



**Make your food &
drink go further**

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Food waste target



Making Things Last

A Circular Economy Strategy for Scotland



**Scotland:
33%
reduction
by 2025
(based on
2013)**



**50%
reduction
of food
waste by
2050**



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**“To change, you have to know,
To know, you have to measure,
To measure, you have to know how and what to
measure”**

Peter Drucker

VISIBLE COSTS

An iceberg floating in the ocean. The tip of the iceberg, which is visible above the water, represents 'Visible Costs'. The much larger part of the iceberg, which is submerged below the water, represents 'Hidden Costs'. The background is a blue sky and dark blue ocean.

- Disposal costs (Disposal charges, collection costs, transport costs)

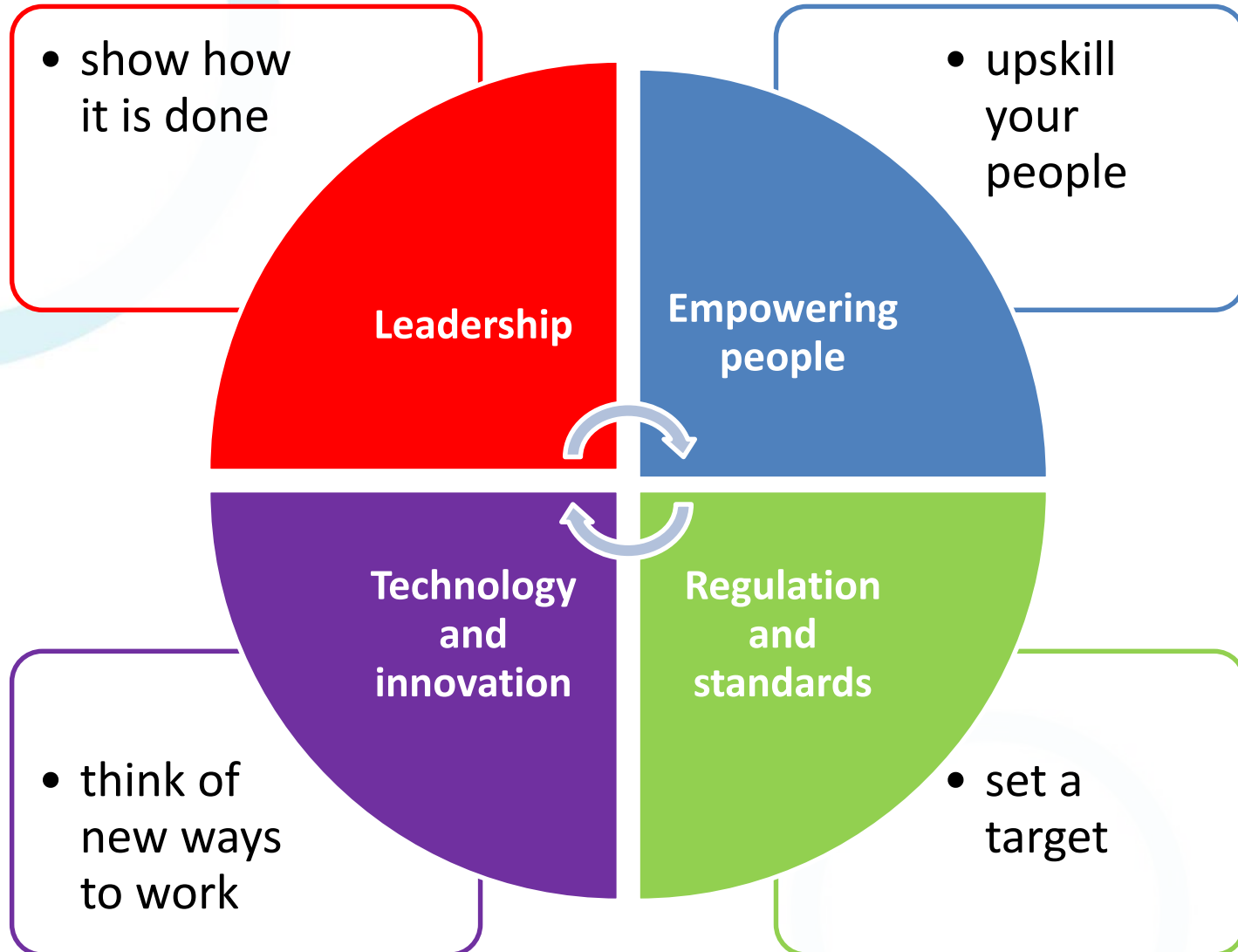
HIDDEN COSTS

- Energy used to prepare and cook food
- Water used to prepare and cook food
- Cost of purchasing food that is discarded
- Labour e.g. associated with preparation and cooking of food
- Administration associated with invoicing of food supplies
- Lost profit

