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INDUSTRY WEEKLY DIGEST

YOUR WEEKLY DIGEST OF CONTEMPORARY INDUSTRY TRENDS



EVERY BITE YOU TAKE

Every Food you Waste

Every bite we don't waste can make a difference. We can start eating every snack mindfully and with this, we can start to see the consequences. It becomes even more essential for students of management in Tourism, Hospitality and Events industries to transform the future.

In this week's Industry Digest, [Dr Hakan Sezerel](#), visiting Researcher at the School of Hospitality and Tourism Management, explores the idea of eating and cooking mindfully and the benefits this may have in reducing food waste.

Have a great weekend!



EATING AND COOKING MINDFULLY

Dr Hakan Sezerel

Zen master, Thich Nhat Hanh, suggests seeing the interlink among everything. He uses the analogy of the cloud in a teacup to exemplify that everything is linked to each other via antecedents and consequences. When everything is interlinked, a piece of a wasted cake may result in carbon emissions and deforestation.

This mindfulness perspective holds the individual responsible for daily activities, including cooking, eating, and (not) wasting. Mindfulness as a way of life that has become popular over the last two decades and particularly after the Covid-19 pandemic. It has repercussions on mindful cooking and eating.

Eating and cooking mindfully have several benefits. Being attentive to food's smell, taste, texture, and appearance can increase enjoy our meals. Savouring each bite can help us make healthier food choices, improve digestion, and increase overall satisfaction. The process of cooking and eating mindfully can be a form of self-care, helping to reduce stress and improve mental well-being. Additionally, being mindful of what we have in our pantry, refrigerator, and freezer can help us better use leftovers, save money, and reduce food waste.

One can prevent food waste by mindful purchasing, storing, and consuming food. Additionally, practicing gratitude and being present at the moment while eating

can increase appreciation for the food and reduce overeating, leading to less waste. Finally, being more intentional and aware of our food choices and habits can help minimize waste and make us be more sustainable.

The Food and Agriculture

Organization FAO estimates that one-third of worldwide food is wasted. A significant amount is wasted on food and beverage services and differs from 20% to 50% at the national level. This wastage costs more than 500 billion pounds annually. Not only are resources such as water, energy, and land used in vain, but food waste produces greenhouse gases when it decomposes in landfill. Therefore, food waste management at the household level and in food and beverage services can positively impact the environment and personal finances. Being mindful of food waste can help us lead more sustainable and fulfilling lives.

Stankov, U., Filimonau, V., & Vujičić, M. D. (2020). A mindful shift: an opportunity for mindfulness-driven tourism in a post-pandemic world. *Tourism Geographies*, 22(3), 703-712.