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POSTER 4

The Influence of Family Food Skills and Food Purchases on Household Food Waste

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Food waste is a growing concern due to its negative social, economic and environmental implications. In particular, the cost of food waste not only includes the methane gas emitted in landfills, but also the water, fuel and energy that went into producing and transporting the food. Fifty percent of all food waste occurs at the household level (Gooch et al., 2010), making consumers the primary target for waste reduction efforts. Many studies suggest that food attitudes, purchasing behaviour and environmental awareness play a role in causing food waste (Mallinson et al., 2016; Parizeau et al., 2015; Porpino et al., 2016). Despite the surge in interest in food waste reduction strategies, only limited studies examine the impact of family food skills and food purchases on household food waste. In addition, few studies focus on households in Canada and most use self-reported numbers rather than waste data collected by a third party. The goal of this study is to determine if there is a relationship between family food skills, family food purchasing routines and food awareness on the amount of avoidable food waste that a household produces. This will be achieved by conducting a correlation and regression analysis using data from 54 households in Guelph, Ontario. The findings will bring insight to the causes of food waste in households and can better inform policies and areas for effective intervention implementations.