



FOOD WASTE

- The majority of food waste occurs in households, as a result of human carelessness
- Hungary is one of the less wasteful nations
- Hungarian households produce an average of 66 kilograms of food waste/ capita / year

METHODS

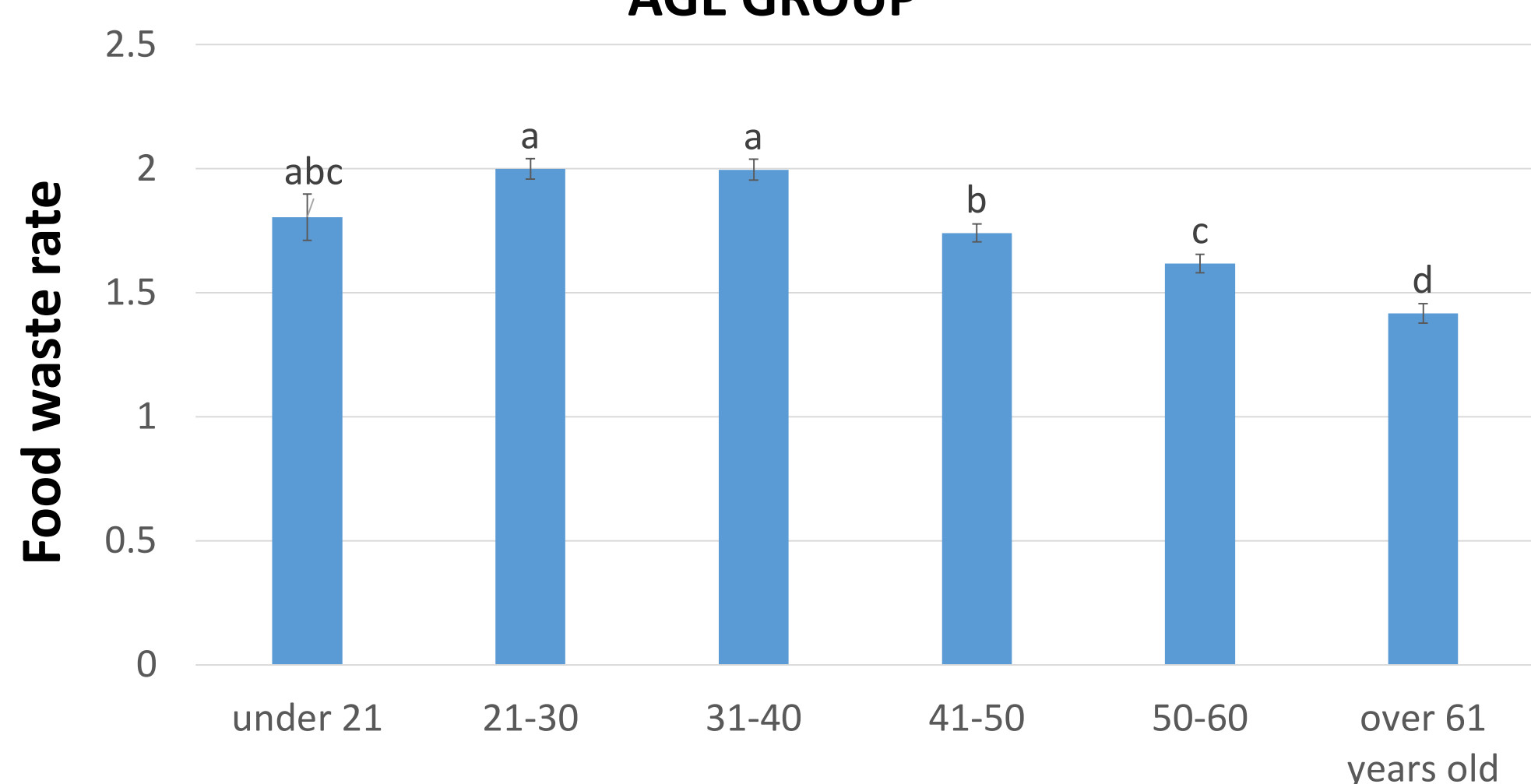
- Questionnaire among consumers using an online form
- Include 30 questions
 - General questions (relevant to the person completing the questionnaire)
 - Investigation of purchasing habits (frequency, quantity, type)
 - Extent of food waste (frequency of food waste, main reasons)
 - Awareness of the topic of food loss
- Total 1540 answer.

