



Food Waste in The Household

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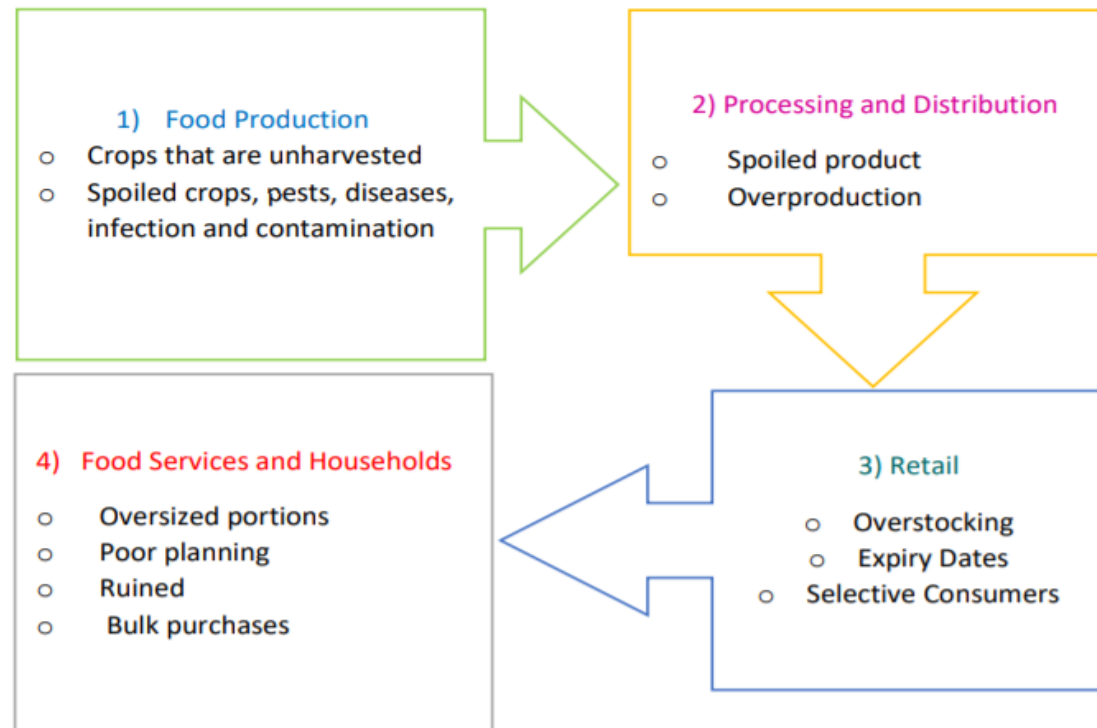
Introduction

- From the picture that we've seen in the previous slide we can already say that this is not the most appealing topic to be talking about.
- Yet this describes our daily life.
- So why don't we stop a bit and think about what we're doing?



What is Food Waste?

- Food waste: the loss in edible food mass that was originally intended for human consumption.
- Food wastage includes both food losses, which occur at the production, postharvest and processing stages, and food waste, which originates at the retail and consumption stages.



Food Waste from Households

- Food is being lost and wasted along the whole supply chain from farms, to processing and manufacturing, to shops, restaurants, and later on in our homes.
- Consumers are usually unaware of the issues or consequences of this food waste.



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Where is Food Waste in Households coming from?

Two-thirds of food waste in the household is due to:

- Improper storage
- Lack of visibility in refrigerators
- Misused ingredients
- Misjudged food needs

The remaining third of food waste is due to:

- Large portions
- Throwing away left overs

Confusion over the meaning of dates. The “sell by” and “use by” dates are not federally regulated and only serve as manufacturer suggestions for a higher quality.

Sales on unusual products and promotions that encourage impulse and bulk food purchase.

Lack of meal planning and shopping lists

Food Waste from Maltese Households



- It has nearly been three years since the Maltese Government introduced organic waste bins in each and every household in Malta.
- Maltese residents are encouraged to recycle paper, plastic, metal, glass and organic waste.
- EU figures published in 2018 showed that household waste in Malta stands at 647kg per person, which is a lot higher than the European average which is that of 480kg.
- Most of the food waste in Malta occurs due to lack of planning or thinking.

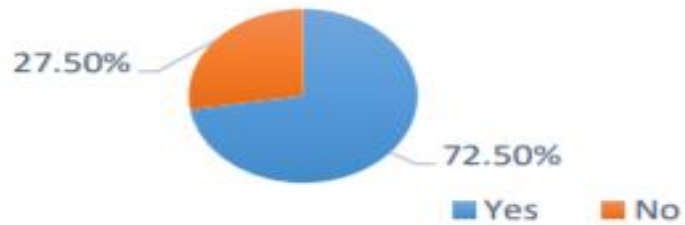
STATISTICS

Our EkoSkola Outreach Committee conducted a survey amongst our school community regarding the generation of food waste at the time of the Covid-19 pandemic (April 2020).

These pie charts displayed ahead show the results obtained.



Have your eating habits changed during the Covid-19 pandemic?

