



SISTERS



Good practices to reduce food waste at household level

SISTERS Project
Practice Abstracts

No. 07

Author:
Fondazione Edmund Mach (WP5 leader)

Country/region:
Italy

Keywords:
#foodwaste
#consumers
#preventfoodlosses
#tipstozerowaste
#households

Contact information:
AITIIP Centro Tecnológico
(Spain - Project coordinator)
carolina.penalva@aitiip.com

Fondazione Edmund Mach
(Italy - WP5 leader)
michele.pedrotti@fmach.it

The problem

Most of the food waste (FW) in Western countries occurs within households. In 2021, in Europe, 54% of FW took place at the consumer level with approx. 70 kg of wasted food per person annually.

The solution

Increasing awareness and knowledge about FW is a starting point for its reduction. The SISTERS project is doing it through communication initiatives on its website and its social media pages. Instructing consumers on strategies about smart food shopping habits, correct storage techniques, cooking tips and expiration dates can also help. A booklet with tips to fight FW has been developed for this.

Benefits



Cost savings by reducing grocery expenses.



Reduction of resources used to produce, transport and store food (CO₂ emissions, water, organic waste management costs)



Promotion of a more responsible approach in consumption habits.

Good practices to reduce food waste at household level



PRACTICAL RECOMMENDATIONS

A list of recommendations for reducing food waste at home:

- **Plan your shopping:** always check your food supplies and make a shopping list before going for grocery.
- **Plan your meals and the food portions:** leftovers can be preserved and reinvented in delicious meals.
- **Store your food efficiently:** check information on the packaging about expiration date and about how to correctly prepare and store the food.
- Be aware of the expiration date differences between **“best by”** & **“use by”**.
- **Take care of your fridge:** regularly check and clean it by keeping the products which are almost expired in sight.
- When you are having a meal outside do not forget to **ask for a doggy bag** to bring home your leftovers.
- **Share:** you can ask family members, friends, neighbors, or Food Banks if they are interested in your extra supplies or leftovers.



About SISTERS and this Practice Abstract

This practice abstract was elaborated in the framework of the SISTERS project, based on the EIP AGRI practice abstract format. © 2023

Project dates: from November 2021 to April 2026.

Goal: to systemically reduce food loss and waste in the main stages of the food value chain in Europe through innovations targeted to each stage of the chain.