Evaluation methods:

- IBM SPSS 29
 - Normality test: Shapiro-Wilk test
 - Homogeneity of variance: Levene test
 - Nonparametric tests: Mann-Whitney U test, Kruskal-Wallis test
- Microsoft Excel
- Figure's legend: mean (column); +- SE (whisker); letter indicate significant differences according to the Mann-Whitney U test

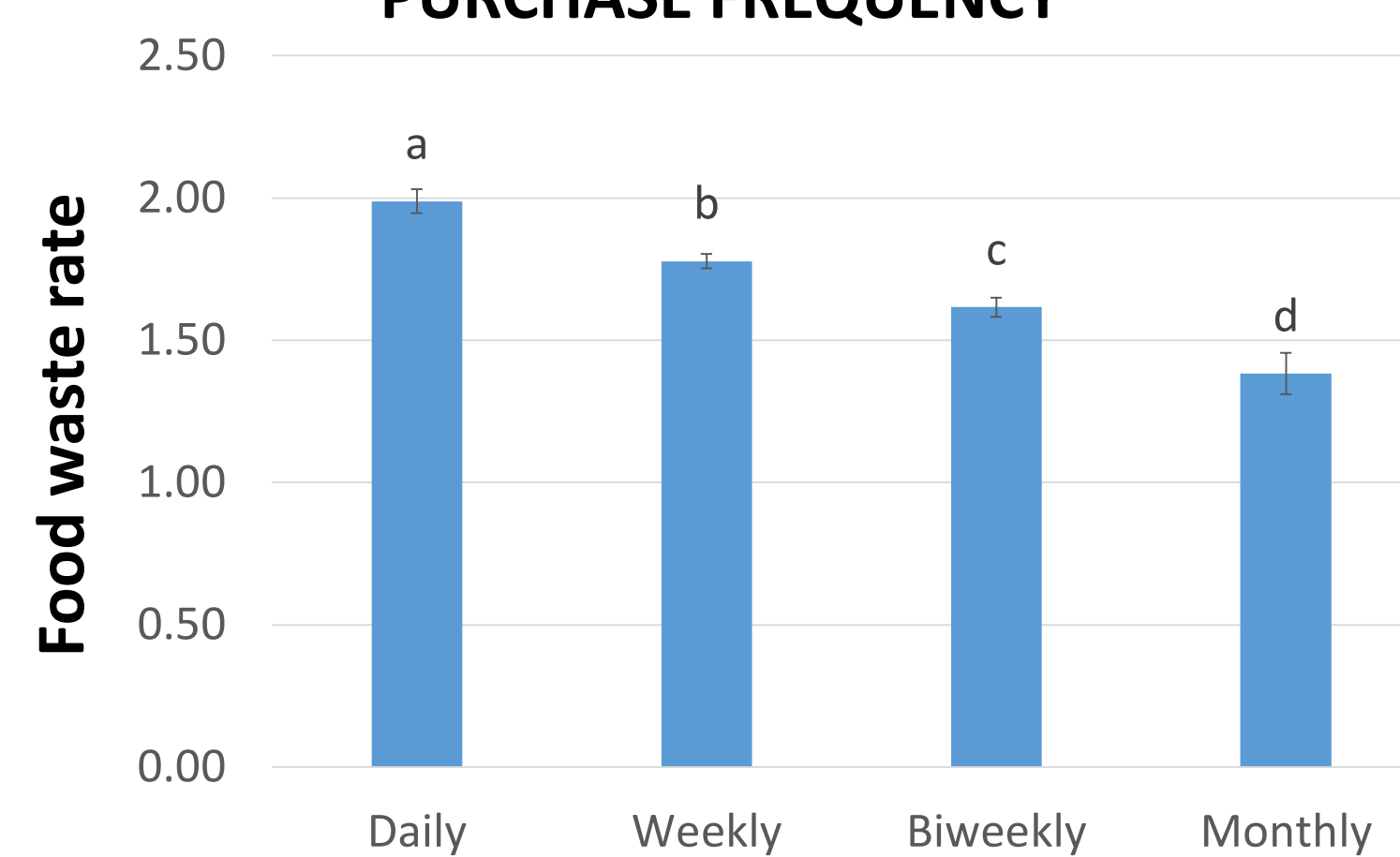
RESULTS

AGE GROUP



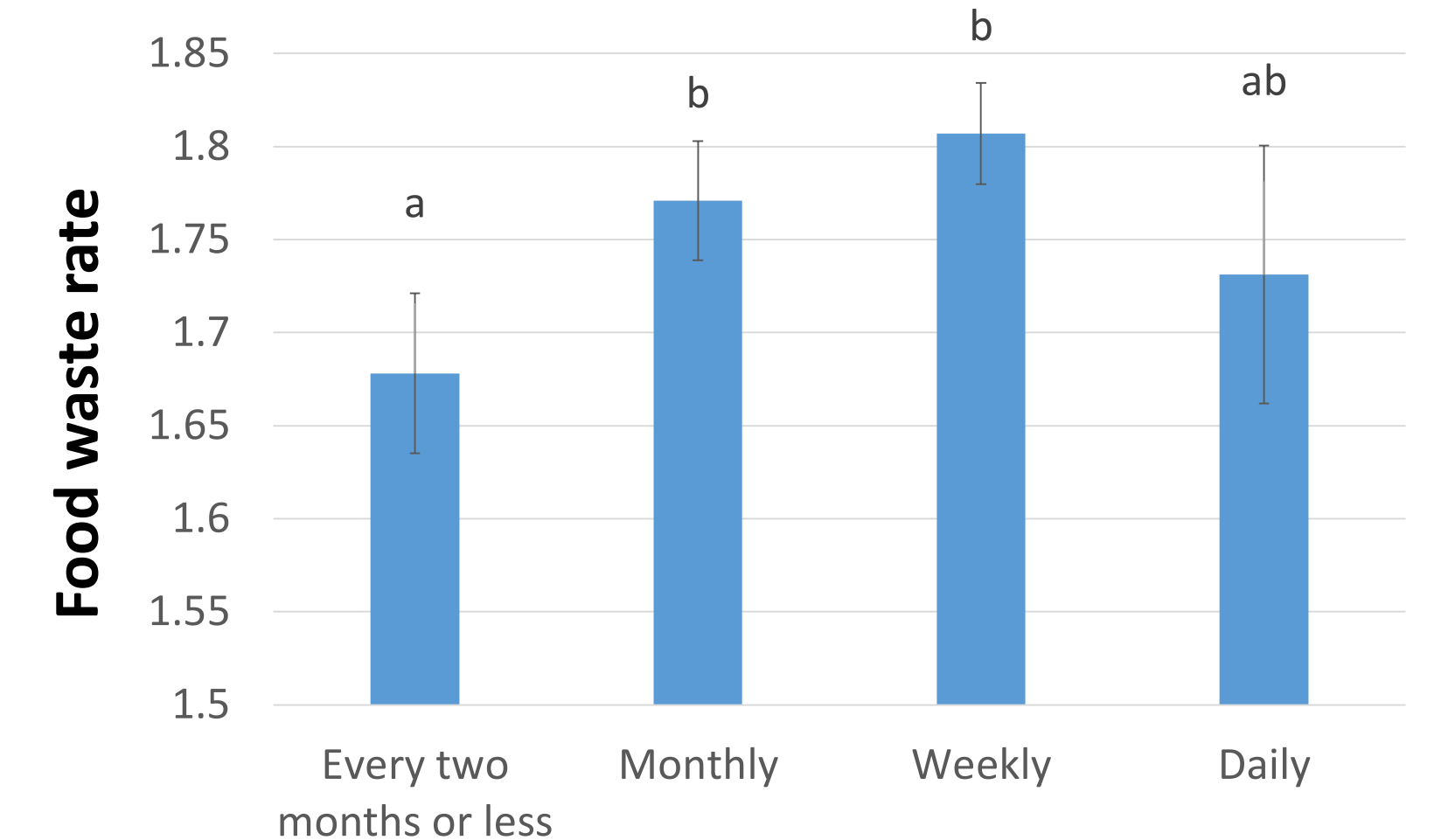
- The 21-30 and 31-40 age groups waste the most
- As age increases, waste gradually decreases

