

STRATEGIES TO AVOID FOOD WASTE

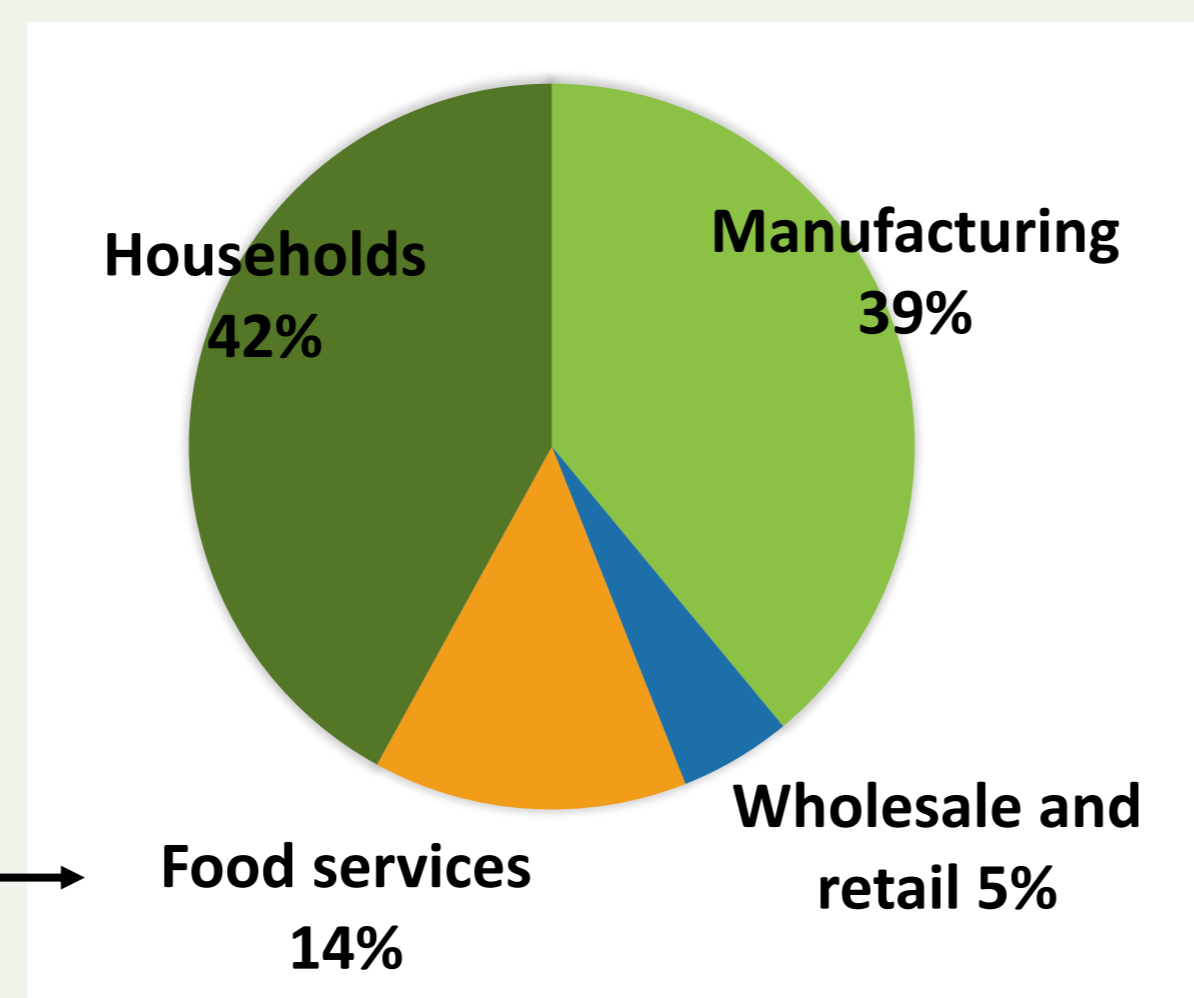
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INTRODUCTION

1/3 of the produced food is lost or wasted, through the food supply chain from production to consumption. This phenomenon creates a big environmental, economical and social impact.

