



# Sustainability Week Kit

*You can only solve what you understand!*

This section is dedicated to several useful tools to train yourselves & your colleagues or teams on sustainability topics. For each topic we have selected:

**Videos** to watch. They are short and go straight to the point, making them ideal to watch during a lunch break, a zoom relax-time all together or during free times whenever you want.

**Articles** to read to better grasp the problem.

**Workshops & Activities** to engage your colleagues.

**Quick-win Actions** to implement in your company. Quick wins may not have a huge overall impact but are easy steps to implement to show results and win colleagues' support for further impactful steps.

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## Topic 4: Food

Understand food sustainability from what we eat to what we waste.

### Videos

- *Why are we throwing away perfectible edible food?* - CNA Insider (16min.)
- *Why so much food is lost in the supply chain?* - CNA Insider (15min.)
- *Can Urban Farming fix our broken relationship with food?* - CNA Insider (17min.)
- *Ready for the future of food* - CNA Insider (45 min.)

### Articles

- *When over 7 tonnes of chicken are discarded daily - the alarming scale of food waste in Asia* - CNA Insider
- *Sustainable food production (APAC) Supporting resources efficiency* - UN Environment Programme
- *How Singapore Aims to Secure its Food Supply With its '30 by 30' Plan* -Earth.org
- *From Singapore to Hong Kong, how urban farming can help tackle food waste - but is it enough?* - CNA

### Workshops & Activities

- *Workshops on Food Consumption & Waste, UglyFood.* Contact point: *UglyFood*
- *Workshops on baking & food craft, Treatsure.* Contact point: *Treatsure*
- *Talks & Workshops, Green Monday.* Contact point: *Green Monday*
- *Workshops, Edible Garden City.* Contact point: *Edible Garden City*
- *Workshops on composting, growing of edibles..., Green Nudge.* Contact point: *Heng Li Seng*
- Schedule a Volunteering day at *Willing Hearts* ; *The Food Bank Singapore* or *Food from the Heart*
- *Organise team outing in a farm, Ground Up Initiative.* Contact point: *Ground Up Initiative*

### Quick-win Actions to implement in your company

- *Provide fresh fruits to your employees weekly, Shiokfarm.* Contact point: *Claire Chabrieres*
- *Organize a Veggie eat day challenge, Green Monday.* Contact point: *Green Monday*

- *Collect used coffee grounds for compost or upcycling, A1 Environment. Contact point: Loh Yen Lyng*