



## What do we know about organic waste in Ireland?

- In Ireland there is almost half a million tonnes of organic waste generated each year by households and commercial businesses
- The majority of this is **food based waste** through it also includes ***garden and landscape wastes***
- The organic waste is split almost 50: 50 between commercial and household
- In addition there is ~ 450 ktonnes of process based organic wastes from food producers (including Cat. 3) and industrial food processors, much of which goes for rendering

**Organic Waste Generated in Ireland**

Category	Percentage
Household	51%
Commerce	49%

## National Waste Prevention Programme (NWPP)

- NWPP has as a major goal the prevention of food waste
- Stop Food Waste (SFW) was established in 2009 to promote
  - Food Waste Prevention (both at home and at work) and
  - Home Composting
- SFW works on a national level but crucially also as a support to local authorities and local initiatives
- SFW works in conjunction with other national programmes e.g. GreenHomes, SafeFood, LAPN, Food Waste.ie, etc



## What do we know about household organic waste in Ireland?

- The average person throws out almost 300kgs of black bin rubbish each year (the same as three big men)
- The average Irish household throws out about 1.2 tonnes of rubbish each year – this is the weight of a Peugeot 206!
- 1/3 is organic waste
- Of the rest, 1/3 is potentially recyclable.
- By better management that load could be cut by up to 60%.



**Message: Savings – both *financial* and *environmental***



## Is Ireland the only country wasting a lot of food?

- Amount of organics generated per person annually in different countries

Country	Quantity of Organics Generated annually / kgs
Ireland	103
UK	110
USA	215
Norway	99
Australia	136



## So what food are we throwing out?



There are 3 types of food waste thrown out:

1. 60% is **Avoidable** food waste. Plate scrapings, leftovers, gone off fruit and veg, passed its date perishables, etc.
2. 20% is **Potentially Avoidable** food waste – this are things like bread crusts, potato skins, etc.
3. 20% is **Unavoidable** food waste – like general rubbish, some food waste is unavoidable. Examples are banana skins, chicken bones, etc.



## What are people actually throwing out?

The main food items thrown out are:

- Potatoes
- Apples
- Bread
- Salads
- Meat and fish
- Fruit
- Vegetables

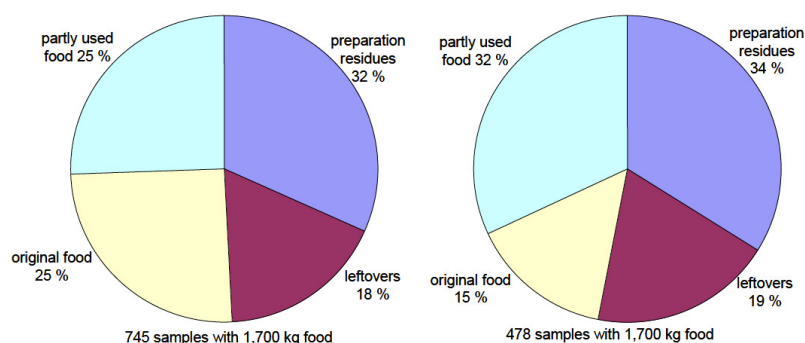
The types of food that we throw out and the greatest proportion of those unused are:

- Salads (almost half of salads bought are binned!)
- Bakery items (just over 30% is thrown out – mainly bread)
- Fruit (1/4 of fruit bought is thrown in the bin)



## Where does this waste food come from in our homes?

A study looked at the food wastes coming from different sized houses – the results were very similar





## Food Waste – an attitude and habit thing

- During the past 50 years Ireland has evolved from a poor agricultural country to a much more global and urbane one.
- Over the past 20 years, with increased GDP and personal wealth, being frugal (i.e. smart!) with goods and food is something that has become less important.
- It is important to remember when it comes to better food efficiency that, in the majority of cases, we are dealing with an attitude shift or change in habits.
- And this is not easy!

## Stop Food Waste Prevention message

- Equate food waste to money
- Each household wastes about 1/3 of the food it buys – imagine if someone stole a third of your groceries as you were putting them into your car – you'd be livid!
- Yet this is what we all do.
- If this wasted food was avoided, then each household could save up to €1,000 each year – think of the holidays!
- And the thing is, everyone wastes food – even those who think they are doing well.....