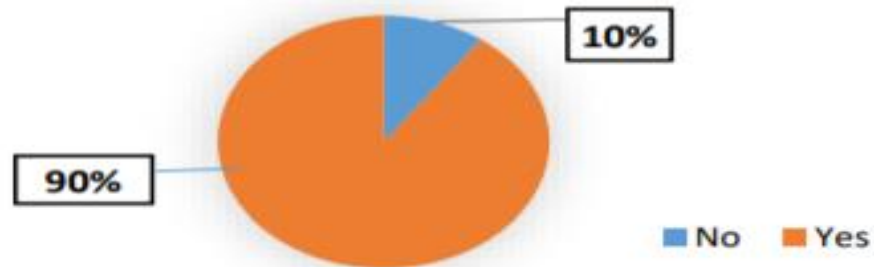


Question 1

Answer:

The majority of the people (72.5%) said that their eating habits have changed. Factors that could lead to these changes include stress, anxiety and resorting to eating comfort food.

Are you eating more home cooked meals?



Question 2:

Answer:

Most respondents (90%) said that they are eating more home cooked meals. Research shows that people want food with minimal human touch points. With many restaurants closed, home cooking is making a comeback.



Discussion



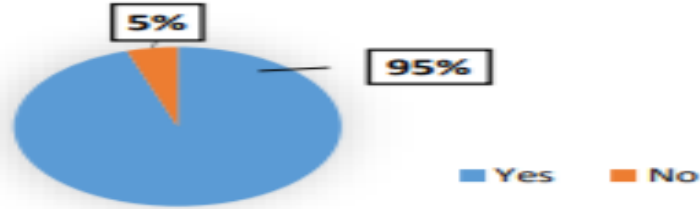
Have your eating habits changed during the Covid-19 pandemic? Yes/No why?

Are you making use of meal left-overs?

More local produce is being chosen on the shopping list due to the Coronavirus. Are you opting for less packaging too? Yes/No why?

Apart from the social aspect, are you aware of the consequences of food waste on the environment?

Are you making use of meal left overs?



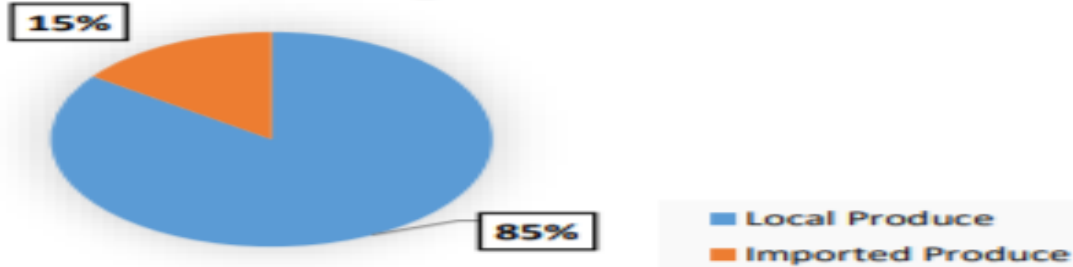
Question 3

Answer

95% of the people who participated said that they are making use of meal left overs.

A lot of people are finding comfort in cooking during the pandemic since most people are staying at home they have more time to cook and to be creative.

During this period are you consuming more?



Question 4

Answer

The result shows that 85% of the people who took the survey are consuming more local produce than imported produce. This is due to the interruption of global supply chains and closures of borders.

Are you generating more food waste?



Question 5

Answer

40% answered that they are generating more food waste. Those who are generating less food waste during this pandemic are those who are making use of their leftovers.

60% said they are generating less food waste.

Interviews

A student and a parent spoke to us about their experience of food waste during the time of the pandemic.



Student

Q1. More local produce is being chosen on the shopping list due to the Coronavirus. Are you opting for less packaging too? Yes/No why?

A. "I am opting for less packaging because it is fresher and more convenient for the client as the object is easier to carry around from the supermarket the house."

Q2. Apart from the social aspect, are you aware of the consequences of food waste on the environment?

A. "Yes, I am aware. Food waste is increasing because people are wasting more food than they used to since they are eating more and spending more time at home due to the Coronavirus."

Parent

Q1. What food are you preparing? Has your menu changed during the Coronavirus if yes how?

A. "More or less I am still cooking the same food as before. I have more time to plan my meals and we are eating together as a family."

Q2. Are you making more use of leftovers now, why? Is it just the financial factor?

A. " I always try to use leftover food. Apart from the financial aspect, I try to consume the leftovers during the next day for example making a pie. Since we are all at home, our income has decreased, so I try to still prepare healthy meals but try to spend less."

STUDENT

- **Aware of the impacts of food waste**
- **Using less packaging**

PARENT

- **More time to plan meals**
- **I make use of leftovers**

Reducing Food Waste in the Household

- **Store food correctly** as improper storage leads to a massive amount of food waste due to premature ripening and rotting.
- **Pickling, drying, canning, fermenting, freezing and curing** are all **methods** one can use to make food last longer.
- **Compost organic materials** which can be added to soil to help plants grow. **Producing compost** keeps food waste out of landfills where they take up space and release methane, which is a harmful, greenhouse gas.



