



# Food Waste in The Household

---

Emma Manicaro

# Introduction

---

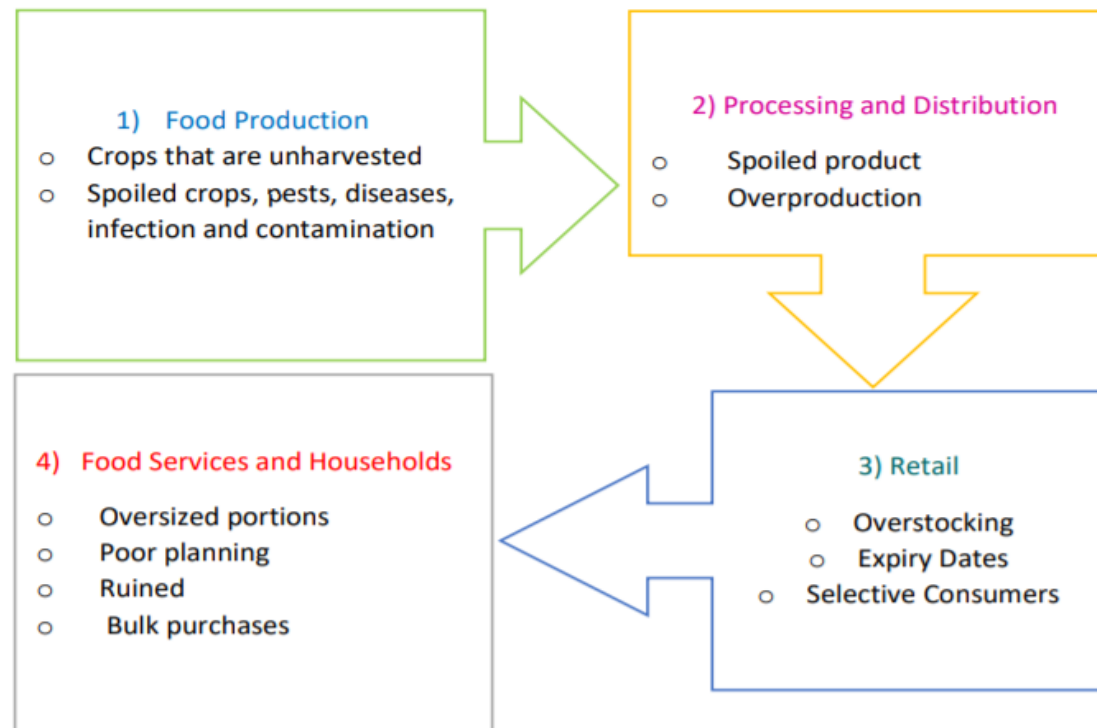
- From the picture that we've seen in the previous slide we can already say that this is not the most appealing topic to be talking about.
- Yet this describes our daily life.
- So why don't we stop a bit and think about what we're doing?



# 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.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

---

# 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?

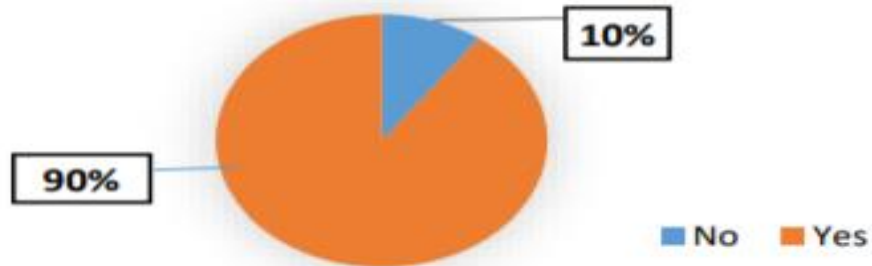


### Question 1

#### 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



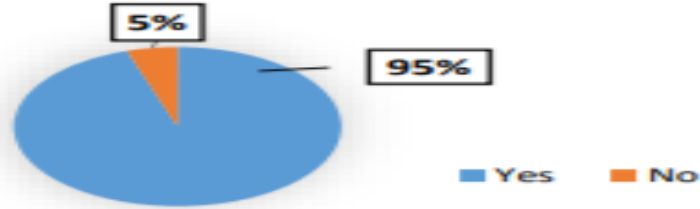
Have your eating habits changed during the Covid-19 pandemic? Yes/No why?