Food at home

Home composting

Local information

Food in business

Subscribe to Newsletter

See All Newsletters

Map of Master Composter Demo Sites

News

Summer 2012  
 Newsletter Now Out!(22.6.2012)  
 Love your Greens this St. Patrick's Day(3.3.2012)  
 Harvest Project by Green Homes(4.11.2011)

All news

Events

October 2012

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

All events

Links

FAQ



## Home Composting – Important Part of the Programme

- Main factors that influence participation in home composting are:
  - (a) favourable attitude towards what composting involves,
  - (b) being knowledgeable about the home composting process
  - (c) getting hands on experience
- Being a gardener not found to be that significant
- Social norms important in participation in recycling – everyone does it
- Home composting is normally carried out in a household's back garden, there is less opportunity for social norms to play a role
- Community schemes and school programmes important
- **People who compost or have composted in the past generate less food waste!!!**



## Master Composter Sites

- Frenchpark in Co. Roscommon 1<sup>st</sup> site
- Now 10 Main Demo sites
- Other smaller demo sites in strategic locations & smaller again community schemes
- Unlike food waste prevention promoting home composting needs to be hands on
- Regular complaint: "I read the books but don't know how to do it myself"
- 14 Youtube Videos on line



## MC Outreach

- Volunteers usually work in groups
  - Schools
  - Demo site
  - Festivals and Fairs
  - Household events
  - Tidy towns
  - Allotments
- Dedicated volunteer coordinator this year
  - maximise their time



## Back to Food Waste - what does Stop Food Waste encourage?

There are five general areas where we can improve our 'food efficiency' :

1. What kind of food do I waste regularly?
2. The whole shopping experience
3. Coming home – storing and cooking
4. Making the most of what we have – serving and reusing
5. How we manage food that becomes waste





## Key areas - leaflets

### Be a **SAVVY** SHOPPER!

WITH





"This programme is a fantastic step towards creating awareness of skills in the kitchen which will not only save money but help reduce waste." *Donal Sleehan*

 **STOP FoodWaste.ie**

\*See over leaf for top ten tips to waste less food and save more money.

Preventing food waste starts when you go shopping. Much of the food we waste comes from 'perishables'; things like fruit, vegetables and dairy products. So when you are shopping consider some of the following tips and see if you can save yourself money and reduce food waste.

**Ten Top Shopping Tips**

- ❶ Don't go shopping when you are hungry, you'll buy more than you need.
- ❷ If you are shopping for the week try and plan your meals ahead.
- ❸ Check your fridge, freezer and cupboards before you go shopping and plan meals around what you find.
- ❹ Then make a shopping list... and try to stick to it.
- ❺ Beware of special deals – these are great for toilet rolls and shampoo but bad for fruit, veg and salads (anything that can go off quickly). These are the things we buy because of a "good deal" but often do not get eaten.
- ❻ Try and buy loose fruit and veg – you get what you need and can cut down on packaging waste in your bin as well.
- ❼ Check use-by-dates to avoid buying food that might be thrown out if not eaten immediately.
- ❽ Poke around at the back of shelves – you'll often find use-by-dates that are further away.
- ❾ Shop for what you actually eat, not for what you want/wish you would eat (e.g. "I am going to be really healthy this week and eat lots of yogurts") and then not eat them!
- ❿ If it's an option for you, try shopping online for the basics – you get only what you want because you are not distracted by all the other goods on shelves AND you save money – it's like magic!

**Stick Me to your fridge, I'm useful!**





For more simple tips on how to waste less and save money visit



## Perfect Portion Measures



**STOP FoodWaste.ie**

*Perfect portion...measure the spaghetti you need!*





**STOP FoodWaste.ie**

*For good measure...one cup of rice per person!*





**STOP FoodWaste.ie**

## Children and food waste – new section on website

**Children & FOOD WASTE**

Home is where the food is, but when children are involved it can often be difficult to cut down on food waste. Impulse buying food items that are not needed, serving food that is not eaten, and getting meals that are too big when eating out, all result in wasted food. Preventing food waste when children are involved is a tricky one, so here at **STOP FoodWaste** we have come up with a series of tips that we hope will help you save money and reduce food waste.

**Shopping**

- Feed the kids first – they will be less cranky and less likely to try and grab all the goodies they fancy.
- Make a list before shopping and get the kids to help. Then in the shop let them help ticking items off your list.
- Small sized fruit are great for kids – less waste, they fit in lunch boxes and don't put kids off – often too much food is seen as a challenge for the little ones!

**Cooking**

- Involving children in the cooking process is great fun and a good way to get them familiar with food and used to eating different foods.
- Use measures or a weighing scales where possible for potatoes, pastas, rice, etc.
- Small portions of rice or pasta left over, once stored correctly, can make a simple quick meal the next day.

**Serving Food**

- Small bellies fill quickly so don't overload their plate.
- Kids are easily distracted so try and keep the basics only on the table.
- While a degree of firmness is essential, if they don't want to eat their food now, put it in the fridge for eating later.

**School Lunches**

- Small snacks are more appealing.
- Ask the children what type of food they want and how much or if they have time to eat.
- Use lunch boxes with reusable containers in them. The kids bring it all home and it's cleaned and refilled for the next day.