In developing countries food waste has a lot to do with lack of transport, production and storage infrastructures

In developed countries like Spain, it happens more once food is ready for consumption, just because consumers can afford to throw it away. In Europe the 56% of the food waste is originated by the restaurants and consumers.



To solve this situation there are 3 main aspects that governments and society need to work on: **★ Encourage and educate the consumers on this topic, ★ Mobilize the involved groups and promote innovation, ★ Invest on the construction of a sustainable food system.**

The public institutions of Catalonia are working on it, through action plans to fight this problem, but are the different involved sectors following the same direction? In the case of food establishments the study will try to discover if the restaurants are conscious of the matter and managing it from its perspective.

METHODS

- Extended bibliographic research: developing an idea of food waste and its causes, as well as actions and strategies for its reduction.
- Realization and distribution of a poll with 16 measures that can easily be applied in restaurants. Studying if the restaurants implement these measures.

DISTRIBUTION: Made personally, visiting establishments, in low volume of work time (before or after the meals are normally served) facilitating the response.

SAMPLE: 48 restaurants of different capacities and types, in Castelldefels, obtaining 30 answered polls in total.

POLL FORMAT: List of strategies, which had to be read marking the ones the restaurant applied (with a cross). Obtaining an idea of the measures that the establishments made and those that didn't (that were left blank).

CONCLUSIONS



Just with conscience and prioritization from the society, from everyone involved in the different states of the supply chain, we can considerably reduce food waste, with only the will to do it and some easy measures that can help us. The governments already provide a lot of these strategies, sharing them by sectors, to all the population.

From the study results, specifically focused on the restaurants scope we can conclude that:

Recommendations and measures are taking into account by restaurant workers



The main reason to apply them isn't clear (the majority also contribute in other business interests)

Not only restaurant employees need to work on this, but also clients of the food service

OBJECTIVES

- Offering a global and clear vision of the food waste and its causes.
- Studying which actions should be taken in order to reduce it, and how are they being applied in the territory of Catalonia.
- Discovering if restaurants in the city of Castelldefels apply some easy ways to decrease the fraction of food waste that belongs to this sector.

RESULTS

The distributed poll (with the positive answers obtained) was:

FOOD WASTE REDUCING STRATEGY	Num. restaurants that apply it
1. Use of open names in the menu: fish of the day, season salad ... (In order to use the ingredients that we need to).	17/30
2. Have a reduced offer, reducing the variety of products being on stock and increasing the rotation of this supplies	17/30
3. Use of preparations of ingredients in more than one dish	20/30
4. Use of fresh and season products, reducing losses in intermediates and increasing the conservation period	16/30
5. Calculate the buying quantities depending on the sales forecasts, with a maximum security margin of the 15%	23/30
6. Have a short purchasing period, that way less amounts of products are in stock	22/30
7. Be aware of the environmental commitment and food waste reduction politics of our suppliers	9/30
8. Train, encourage, engage and preach by example against the waste of food to the employees, suppliers and clients	22/30
9. Make the food operations and preparations before the service with time: dosing properly, knowing the products in stock	24/30
10. Measure the appropriate portions for the clients (by tracking the food left in the dishes), and having a defined dish size to avoid changes in the quantity	17/30
11. Offer diverse dish sizes to avoid throwing away food because of a dish to big or to little for a client	12/30
12. Have an illustrated menu, with pictures that provide an idea of the quantity and size of the dish	10/30
13. Offer the option of taking the left food home, for this clients that doesn't finish their plate	23/30
14. Bring the table bread in little portions letting the clients know that they can ask for more if it finishes (otherwise a lot of bread gets wasted)	17/30
15. Reuse the food that hasn't been able to consume, in other plates or appetizers (following the sanitary measures)	9/30
16. Adapt the next purchase taking into account the left over ingredients from the previous one	21/30

- Every restaurant applies minimum half of the measures, meaning they all execute some actions to reduce food waste
- In general terms, those strategies that mean an economical improvement are being more developed
- Only some restaurants (30/48) are willing to answer the poll (although it only takes 5 minutes), even when they are told it can help them to get ideas to reduce food waste.