

# City of Edmonton Food Waste Research – 2018 Final Report



## Shopping Habits

62% check fridge, freezer and cupboards before shopping

60% prepare a shopping list

42% are less likely to buy imperfect fruits and vegetables

Shopping lists **NOT** determined by meals generate **3.8** times more food-related garbage

Shopping at warehouse stores generates **70%** more avoidable food waste than shopping elsewhere



## Disposal Habits

**2.6 kilograms** of food-related garbage per household per week

**56%** of food waste is avoidable<sup>1</sup>

**40%** of total food waste volume comes from produce

**85%** throw away food because it is no longer edible/spoiled

**97%** dispose of food waste in the garbage



## Awareness & Perceptions

**74%** perceive food waste as an issue in Edmonton

**49%** think about and **58%** try to reduce food waste on a weekly basis



## Cooking Habits

**95%** cook and eat at home 3 or more days a week



## Storage and Leftover Habits

**73%** use fridge to store leftovers

**85%** use all of leftovers for future meals

**60%** store food in original packaging



## Barriers and Opportunities

### Top 3 barriers:

- 77%** want to buy fresh foods for healthy eating
- 66%** like food variety and choice on hand
- 50%** find children's attitudes a challenge

### Top 3 opportunities:

- 90%** want to save money
- 61%** want to eat healthy
- 76%** are concerned about environment

### Top ways to minimize food waste:

Cooking at home	<b>94%</b>
Cooking from scratch	<b>91%</b>
Saving leftovers	<b>83%</b>
Buying just enough for the week	<b>71%</b>



<sup>1</sup> **Avoidable**, also called *wasted food*: these are foods that could have been eaten at some point before they were thrown away; this also includes beverages.