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?



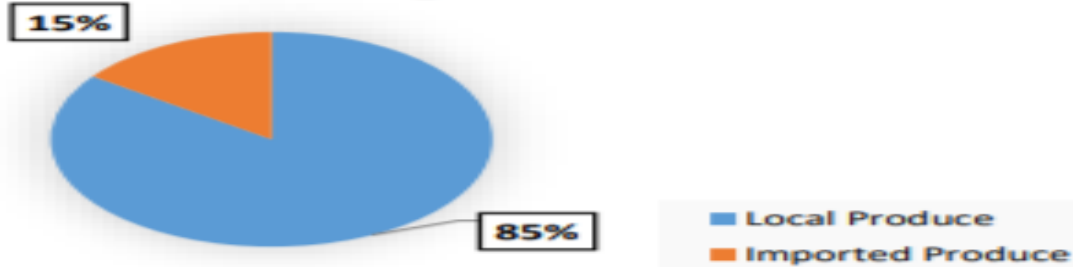
### Question 3

#### 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

© Can Stock Photo - csp3218310



STORE



# Recipes for Left Over Food



Smpamie tal-feawli u banana

Ingredjenti:-

- 3 banana
- Nofs tazza yogurt tal-vanija
- Nofs tazza nali
- 3 Kucceini għasbi
- 1/4 tal-kucceina kannela
- Tazza sig

Metodu

- Iffa' kollu l-għaliq u nfiha kollha f'imbott għaliq magħod naha minni
- Sevi

Rupatawde-salamun u saraq

Ingredjenti:-

- 400 grammu salamun
- 200 grammu pasta ta' għajnejha
- 200 grammu pasta ta' għajnejha
- 1/2 tazza ta' pasta ta' għajnejha
- 1/2 tazza ta' pasta ta' għajnejha
- 1/2 tazza ta' pasta ta' għajnejha
- 1/2 tazza ta' pasta ta' għajnejha

Metodu

1. Għajnejha u pasta ta' għajnejha...
2. ...
3. ...
4. ...
5. ...
6. ...
7. ...
8. Sevi

Ruam tal-nabz

Ingredjenti:-

- 600 grammu ruam tal-nabz
- 200 ml nali
- 200 ml umg
- Kucceina essenza tal-vanija
- 3 mgħasbi kucceini magħod
- 4 mgħasbi kucceini magħod
- Nofs kucceina ta' kannela
- Nofs kucceina ta' kannela
- Nofs kucceina ta' kannela
- 1/2 tazza ta' l-ogħol u mandarina
- 1/2 tazza ta' l-ogħol
- 250 grammu fawt nixef, imballat
- 75 grammu għajnejha, imballat
- 80 grammu magħod
- 200 ml umg
- 3 mgħasbi kucceini magħod tal-gungjen

