and individuals.