

THE COLLEGE GUIDE TO

Freeganism



What is Freeganism?

Freeganism is an anti-consumerist movement that focuses on minimally consuming resources by recovering wasted items such as food.

Freeganism is the ideology and practice of limited participation in capitalism and the global economy.

Freegans have two main goals:

- 1 Use only what they need to survive
- 2 Purchase as little as possible



Resources

For you to practice Freeganism

At USF

Food Recovery Network
Seed Library
Community Garden

In San Francisco

The Freecycle Network
Food Not Bombs
Imperfect Produce

Tactics

1 Dumpster Diving

The practice of retrieving unused and edible food from waste bins to limit food waste.

- Grocery stores throw away over 43 billion pounds of food every year
- 50% of produce is thrown out while still edible
- Only 6 states have laws that encourage grocery stores to donate food (dumpsters.com)

2 Plate Scraping or Tabling Diving

The practice of sitting at a restaurant and finishing the food on people's plates after they leave.

- The restaurant industry throws away over 11.4 million tons of food waste every year (Restaurant-hospitality.com)
- They typically have policies that prevent them from donating uneaten food for fear of being sued

3 Wild Foraging

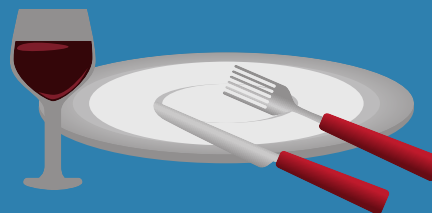
Foraging the generally ignored edible plants that grow all around us.

4 Gardening

Growing one's own food to be self-sufficient. Typically used in conjunction with other freegan tactics.

5 Bartering or Trading

The practice of exchanging goods and/or services for food and items instead of money. This practice can be associated with the gift economy.



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