

## Think \* eat \* save – reduce your food print

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The timely highlighted theme of the Soba, “**Think \* eat \* save, - reduce your food print**”, which is a great attempt to address the issue on consumption of healthier food and tackling food waste in a considerable manner from grass-root level to national level, via disseminate the relevant facts. All are well aware there are plenty of initiatives flourishing already around the world in this regard.

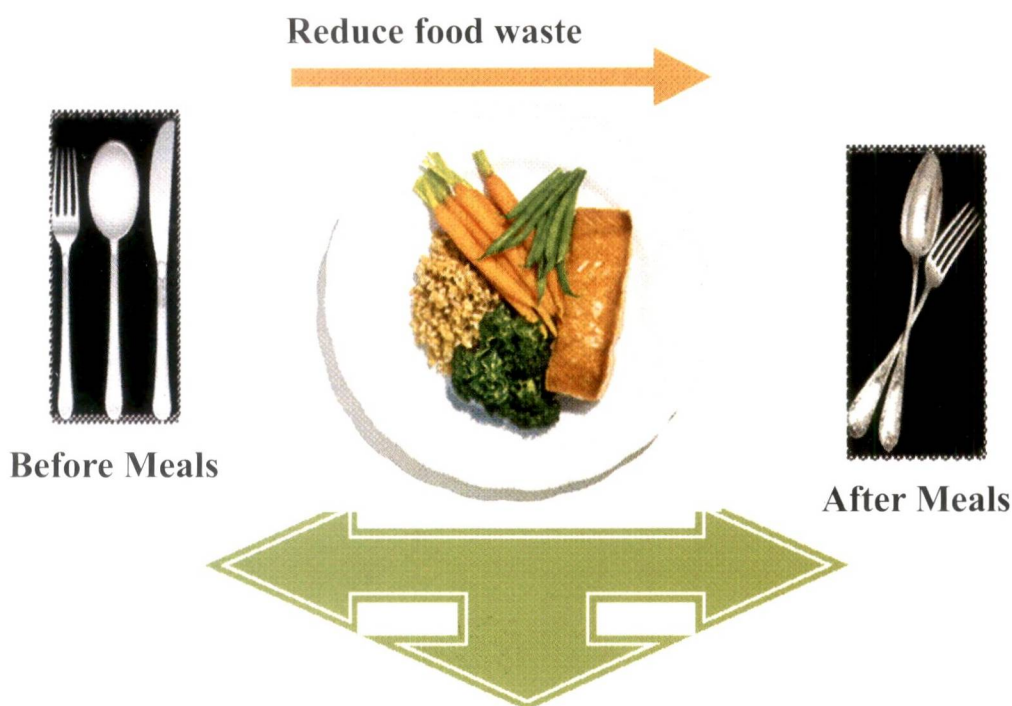


**“One should eat to live, not live to eat”**

**- Benjamin Franklin.**

Of course it's much easier to hear these sorts of phrases pronounced, but everyone knows how it's practically impossible to adhere to it.

Think "eat to live, not live to eat," emphasized the prime objective of the theme. Eating should not be anyone's favorite activity, but something anyone has to do to maintain his or her healthier lifestyle. Such positive thinking leads to reduce the food print.



**Eating a healthy, balanced diet is an important part of maintaining good health, and can help us feel our best that will enable us to reduce the food print too.**

Sri Lankan communities diet pattern have been shifting away from traditional coarse grains and root crops to increasingly include much more wheat products as well as replace it with fast foods. In fact, there are a variety of diseases that will manifest from the unwise diet pattern and the stress associated with it. It is important to give the children a healthy diet for their balanced and uniform growth. It is necessary to inculcate good habits in the child and make them aware of the benefits of a healthy and natural diet pattern.

On the other hand at present whole world very much focus it on sustainable organic farming and try to have an organic food or as our earlier generation (grannies’) called it food. It will enable the communities to pay much consideration for their sustainable consumption pattern of diet.

The Population in Sri Lanka was last reported at **20,869,000** in the year 2011, according to a World Bank report published in the year 2012. So we are in the position to anticipate the issues from the population rise to eradicate the poverty alleviation. Not only that country’s numerous nutritional surveys revealed about a potential danger of protein-calorie malnutrition. Thinking in different angles that will contribute to resolve the issues on rising population, even more pressure is going to be put on resources in the future due to that.

The Department of Census and Statistics last Household Income and Expenditure Survey (HIES) in the year 2009/2010 revealed that poverty head count ratio of the nation was **8.9 %**, meanwhile food ratio was **42.3 %**.

On the other hand World Bank’s year 2012 report revealed that country’s Agricultural land (% of land area) was **41.8** in the year 2011 and permanent cropland (% of land area) was **15.6** in the same year.

Sri Lanka Energy Balance 2011 key energy statistics indicates the demand by Agriculture sector was **0.3 PJ**. Also it emphasized Agriculture based petroleum demand in Sri Lanka is considerably low, despite the fact that it is broadly an agricultural economy.

The food is wasted from initial agricultural production down to final household consumption. It includes harvest, transit, transport, storage, preparation, holding, consumption, and dumping away due to poor practices.



The study on “Global food losses and food waste” conducted in the year 2011 by the Swedish Institute for Food and Biotechnology commissioned by the Food and Agriculture Organization of the United Nations (FAO) estimated roughly one-third of the edible parts of food produced for human consumption, gets lost or wasted globally, which is about **1.3 billion tonnes per year**.

