

## BUFFETS BITE BACK

The food waste situation in Hong Kong is quite severe, especially given the abundance of buffets.

Wasted food doesn't just vanish and the really concerning part is what happens to it afterwards. I watched a documentary about landfills, and it showed how all the uneaten food gets bagged and thrown away.

In science class, I learned that when organic matter decomposes in landfills without adequate oxygen, it produces methane – a gas that significantly contributes to climate change. We need to be more mindful when dining out. Restaurants could consider offering smaller plates and extending the time limits so that diners don't feel pressured to overfill their plates.

Another idea might be to implement a small fine for leaving a full plate behind; that could encourage people to think twice before piling on too much food.

Most importantly, we should remember that dining is not a competition to eat the most. We can take smaller portions or go back for seconds if we are still hungry.

The primary goal is to enjoy the food without harming the environment. These simple changes could make a significant difference.

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