PURCHASE FREQUENCY



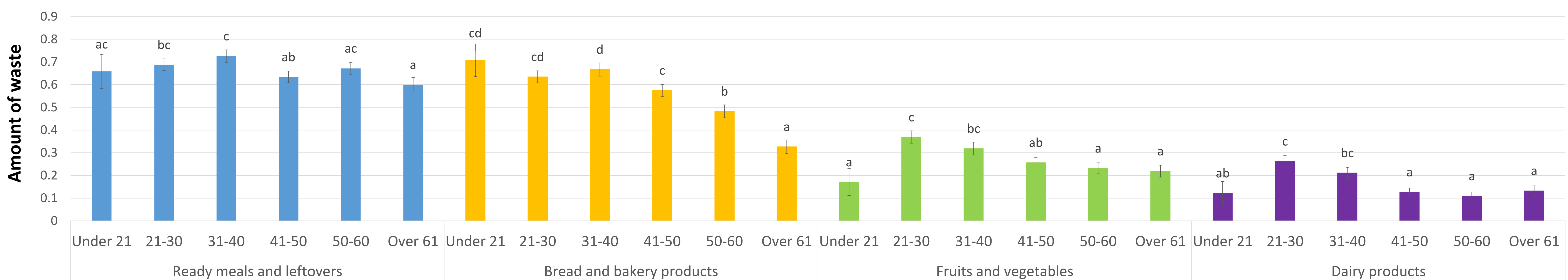
- People who shop more often also waste more food

EXPIRATION DATE CHECK



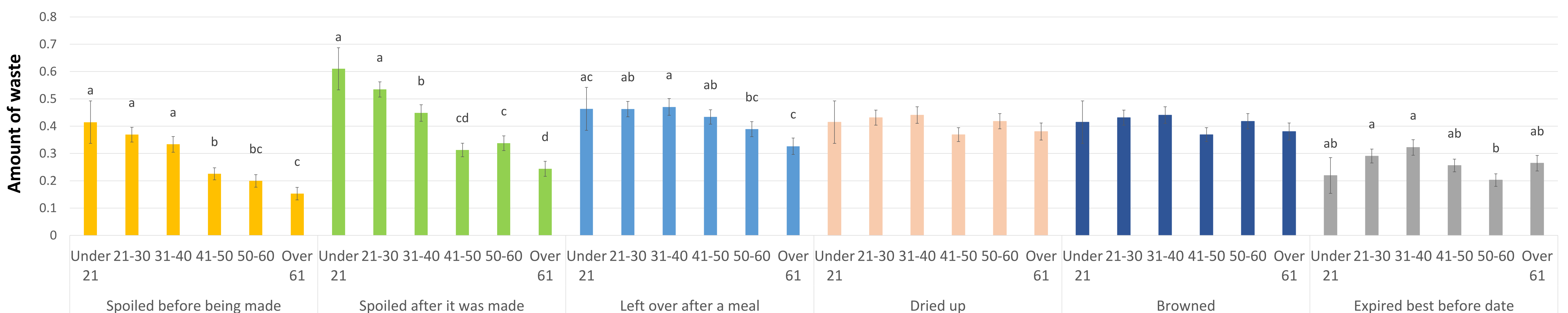
- People who check expiration dates more often throw away more food

WASTE OF FOOD TYPES



- People over 61 waste less food than younger people, for all types of food.
- The 31-40 age group leads in 'ready-to-eat' foods (RTE) and, leftovers' waste, while the 20-29 age group leads in 'bread and bakery products' waste.
- The 21-30 year olds waste the most 'fruits and vegetables' and 'dairy products.'

REASON OF WASTE



- Most food waste happens because food spoils after it's cooked, and this is most common for people under 30.
- Leftovers and spoilage before cooking are also major factors contributing to waste.
- Food waste generally demonstrates a gradual decline with increasing age.

CONCLUSIONS

- Food waste is highest among 21-40 year olds
- RTE meals, leftovers, and baked goods are the most frequently wasted food items.
- Food waste is primarily driven by cooked food spoilage and the throwing out of leftover meals.
- Daily shoppers tend to discard a greater amount of food.



RECOMMENDATION

- Campaigns promoting conscious shopping and good storage habits (using online platforms, social media, influencers)
- Composting (community gardens)
- Food donation (establishing a national donation system that connects households and food banks)
- Freezing (broader information on good freezing techniques, storage times and foods suitable for freezing)