Considering the above statistics, we are in the position to avoid wastage of food from the production level to consumer level that enables the best practices for food wastage management and anticipate the negative impacts caused to the environment due to that.

In Sri Lankan context it's deemed necessary to have in depth effort for handling this sort of matters. Since as a developing nation we are in a development drive via the Mahinda Chinthana Policy Framework that has been identified as capable of effectively driving the country's socio-economic development. We have to be keen in tackling the issues via implementing nationally appropriate awareness programme activities through public and private partnership or any Corporate Social Responsible (CSR) awareness programmes engaging with NGO's, and INGO's.

At this juncture the collective effort is necessary to enhance the empowerment of people for effective eradication of poverty while reducing environmental pressures and aids economic growth. This holistic approach will enable the entire nation to reach new heights in our overall living standards in line with the current theme **“Think \* eat \* save – reduce your food print”**.



Would you believe that Earth is dirty,  
With dust, smoke and grime,  
Losing its wonder and beauty,  
We humans are doing a great crime.

Cutting down trees mercilessly,  
Mighty castles and houses rise,  
The sun blazes down furiously,  
Melting the last of polar ice.

Green is a colour seldom seen,  
In this world which once might have been  
A paradise full of life and joy  
But now is just like hell, oh boy!

We're being cruel, beyond by the limit  
Destroying mother Earth by living on it,  
But still she stands strong and sturdy,  
Bearing us humans, crying silently.

Have we no heart to protect, to love  
The world which gave us life?  
Plant few trees right now, today,  
To make up for half the damage we've done.

**Shenali Liyanage**  
Grade 8  
Musaeus College.

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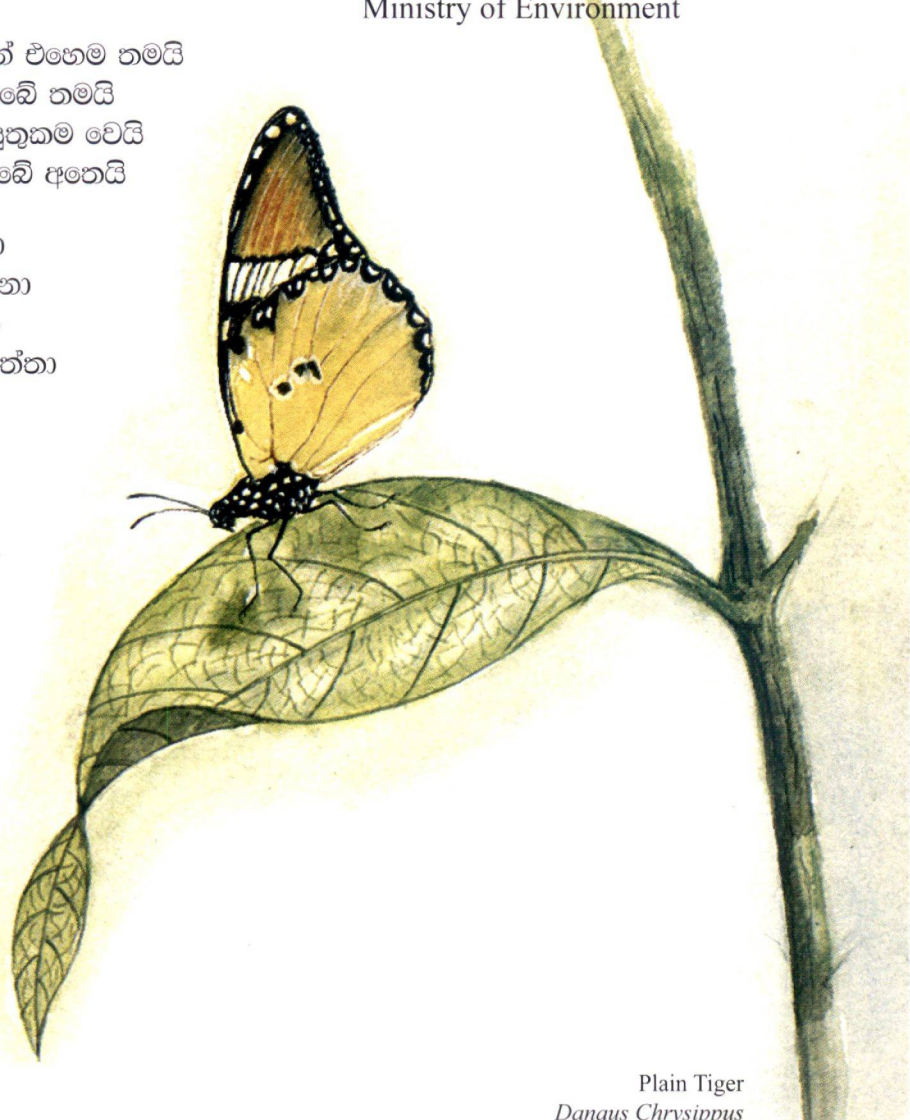
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## Paddy Greening

Yard of Paddy green  
 Be Staple food of nourishing plate  
 Wavy with wading wind  
 Enrich with seasonal rain  
 Babyish plants merge in valley flood  
 Look alive with faintish Crain  
 Embedded Solar hang up the end  
 Farmer carrying Mamotee in shoulder  
 End of the year bush full of seed  
 Encounted to luck  
 By marry marry happy hands

Piume Bentarage  
 Ministry of Environment



Plain Tiger  
*Danaus Chrysippus*