



PROMOTING SUSTAINABLE HEALTHY EATING AMONG FAMILIES: FOOD WASTE

DR JESS HAINES, PROFESSOR OF APPLIED NUTRITION

1/3 OF THE FOOD PRODUCED IN THE WORLD IS WASTED

In low-income countries, the majority of food waste happens at the production level, but in high income countries the majority of food is wasted at the household level. Households in high income countries account for approximately **30%** of food waste.

WHAT IS HOUSEHOLD FOOD WASTE?



AVOIDABLE FOOD WASTE: rotten fruit & veg, out-of-date meat, dairy, fish.

UNAVOIDABLE FOOD WASTE: Egg shells, coffee grinds, pepper stems.

Research conducted by Dr Jess Haines' study group found that families in Guelph, Canada waste around **3KG** of avoidable food waste each week, which translates to around **18USD** and **23KG** of CO₂ per week. That's **1,196 KG** of CO₂ per year, equivalent to a quarter of the emissions from driving a car!



By wasting good food, families are missing out on valuable calories and nutrients. This study found that **65.5%** of food wasted comes from fruits and vegetables.



ROCK WHAT YOU'VE GOT

To help families utilise the food they are buying better, the researchers developed the **'ROCK WHAT YOU'VE GOT'** Cookbook.

This free resource includes lots of helpful pointers to help families to reduce food waste, as well as **simple family recipes** including 2-in-1 recipes, fridge clean out recipes and use it up recipes using whole vegetables.

DID IT WORK?

A FEASIBILITY STUDY OF THE RESOURCE FOUND:

- ✓ DECREASE IN AVOIDABLE FRUIT AND VEGETABLE WASTE
- ✓ INCREASE IN PARENT'S CONFIDENCE IN DECREASING FOOD WASTE
- ✓ INCREASE IN CHILD'S KNOWLEDGE ABOUT 'BEST BEFORE' DATES
- ✓ INCREASE IN FAMILIES SERVING VEGETABLES

FREE RESOURCES FROM THE STUDY:
GUELPHFAMILYHEALTHSTUDY.COM