



Food Waste in The Household

Emma Manicaro

St Joseph Senior School, Sliema

Food Waste

Food waste is the loss in edible food mass that was originally intended for human consumption. Food wastage includes both food losses, which occur at the production, post-harvest and processing stages, and food waste, which arises at the retail and consumption stages. We speak of “food wastage” to clearly distinguish the concept from waste, which is defined in the EU’s Waste Framework Directive, and to emphasize the need for a supply chain approach. In accordance with the European Economic and Social Committee’s Opinion, the classification of what is inedible or unusable should remain flexible because as knowledge and technology advance, items that are currently considered inedible or unusable as by-products could become edible or usable.

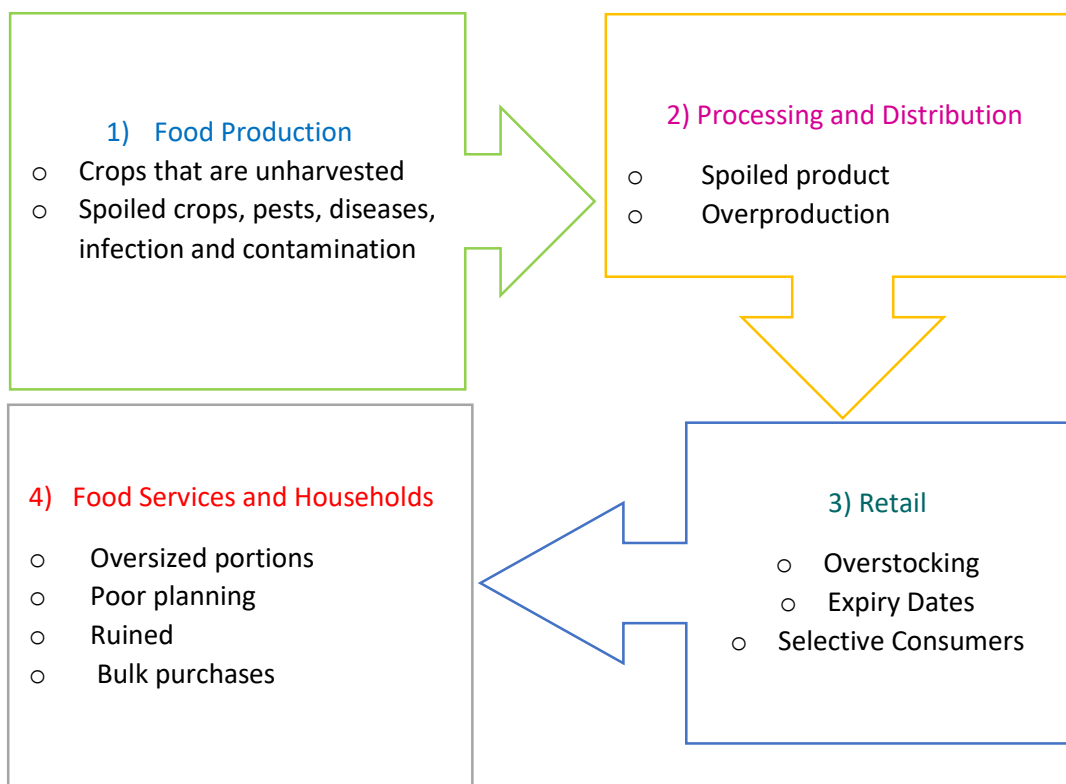


Diagram showing sources of food waste

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 its causes.

WHERE IS FOOD WASTE IN THE 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 been one year seven months since the Maltese Government introduced organic waste bins in each and every household in Malta. The schemes' target is to encourage people to sort their rubbish a choice. 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.

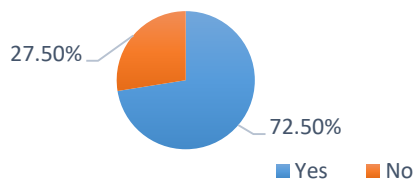


Food Waste in the time of the Covid-19 Pandemic

Our EkoSkola Outreach Committee conducted a survey amongst our school community regarding the generation of food waste at this time of the pandemic.

