

Freeganism – a way of life

Worksheet 1 Teacher's notes

1. What is your favourite food? What food can't you imagine living without ? Do you like Polish cuisine? Do you eat fast food? Have you heard of Slow Food movement?

students' own answers

2. Do you know what vegetarians eat(do not eat meat)? vegans (eat fruit and vegetables) ? fruitarians (eat fruit) ? freegans(eat discarded food they can find free)? Go to <http://money.howstuffworks.com/freegan.htm> , read about freegan philosophy and watch a video. Answer these questions:

❖ Who are freegans? How is the name created?

The word freegan is a combination of "free" -- as in it's free because you found it in a dumpster -- and "[vegan](#)," a [vegetarian](#) who abstains from all animal products. Not all freegans are strict vegetarians, however. Some would rather eat found meat, dairy and eggs than let food go to waste.

❖ Is freeganism only about food?

Many freegans extend their beliefs beyond the food they eat. In addition to Dumpster diving, some freegans squat on abandoned property or grow gardens on empty lots. Some choose not to hold jobs and instead volunteer or teach repair workshops for other freegans.

❖ What is urban foraging?

*Most freegans live in cities where trash is high quality and plentiful. New York City, with its density and wealth, is practically the capital of freeganism. Because freegans tend to concentrate in urban areas, most practice **urban foraging**. Freegans look for furniture or bags of clothing on curbsides, [electronics](#) in office Dumpsters and [food](#) behind grocery stores and restaurants.*

❖ What is gorilla gardening?

*Freegans also grow their own food. Some create plots on their own property; others practice **guerrilla gardening** and convert abandoned lots into community gardens.*

❖ What was gleaning?

***Gleaning** (collecting abandoned food from fields or other sources) has been around since ancient times. It's even mentioned in the Bible as a form of charity: Farmers would harvest their crops and allow the poor to collect the leftovers.*

❖ Would you consider being a freegan even if for a day?

students' own answers

3. Watch a video to learn more: <https://www.youtube.com/watch?v=FZoUlekIIX4>. In groups discuss your reaction to what you have just learnt.

students' own answers

Freeganism – a way of life

Worksheet 1 Teacher's notes

4. Now look at the food wastage in the world, does the information change your opinion about freeganism?

<http://www.fao.org/nr/sustainability/food-loss-%C2%ADand-waste/en>

http://www.rangemaster.co.uk/media/1343891/Rangemaster_infograph_food.pdf

students' own answers