**Eating Out**

- Children's meals are often way too big – Irish restaurants traditionally don't like giving small portions. Make sure to communicate with waiting staff about what you want for the children.
- Cut out the chips – ask for kids sized portions of adults meals.

For more simple tips on how to waste less and save money visit **STOP FoodWaste.ie**

**BeGreen** **STOP FoodWaste.ie** **epa**

## Tips for Parents



**Kids Size Me**

Initiative by the Nutrition and Health Foundation



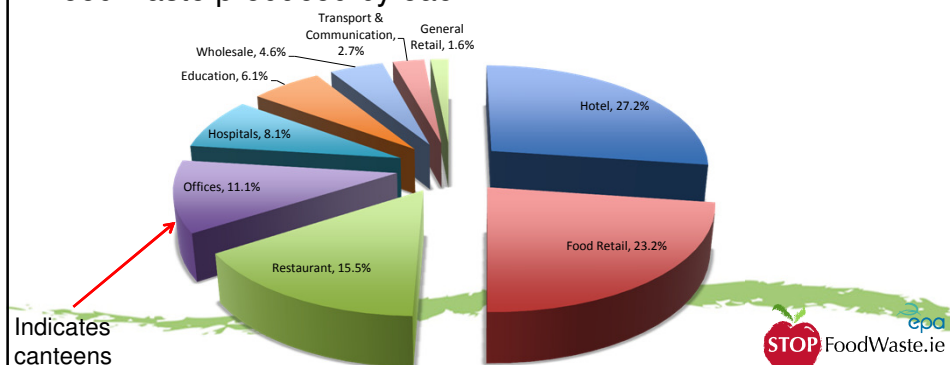
## On to business....

What do we know about commercial mixed waste in Ireland?



## Main commercial food waste producing sectors

- A good starting point is the EPA National Waste Characterisation Report (2009)
- Information on the different waste producing sectors
- From this it is possible to get information about quantities of food waste produced by each



## How much food waste is your business is producing

- There are a series of factors in 2008 Waste Char report for each sector
- These indicate the amount of waste generated per sectoral factor
- Factors used are a best estimate based on information available
  - May not be the best actual factor
  - May not have enough data to generate a truly representative value
  - Different sites within a sector may have different set-ups e.g. hospitals, restaurants, hotels, etc.
  - Your business may be better than the norm



## Estimated Food Waste Factors

Sector	Factor Used	Total Waste/Factor tonnes	% Food Waste	Organic Waste/Factor tonnes
G: Wholesale	Employee Numbers	1.957	25	0.48925
G: Food Retail	Employee Numbers	1.88	37.7	0.70876
G: General Retail (Drapery)	Employee Numbers	0.832	3.1	0.025792
G: filling stations	Employee Numbers	2.5	22	0.55
H: Hotels	Bed nights	0.00648	43	0.0027864
H: Restaurants	Employee Numbers	1.741	46	0.80086
I: Transport	Travel numbers	0.000148	23	0.00003404
I: Communication	Employee Numbers	0.436	21	0.09156
J, K & L: Offices (no canteen)	Employee Numbers	0.126	6	0.00756
M: Education (1st)	Student numbers	0.0098	23	0.002254
M: Education (2nd)	Student numbers	0.026	38	0.00988
M: Education (3rd)	Student numbers	0.042	32	0.01344
N: Hospitals (acute)	Hospital Beds	3.09	22	0.6798
N: Hospitals (long stay)	Hospital Beds	1.85	25	0.4625
O: Other	Employees	0.75	35	0.2625
CANTEEN	Employees	0.092	62	0.05704



## Why is this important?

- For majority of businesses – costs is the major driver for change
- When thinking about the cost of food waste most people just think about the disposal costs
- It has been estimated that each tonne of food waste can cost between €2,000 - €4,000.
- That is €3 per kilo of food waste.
- This cost includes:
  - Costs to buy
  - Costs to cook & manage on site
  - Cost of disposal (~5%)



## Where is the food waste being in businesses

Depends on the type of business

- |                 |                            |
|-----------------|----------------------------|
| • Food Serving  | • Retail/Wholesale         |
| – Prep Waste    | – Out of date...or is it?? |
| – Plate Waste   | – Damaged                  |
| – Unserved Food | – Deli & fresh sales       |

To identify main areas of food waste then a comprehensive food waste audit is the required



## Stop Food Waste Business Tool

- Tool aims to help businesses through the process of becoming more food efficient
- Outlines a stepwise approach to food waste prevention
- Starts with information to be gathered and stages of food waste assessments to take place
- Provides examples, tips, case studies and links



## Main Areas within the tool



[Home](#) > Cost of food waste in your business sector

### Food waste is Expensive



Cost of  
food waste



Food waste  
assessment



The Prevention Solution -  
Case studies and tips



# Cost of Food Waste

This area sets the scene for businesses and provides background information on their