These pie charts displayed below show results the results obtained.

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

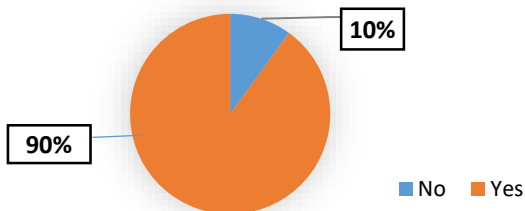


Question 1

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?

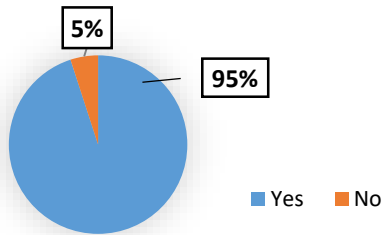


Question 2:

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.

Are you making use of meal left overs?



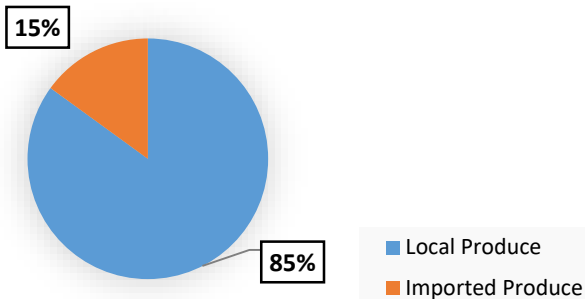
Question 3

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?

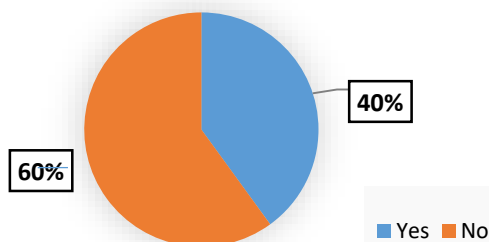


Question 4

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.

Interviews:

Here are 2 interviews to a student and a parent who speak to us about their awareness of food waste during this 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.”

