

08 April 2020

## Be a Food Waste Prevention Champion during the Movement Control Order Period

Dear students,

During this Movement Control Order period, some of us may face difficulty in getting food supply as we are required to stay at home to minimise the risks of Covid-19 infection. While restricted physical shopping and online delivery service are still available, some of us are privileged to start food rationing but simultaneously there are others who need to rely on food assistance.

Nevertheless, regardless of how we obtain the food, let us together be a food waste prevention champion by following these five (5) smart steps:

- i. **Shop smart**
  - Understand your meal plan to make informed decision when you shop.
  - Plan what you will actually eat for only half of each week.
  - List the items that you currently have so you can only shop for what is missing.
- ii. **Cook smart**
  - Plan your meals around the perishables in your fridge.
  - Be mindful of available leftovers as some online recipes may transform them into something new.
  - Challenge your family and friends to a virtual cooking contest with the leftovers.
- iii. **Dine smart**
  - Do not pile your plate full with food and over-eat.
  - Try to eat a balanced meal of protein, vegetables and carbohydrates.
- iv. **Takeaway smart**
  - Bring your own clean takeaway container to the food outlet / food collection centre.
- v. **Giveaway smart**
  - Share excess food with friends and people who need them.

Let us not waste and remember to trash hunger not food. Also, please always make a habit of using hand sanitizers, wearing masks and gloves, and practising social distancing, especially during this Movement Control Order Period.

For those who have registered for the MOHE Food Aid Programme 2020, please abide by the scheduled food collection based on the selected meal preference, because if you fail to collect the food for THREE (3) consecutive days, you will be removed from the Food Aid Programme.

For assistance and queries, please contact:

- I. General Email: [dsa@utar.edu.my](mailto:dsa@utar.edu.my)
  
- II. **Kampar Campus:**
  - Mr. Phoon Sau Wai, DSA Kampar Campus Hotline (016-210 0864)
  - Ms. Lam Jeen Yee, Chairperson, UTAR Student Representative Council of Kampar Campus (010-206 3507)
  - Prof. Dr. Choong Chee Keong, UTAR Vice President (Student Development and Alumni Relations) (016-2233561)
  
- III. **Sungai Long Campus:**
  - Mr. Chow Keng Fatt, DSA Sungai Long Campus Hotline (016-210 0862)
  - Cik Nurul Izwazi, Assistant Manager, Department of Student Affairs (013-784 0482)
  - Mr. Leo Cheong Zhe, Chairperson, UTAR Student Representative Council of Sungai Long Campus (012-756 8938)

Thank You.

Department of Student Affairs and Student Representative Council  
Universiti Tunku Abdul Rahman (UTAR)  
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