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"Ehtisham Jadoon" 4<sup>th</sup> Mock 26/10/25  
it is very good effort but plz curtail habbit of writing in passive please

Essay:

Suggest Ways to cut down on  
Food Waste At Home Or In Restaurants  
In Pakistan.

Outline:

I- Introduction

- A- Dilemma of Food Waste in Pakistan
- B- Sign of ungratefulness.
- C- Thesis Statement:

Food wastage has become one of the major socio-economic concerns that ~~needs to be addressed~~. It can be cut down by introducing community refrigerators, sufficient cooking, reusing, recycling, producing biofuels and fertilizers, implementing one-dish policy and educating people.

II. Ways to Cut Down on Food Waste  
at Home or in Restaurants

A- Social and Welfare steps

1. Packaging of remaining food.
2. Community Refrigerators.
3. Distribution among poors.



## B- Buying and Cooking according to the need

- 1)- One-time sufficient use.
- 2)- Keep the freshness
- 3)- Islam encourages required meal.

## C- Reusing of food

- 1)- Cooking or mixing with other dishes.
- 2)- Increasing variety in meals

## D- Educating people

- 1)- Community programs.
- 2)- Parenting focus at homes.
- 3)- Campaigns at schools.

## E- Steps at functions

- 1)- One-dish policy at weddings
- 2)- Proper management of buffet system.

## F- Making Bio-fuels from organic wastes.

- 1)- Bio-gas plants
- 2)- Ethanol is used as an alternative of gasoline in many countries.

## G- Making Fertilizers from food waste

- 1)- Making compost in absence of oxygen.
- 2)- Promoting chemicals-free farming and gardening.



# 1 H- Curtailing ~~synthetic~~ waste regarding food.

- 1)- 3R Strategy (~~Reduce~~, Reuse, Recycle)
- 2)- Stopping ~~usage~~ of plastic products.
- 3)- ~~Discouraging~~ ~~disposable~~ things.
- 4)- Using ~~wooden~~ and stainless cutlery.

## III- Conclusion :

A- Thesis ~~Reinstated~~.

B- ~~Concluding~~ Remarks.



## "The Essay"

"If you are grateful, you will given more," says the Holy Quran. Allah Almighty made humans <sup>as</sup> the best of all mankind. He <sup>showed</sup> has numerous blessings upon humanity. Food is one of those greatest favors. All He need in return in gratefulness. But people <sup>(taking)</sup> this precious gift for-granted. They are wasting it. ~~Food wastage has emerged as a world problem.~~ People usually waste food that ends up in landfills or water bodies. Similarly, People are wasting food inspite of 5% population ~~living in extreme poverty~~ in Pakistan. ~~Food is being wasted at~~ homes, ~~in~~ restaurants and wedding functions. It is sign of ungratefulness. Instead of showing gratitude, many people are disregarding food. Food wastage has become one of the major <sup>socio-economic</sup> concerns that needs to be addressed. ~~It can be cut down~~ down by introducing community refrigerators, sufficient cooking, ~~sewing~~ and recycling, producing bio-fuels and fertilizers, implementing one-dish polish and educating people. A comprehensive strategy minimizing food waste is a way to socio-economic prosperity of Pakistan.

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First of all, food waste at homes or in restaurants in Pakistan by taking social and welfare reforms. After eating meal, remaining food should be packed and distributed among poor. In this way, food can be saved from being wasted. For this purpose, it is necessary that only required amount of meal to be taken whole bowl full of any item. This step will keep the remaining item unutilized. The concept of community refrigerators can also be launched in this regard. Refrigerators shall be installed on main streets or city centre that will be used to keep the leftover food by the residents. These food items are a waste for few, but a whole meal for many underprivileged people. For instance, such refrigerators have been installed in many cities by the Sylani Welfare Organisation in Pakistan. This will feed the poor as well as cut down on food waste.

Secondly, individuals must try their best to buy or cook the amount of food that is enough for one-time. It will keep the food fresh and tasty. It will also save the cost of people regarding refrigeration.



for future use. Islam has also stressed upon the cooking of meal that is enough for one-time use. Holy Prophet (S.A.W) used to cook what which was sufficient for one time. This strategy is the ultimate way to success in life. One should take that much meal in a plate ~~which can be first used easily. Remaining food should be touched so that it can be packed for distribution among~~ ~~poors.~~ Similarly, customers need to buy only that much food in restaurants which can be consumed easily. Food wastage in hotels and restaurants is at a very high level. It can effectively be minimized by adopting the above policy.

Thirdly, the food <sup>which</sup> is left-over can be used for another time. There are modern technologies i.e. refrigerators used to keep leftover items. These items may be used again by cooking or mixing it with other dishes. It will create a tasty dish. ~~This approach brings~~ variety in meals. This will not only save the individual from monetary cost but also the planet Earth from ~~menace~~ menace of land and water pollution. As Islam is the religion of simplicity and the ultimate guide, it has encouraged its followers



to lead a simple life and minimize wastage of food by reusing. Harrat Umar Bin Abdul Aziz, despite being a Caliph, was fond of reusing food.