Metodu:-

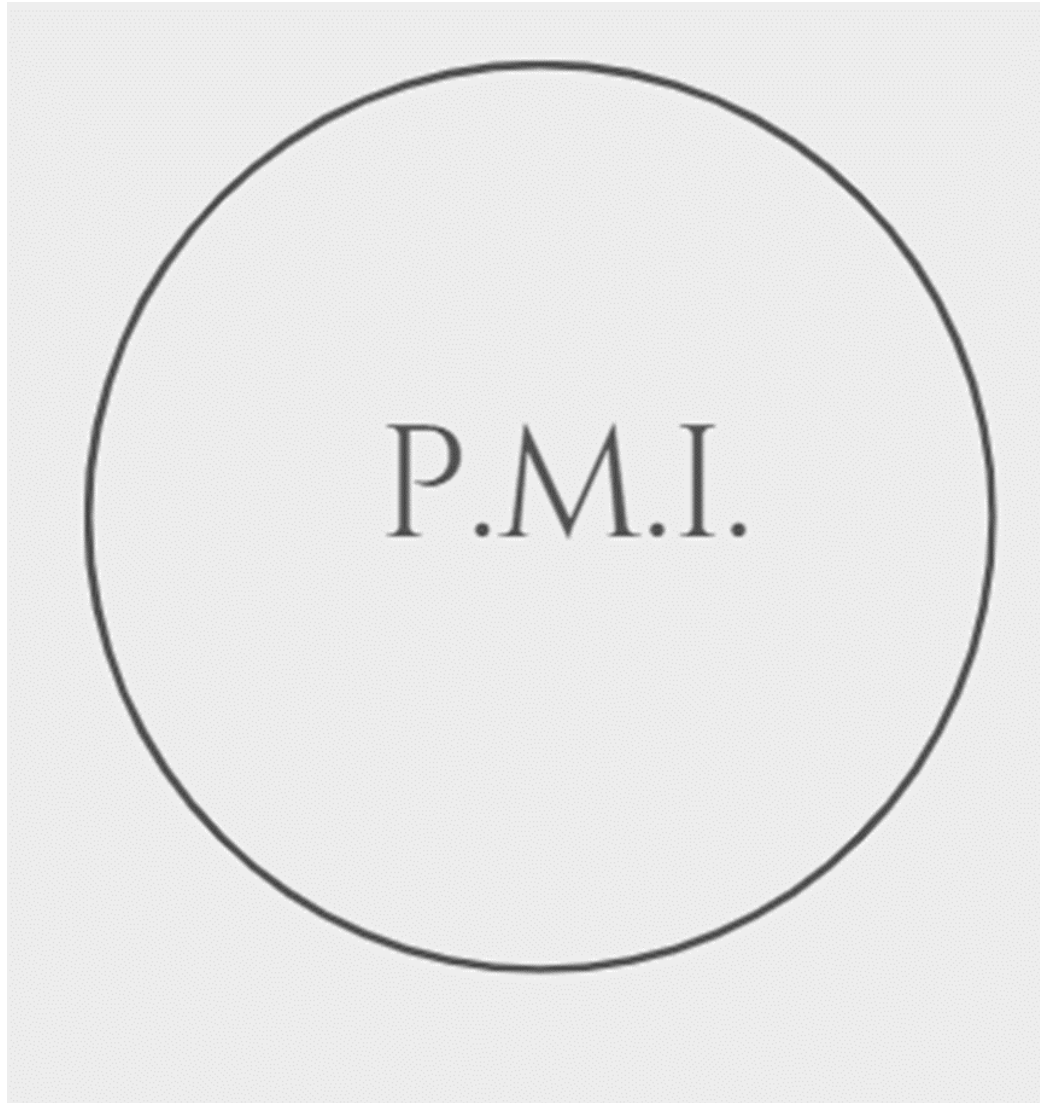
- 1) Rappi l-nabz nixef f'fawt ta' l-ogħol u l-nali u l-essenza tal-vanija
- 2) Għajnejha kollha b'dejk
- 3) 200 grammu fawt nixef, imballat
- 4) Kompj għajnejha b'idejha kollha u l-ingredjenti jidher f'ruam
- 5) Iffa' l-nabz u l-ogħol f'fawt ta' l-ogħol
- 6) Fawt nixef, imballat u għajnejha f'fawt ta' l-ogħol f'fawt ta' l-ogħol
- 7) Sevi u jidher jidher



# 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>



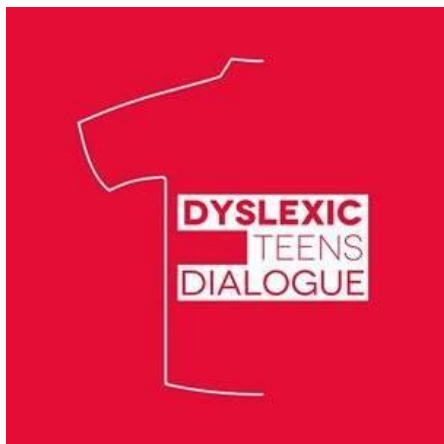
# Link to Article on YRE Website

---

<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*