How can we reduce food waste in the household



PRESERVE

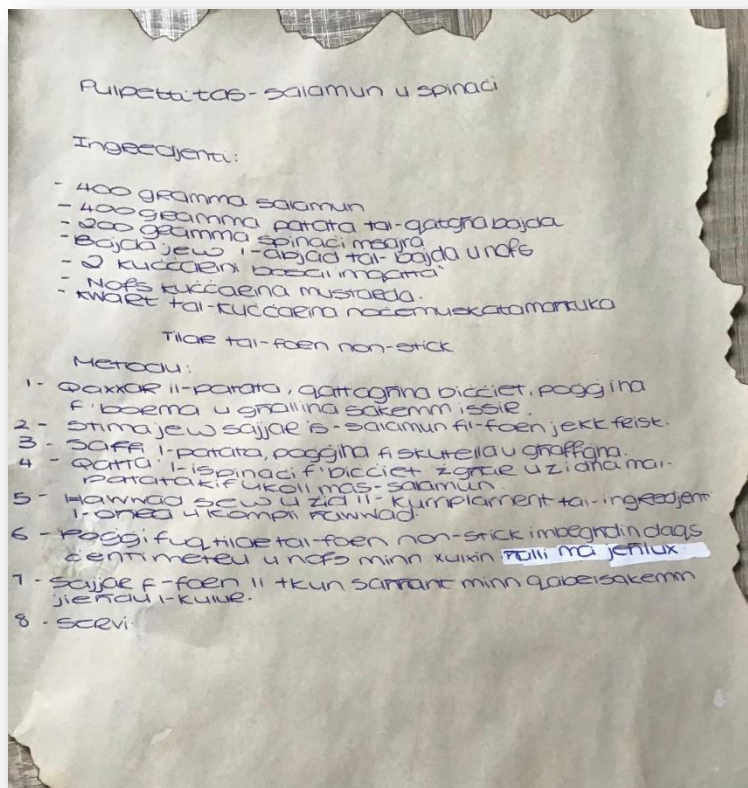
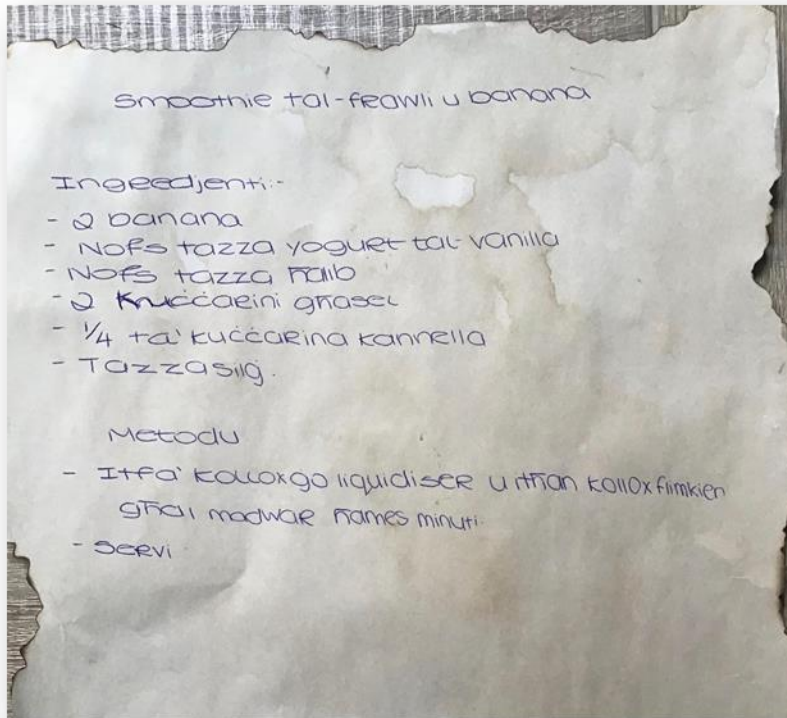


1. **Store** Food Correctly as improper storage leads to a massive amount of food waste due to premature ripening and rotting.

2. **Pickling, drying, canning, fermenting, freezing and curing** are all methods one can use to make food last longer.

3. **Compost** organic materials which can be added to soil to help plants grow. Making compost keeps food waste out of landfills where they take up space and release methane.

Recipes for left over food:



Rudina tal-nobz

Ingredjenti: -

- 600 gramm nobz nixef
- Bott ta' 300 ml tal-id evaporate
- 200 ml ilma
- Kuccarina essenza tal-vanilla
- 3 mgraief kokotina imbiegati
- 4 mgraief zakkor imbiegati
- Nofs kuccarina tieg tal-kannella
- Niskata moiemmet tal-grofol midrunda
- Oxera marrikuka ta' laenga u mandarina
- Il-meeq ta' laenga
- 250 gramm fatt niexef, imballat
- 75 gramm gellewz sfini, inkaljat
- 80 gramm maegeina
- 200 ml Eum skur
- 2 mgraief zereiegna tal-gunglien

Metodu: -

- 1) Paggi l-nobz niexef fiskutella kbira u itfa' l-id u l-essenza tal-vanilla.
- 2) Graffeg kollox b'idejk.
- 3) Zid l-ingredjenti l-oħra kollha flimkien niefir-gunglien.
- 4) Kampi graffeg b'idejk sakemm l-ingredjenti jidflu f'xukin.
- 5) Itfa' t-tanlita fid-dixx u ffeixha.
- 6) Ffeex il-gunglien fit-wicc u armi f'temperatura ta' 200°C għal 30 minuta.
- 7) Sevinha s'una jew kiesra.



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

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