- business sector,
- the amounts of food waste they may be generating,
- the types of food waste they are generating and
- the laws that apply to them



Main food waste producing sectors in Ireland



Typical quantities generated by these sectors



Types of food waste generated



Food waste and the law



epa

FoodWaste.ie



epa  
FoodWaste.ie



[Home](#) > Conduct a food waste assessment

## Food Waste Assessment

When it comes to doing a food waste assessment there are, generally, 3 types. All of these have as an underlying goal, the identification of the root causes of preventable food waste. The different assessments are:



Overall food waste assessment



Food waste source assessment



Detailed food waste assessment



epa

FoodWaste.ie

## Different levels of assessment = different levels of information



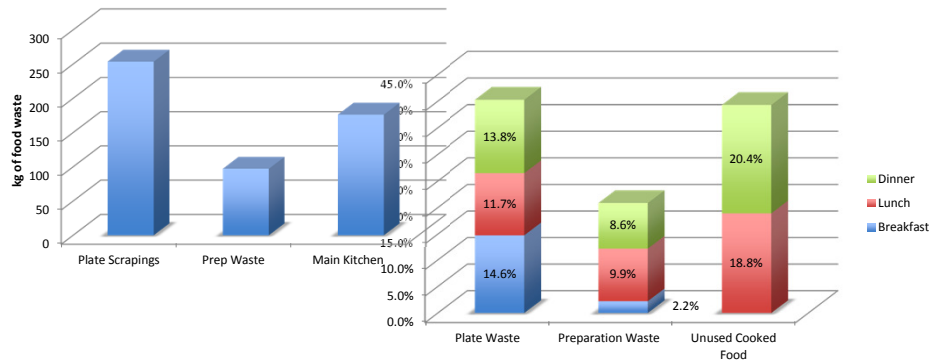
Level 1 – Awareness

## Different levels of assessment = different levels of information



Level 2 – Specific Information Gathering

## Different levels of assessment = different levels of information



### Level 3 – Detailed Generation based Info



## Prevention is the Solution

### The Prevention Solution

Once you have gathered the relevant information on food waste in your business, what can you do about it? A number of different management hierarchies have been proposed but all agree:  
Prevention at source is always the best option.



USEPA Food Waste Management Hierarchy



Institute of Grocery Distribution Hierarchy for Restaurants

Here we provide you with a series of resources to help you improve your business

- Useful Guides for the catering trade
- Series of Tips for different sectors
- Sector based case studies
- Useful links

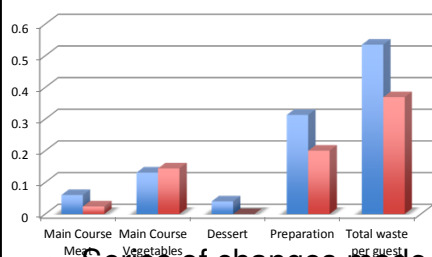


## A number of useful Guides

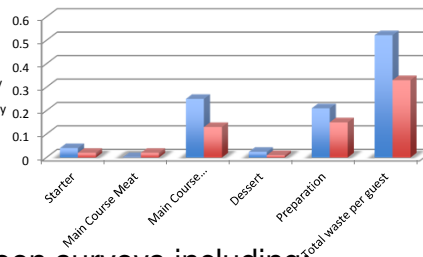


## Wedding Functions in 2 GHA Hotels

Waste Generated at Hotel A Wedding Function



Waste Generated at Hotel B Wedding Function



### Series of changes made between surveys including:

- Training and awareness
- Change serving process – central plates
- Less trimming of veg and meats
- Better portion control
- Savings of €0.70 per guest – not a lot
- €15,000 over the year!



## LAPN in Dingle

- Conducted during month of May
- Measured weight of food “in” and “out”
- Made series of improvements
  - Bin positioning & size
  - Staff awareness of what is a waste & what isn’t
  - Huge focus on portion size, what’s selling & what isn’t – staff feedback direct to kitchen
  - Involved all staff
- Then measured grams of waste per customer for month average = 115g
- Sustainable Restaurant Association average = 480g



## Sources of information

- [www.ghawards.ie](http://www.ghawards.ie)
- [www.localprevention.ie](http://www.localprevention.ie)
- [www.greenhealthcareprogramme.ie](http://www.greenhealthcareprogramme.ie)
- [www.foodwaste.ie](http://www.foodwaste.ie)
- <http://www.unileverfoodsolutions.ie/our-services/your-kitchen/wiseuponfoodwaste>



*"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found."*

Calvin Trillin



Remember, food waste =  
money!



## More Info

- Check out our website



- Subscribe to our newsletter
- If you have events – local Master Composters can assist
- And remember....eat up your dinner!

