

# Food Waste: A Global Problem and Strategies to Reduce it

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## Abstract

Food is essential for survival and nourishment. However, food poverty and insecurity have increased globally, especially during and after the COVID-19 pandemic. Meanwhile, environmental degradation has led to decreased crop yields, widening the gap between food production and demand. Despite this, food waste remains a critical issue, with global losses estimated at 30–50%. Reducing food waste is a key step in addressing food insecurity. Education, particularly among children, plays a crucial role in waste reduction. This review explores the role of paediatricians in raising awareness and engaging parents, caregivers, and educators in food waste prevention strategies.

**Keywords:** Food waste, food loss, food waste reduction, climate change