Fourthly, reforms need to be done from moral and ethical point of view to cut down on food waste.

This ~~approach~~ can be propagated by educating the common masses.

Community programmes may be arranged to make the people aware of

~~the issue~~. ~~They should be taught~~

not to waste food and pollute the environment. Additionally, parents can play

a vital role in teaching their children regarding reuse of food and less waste. Students in schools

are more susceptible to learning. Teachers can mold their minds towards

better future. Moreover, religious scholars, influencers and celebrities can play

an active role in spreading this beautiful message through their lectures

and contents. As the Holy Prophet (S.A.W) has rightly said that cleanliness is

half faith. So, it is the duty of Pakistanis to take every step to cut down

on food waste and make the environment clean and beautiful.



Fifthly, celebrations and functions are the ~~main~~ areas that need to be addressed. ~~Almost half of the food waste in Pakistan is in these two areas as per a prominent report.~~ It can be effectively controlled by firmly implementing the policy of one-dish ~~at wedding halls.~~ This scheme ~~was introduced by the government in Pakistan few years ago, but it was not implemented effectively.~~ In ~~this manner, the guests~~ will only eat the available one dish. It will also save the people from hefty expenditures of marriage or any other event. ~~Similarly, the system of buffet should be catered properly.~~ Huge amount of food is wasted due to buffet system. People fill their plates with every item, and then, they are unable to eat everything. ~~This lead to a great wastage of food.~~ Now, this food is mostly adulterated that cannot be packed to give to the poor. So, people ought to fill their plates with that much items which can be consumed easily. If he/she requires more, plate may be filled again from buffet according to the need. Therefore, proper management of buffet system and one-dish policy are reforms toward waste-free Pakistan.



Sixthly, Pakistan is facing energy crises. Organic wastes may be used to produce Bio-fuels. There are many ways to produce them. Bio-gas plant is one of those ways that can solve the domestic energy problem. In this plant, organic waste is collected in a tank that is buried in ground. These waste compounds are broken in the absence of oxygen by bacteria and a gas is produced. This gas is composed of methane, ethane and other carbon-compounds that act as alternative of LPG for domestic use and electricity generation. Similarly, ethanol obtained by way of fermentation, is also used as an alternative of gasoline in many countries. In some rural areas of Pakistan, these plants are working efficiently as alternate energy sources. In this way, the burden of waste is converted into a blessing.

Seventhly, food waste can be used for making fertilizers and compost. It is a way of making organic and nature-friendly fertilizers. It is done by mixing food waste, which is mostly organic, with bacteria, animal manure and some soil in a



closed drum. With the passage of time food waste is completely decomposed and gives a nutrient-rich fertilizer. These fertilizers are used as alternatives for chemical fertilizers. They can bring down the acidity of soils. Agricultural universities in Pakistan are working to maximize the outcome of this approach. Currently, this technique is being used at domestic levels just for home gardens and small farming. Researches are being done to commercialized this concept and pave the way towards developed Pakistan.

Lastly, reforms are required to curtail synthetic waste regarding food. Various synthetic products such as plastic and disposable goods are used in connection with food. The most important strategy regarding this problem is by adopting 3R technique. It means reduce, reuse and recycle. People should reduce the use of synthetic cutlery, reuse the plate or bowl and recycle the products to save the mother Earth from its pollution. Similarly, food ought to be served in wooden or stainless steel plates or bowls.



instead of plastic and other synthetic products which cannot be easily decomposed and add to the menace of pollution.

3R strategy should be adopted; otherwise, the synthetic food waste having harmful chemicals will badly affect the peaceful ecosystem. This will hamper the progress of Pakistan and further worsen the already crippled economy.

In a nutshell, it can be concluded that food waste is a great threat to the socio-economic conditions of Pakistan. It needs to be tackled. In Pakistan, food wastage can be cut down on by implementing social and welfare schemes such as community refrigerators, packaging remaining food, cooking and buying enough for one-time use, reusing and mixing it with other dishes, educating people, community programs, parenting and good schooling, enforcing one-dish policy and managing buffet system in weddings, making bio-fuels and organic fertilizers and minimizing the use of synthetic products associated with food by encouraging the use of wooden and stainless cutlery. The 3R strategy can also be useful to cut down on food waste at homes or in restaurants in Pakistan. Food



is one of the precious blessing of Allah Almighty. This ought to be with utmost care and gratitude. This blessing is not available to <sup>many</sup> underprivileged people. It is the duty every person to use it carefully, not to waste it and share it with fellow beings. The Holy Prophet (S.A.W) also prohibited people from wasting things by saying that water shall <sup>not</sup> be wasted during ablution even if someone is beside the running stream.

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