

2 ZERO HUNGER



Goal 2 – Zero Hunger

End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

Fact of the day

We already have enough food to feed everyone on the planet, but hunger is still the leading cause of death in the world. Millions of people are malnourished, but if we simply cut down on food waste, give everyone equal access to land, and supported local and sustainable farmers, no one would ever go hungry again.

Act now

Reduce food waste in your household

1 hour



Make a plan as to how you will limit food waste in your household. For one day, log everything going in the bin to help make that plan.

Look online for more ideas, but here are some to start with:-

Make sure food is stored correctly (such as in the fridge) as this is a big source of waste.

Watch that fruit bowl and keep the bananas away from the apples!

Keep leftovers and suggest ways to use them.

Cook a meal for your family with limited ingredients

2 Hours



Now is a good time to try to prepare a meal but with limited ingredients. Try using herbs or spices from the cupboard to add flavour. Maybe try using up some leftovers, or how about finding new ways to cook potatoes or eggs?

Grow some food at home

4 hours



One of the best ways to understand food issues, both in your own household and around the world, is to try to grow some of your own food.

No matter how much space you have, you can try growing something which will end up on your plate.

If you have some space in the garden, you could consider growing potatoes, carrots, cabbage, broccoli or any of those other veg your parents made you eat. Just grab some packets of seeds and make a start today – all of the instructions will be on the back of the pack.

If you have a polytunnel or greenhouse how about tomatoes, peppers or maybe strawberries?

If you have none of those, then look at growing micro-greens in a glass jar or tray. Very nutritious and ready to eat in a few days.

When the time comes to harvest the food you have put such effort into growing, what do you think are the chances that you will let some of it go to waste?!

What to do next

Once finished your own action, share it on social media (Instagram, Facebook, Twitter). Tag **@ScoutingIreland** and using the hashtags **#scoutsforsdgs #scoutsie #17days17sdgs**.

This will allow scouts not only from Ireland, but all over the world, to see your actions and use that as inspiration to go and make a positive impact in their communities!