

Reducing Household Food Waste

Almost half of the total avoidable food waste across the entire food production system occurs in the home. While some food waste across production systems is unavoidable, most of the food waste in households is completely avoidable. For individuals and families an immediate place they can focus and take action is when shopping and preparing food.

Household food waste can be minimised by:

- using all edible parts of food products where possible, e.g. eating edible peel of fruits and vegetables,
- using left overs meat cuts and bones to make stocks or soups
- finding recipes to use leftovers such as day old breads, left over meats and vegetables not discarding produce due to slight discolourations, odd shapes, or blemishes, that are not affecting the usability of the product planning food shopping and only buying what can be consumed before the next shop to minimise food perishing before use,
- storing food correctly to reduce spoilage.

By reducing food losses in the home we can help to increase food production efficiency and reduce the environmental impact of food consumption. Waste management continues to be a serious concern internationally. We all need to consider ways we can help to reduce the amount waste we produce.

References

Beretta, C., Stoessel, F., Baier, U., & Hellweg, S. (2013). Quantifying food losses and the potential for reduction in Switzerland. *Waste Management* (33), pp 764–773.

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