True cost of food waste

Sub sector	Total food waste cost per tonne (£/tonne)
Hotels	4,000
Leisure	4,000
Restaurants	3,500
Quick service restaurants	3,500
Staff catering	2,200
Pubs	2,100
Education	2,100
Healthcare	1,900
Retail	1,300
Wholesale	1,000
Manufacturing	950

Call to action



satisfaction
surveys

portion
sizes

redistribute



Take
Action

clear bins

measure
and
monitor

waste
training

train staff

Solutions

- Prepare foods to order to avoid waste from over preparation
- Offer customers the choice of different portion sizes
- Clarify what is included with the meal (e.g. salads)
- Reduce/standardise serving spoons size to avoid overloading
- Ensure the plate size is appropriate for the customer (e.g. smaller plate for a smaller appetite)
- Offer Good to Go/doggy boxes to customers - help to change the culture around leftovers
- Use surplus food to make new meals

A bit about food that's thrown away



Reducing waste is easier than you might think

STEP 1 REVIEW THE FOOD YOU THROW AWAY

STEP 2 MAKE AN ACTION PLAN

STEP 3 CELEBRATE YOUR SUCCESS

ed
occurs
and
...

YOUR BUSINESS IS FOOD

DON'T THROW IT AWAY...

7 day tracking sheet

Remember: The more you measure the more you can see where savings can be made.

- Use 3 types of food: Spoilage, Preparation and Plate.
- Record each day at least one sample of food thrown away in categories.
- Use the picture showing how to use the "Total" columns below for any items you have about preparing food being thrown away. Try to record what food should have been re-used. For example:

	Spoilage	Preparation	Plate
DAY 1	Yes	Yes	Yes
Total meals served	Yes	Yes	Yes
Waste	Yes	Yes	Yes
TOTALS			
DAY 2	Yes	Yes	Yes
Total meals served	Yes	Yes	Yes
Waste	Yes	Yes	Yes
TOTALS			

3 day tracking sheet

It's estimated that businesses in the UK hospitality and food service sector each throw away £10,000 worth of food a year. Reducing the amount of food you throw away can lead to significant financial as well as environmental savings. The best way to reduce the amount of food thrown away is to measure it. The steps below will guide you through this.

- 1 PLAN**
 - MEASURE:** The first step is to identify what you do with your waste at the business.
 - IDENTIFY:** Choose steps to cut the waste levels which are typical for your business.
 - MEASURE:** Track the amount of food thrown away to the bin and encourage the team to take part. This is really important. Check 'bins' aren't too full then the remainder can be used for your business.
 - MEASURE:** Choose where you will do this measuring. Ideally, just 3 bins of waste - you might want to cover more at first.
- 2 DO - Your Waste Review 1 (3 days)**
 - Get up three food waste containers, one for spoilage, one for preparation, and one for plate waste.
 - Over the next three days record all food into the containers.
 - On each day record the weight of the containers on the food waste tracking sheet.
 - Have about the weight and the number of covers on the food waste tracking sheet on the next page.
 - While you're doing this, use the "Total" columns for any items you have about preparing food being thrown away. Try to record what food could have been re-used.
- 3 ACTION PLAN**
 - Based on your results, plan actions to reduce the amount of food your business throws away - see the 'Total' 'Waste' for ideas.
 - Remember: always tell your team and together set 3-5 goals to work towards over the next few months in a year or more at first.
- 4 DO IT AGAIN**
 - Measure your food waste using the same process as before to see if you have thrown away less.
 - You can repeat the process once a month, once a quarter or once every six months, whatever works for you.
 - The key thing is to keep measuring regularly.
- 5 REVIEW**
 - Look through the results to see if you have reduced the amount of food your business throws away.
 - Think up how you can give yourself and the team a reward for throwing less food away.



**INACTION
IS A
WEAPON OF
MASS
DESTRUCTION**



When you change for the better, the people around you will be inspired to change ... But only after trying their hardest to make you stop.

(Steve Maraboli)

