

# Big Issue - Packaging

On a very basic level, we all need food to keep us alive. Without food we can't survive. But food has become much more than just something that keeps us going; food is something we can share and enjoy with our friends and family, and it is a way of connecting with the world around us.

But there are some big issues around the way we produce food. Your group will be looking at food packaging.

## Packaging

Think about the food you might typically find in your lunchbox: bread, fruit, muesli bars, crackers or biscuits, vegetables, cheese. Now think about what sorts of packaging these foods have. Plastic or paper bags, wrapping or boxes? It's true, most of our foods arrive into our houses in some sort of packaging. Why do we need our food to be packaged? Well, some foods are packaged to keep them fresh and help them last longer (like breads and cereals). Other foods need to be packaged to keep them safe to eat (like butter and yoghurt). Other foods need to be packaged to make them easy to move around (like milk or eggs). For some foods, packaging is very important. However, there is often too much packaging and the packaging is often made from materials that are difficult to recycle.

There is also food that doesn't need packaging, that come in its own natural packaging, like many fruits and vegetables (e.g. bananas, oranges, sweetcorn, pumpkin, etc.). Finally, it's important to mention that on top of the packaging, we may also be using plastic bags to carry all our packaged food home in.

## Big Questions

- Why is food packaging such a problem?
- What are some of the worst examples of unnecessary packaging you can find?

