

FOOD WASTE

Food Waste, Food Literacy and
Implications for Health

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“Food waste isn’t considered problematic because, for the most part, it isn’t considered at all.”

Bloom - 2010

Food Waste and Public Health?

- ▶ Historically institutional food waste work was about health
- ▶ No real detailed understanding of quantity and composition and contribution
 - Awareness
 - Reduction
 - Policy
- ▶ Understanding food waste provides insight
 - Food skills?
 - Gap between perception and reality in consumption

Residential Food Waste

- ▶ Average household generates 3.5–4.5 kg of food waste per week
 - ▶ 53% avoidable
 - ▶ 11% possibly avoidable
 - ▶ 36% unavoidable
- ▶ Weights often over-estimate because of non-food organics

Fruits and Veg's

- ▶ 50%–60% of total
 - 3.9Kg kg per day
 - 40% of this unavoidable
 - Not strong correlation between avoidable and unavoidable
 - High frequency
 - 70% of avoidable total



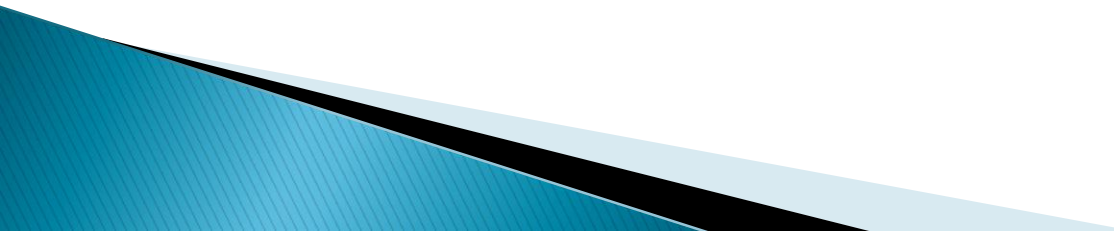
Others

- ▶ Meat and Fish 0.05 kg per day
 - 8% of total
 - 55% avoidable – more than half of households
- ▶ Dairy and Eggs 0.03 kg per day
 - 5% of total
 - 70% avoidable – lower frequency



Waste “Groups”

- ▶ Waste aware
 - ▶ Food Aware

 - ▶ Convenience Driven
 - ▶ Frantic Family
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Wrap up

- ▶ What we know
 - ▶ People are throwing out a significant volume of healthy food
 - ▶ Food awareness reduces waste
- ▶ What we need to know
 - ▶ Is the gap now cooking skills?
 - ▶ Are food aware buying less or eating more?
 - ▶ Health implications
 - ▶ Will literacy interventions reduce waste and improve health outcomes



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