

Freeganism : a new eating habit

Talking about new eating habits, there's a new trend called freeganism ; some of my anarchist friends in Melbourne are freegans but I 'm not myself. So what is a freegan? The word freegan is a contraction of the words free and vegan. Vegan is a form of vegetarianism, an extreme form, of vegetarianism. Freeganism is born out of the idea that we waste too much food ,that enough food is produced to feed everyone but we don't use it in the right way. So what they want to do is make use of all the food that goes to waste and by doing that , they feel as if they are not contributing to the problem because they're using what other people discard or throw away. A lot of freegans, including my friends in Melbourne,they're freegans not because they don't have enough money to buy the food in the supermarkets, they do it more as a kind of a lifestyle thing. One of the main activities of the freegan is what in Australia ,we call dumpster diving. Dumpster diving means that at night they organize raids on supermarket bins and, restaurant bins to find and recover all the wasted food . I feel like dumpster diving is not a solution to global poverty, it's just a way to alleviate guilt.