

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?

In this day and age, despite the fact that many countries are suffering from food deprivation, we are witnessing a huge amount of food wasting almost everywhere. In this regard, there is a controversial debate as to what are the main reasons having caused this phenomena and how we should control it. Undoubtedly, a combination of market's promotion, poverty and getting use to eating precooked food/meals can play a vital role in this trend. Regarding this, both governments and people must take some measures, few of which I will broadly elaborate in this essay.

First and foremost, paying too much attention to their own benefit, supermarkets offer stimulating promotions on edible products these days, which incites customers, especially those from non-affluent society, to buy more than their needs, as they mostly consider it to be an economical purchase, hence spoiled unused food. As a case in point, mostly suppliers give a significant discount on their multi-packs of various products to motivate consumers to buy more. Moreover, recently, people have got used to eating convenience food, including frozen and canned foods. It is obvious that not only are they detrimental for human health, but also using them would lead to more food wasting as they would expire soon after their first use. Last but not least, the less time and energy an individual spends on preparing his food, the easier he could overlook it and throw it away, while there are still many food-deprived people suffering from hunger in the world.

For addressing the aforementioned causes, it is on governments to exert a tighter control over food consumption. These controls are not necessarily preventive regulations, rather, sometimes, encouragement and advertisements can be far more effective to maintain the right consumption pattern in people's daily life. At last, most importantly, it is required to-that there exist have some educational courses in this regard, starting from elementary school continuously to prepare children's mind to learn how to cook fresh food, use limited eatable resources efficiently and ignore squandering.

To put in a nutshell, although many reasons have contributed to an enormously wasted amount of food, nobody can deny its faultiness. Therefore, for tackling this issue, both authorities and folks must put this into prior consideration that food resources are limited and try to change consuming behavior by certain measures.