PRESERVE

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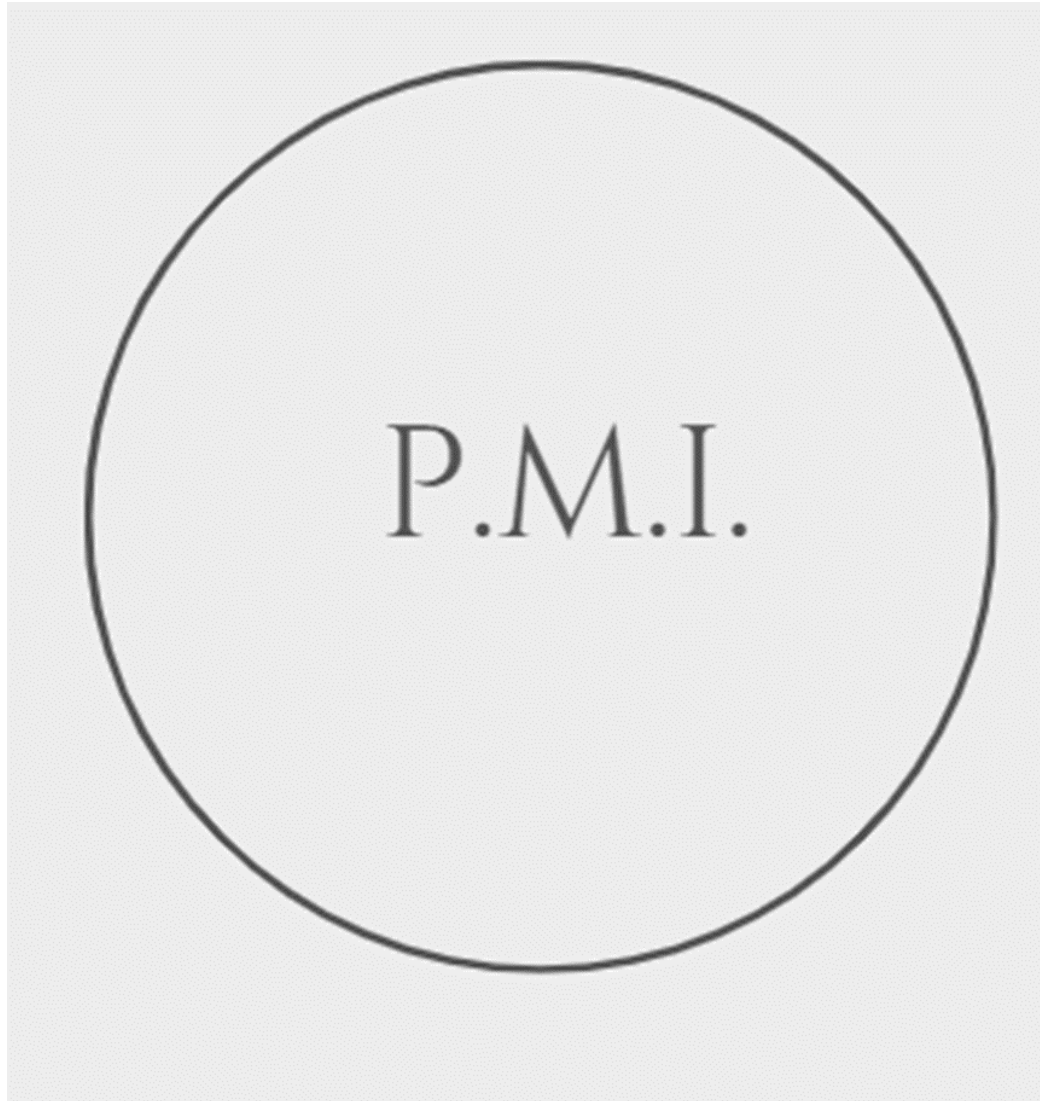
STORE





Benefits

- **Saves** money.
- **Reduces** methane emissions and lowers one's carbon footprint.
- **Conserves** energy and reduces pollution.



Evaluation

Share your thoughts using P.M.I

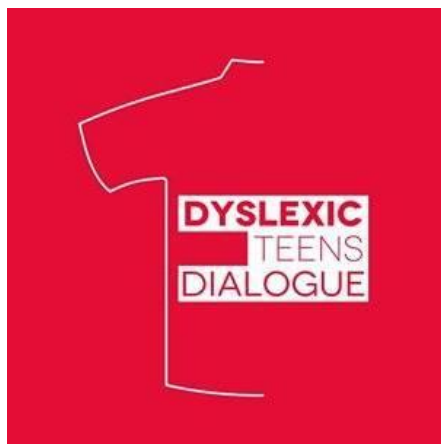
<https://padlet.com/emmamanicar019/v00b2jlk-gaa9rwhi>

Link to Article on YRE Website

<https://yremalta.org/past-entries/food-waste-in-the-household/>



Eco-Schools



St Joseph School Sliema
Senior School

Thank you
for your
attention

“

Alone we can do so
little; together we can
do so much.”

Helen Keller

