

Choice meals and quantification of food waste in a university canteen

González-Santana R.A., Gómez-Urios C., Blesa J., Frígola A. and Estevez MJ.

Department of Preventive Medicine and Public Health, Food Sciences, Toxicology and Legal Medicine. University of València, Avda Vicent Andrés Estellés, s/n 46100 Burjassot, València.

Abstract

The university stage represents a phase of personal transition (Jerez et al., 2018). Eating habits are also affected, this includes the choice of dishes and it represents an important part of students' intake in case they make use of the university canteen (Martínez-Riera et al., 2018). The menu choice plays a fundamental role at nutrition and in food waste too. This loss of food can occur in all stages of the food chain, but it has some relevance in mass catering (Al-Shehri et al., 2017). To evaluate the menu choice and the food waste generated in a university canteen during 4 months, 2018-2019. Study was made by a cross-sectional and observational study. It was conducted for 4 months in a university canteen and the menu choice of 181 students (181 trays with first and second dishes) was evaluated on dishes choice and food waste generated. Data was obtained through direct weighing, photographic report, with the informed consent of the users, and data was processed statistically through the SPSS™ program. Pasta and meat dishes are mainly chosen by women and men as first option, but the second option for first course is vegetables in women and rice for men, while for second course is fish in both sexes. The waste generated by women is greater than the waste generated by men (90.8 vs. 46.0 g/person/menu, respectively). It is in women and for the second course where the greatest amount of waste is found with 22.0% of the dish served. Food waste generated represents the 7.9% of the serving sizes for the first course (273.6 ± 61.1 g) and the 13.3% of the second course (248.9 ± 72.9 g). It is important to emphasize in the case of bread, the waste was 16.7%. Statistically significant differences were not observed in any case. In the period studied, food waste generated by women was greater than the waste generated by men, but not difference in the first-choice options of menus by gender was found.

Keywords: Menu choice, food waste, mass catering, university canteen

References

Al-Shehri HM, Al-Qahtani AM, Shaikh IA, Hassan MA, Al-Qahtani NS, Al-Qahtani AM, Alabas MA (2017). Assessment of lifestyle and eating habits among undergraduate students in Najran University, Najran, Saudi Arabia. *Int J Med Sci Public Heal.* 6(3):1.

<https://doi.org/10.5455/ijmsph.2017.1059801122016>.

Jerez C, Lucía M, Gamboa-Delgado, Magaly E, Herrera V, Milena S (2018). Satisfaction of university students against an institutional food service and its associated factors. *Nutr Clín Diet Hosp* 38(3): 93-103. <https://doi.org/10.12873/383caceres>.

Martínez-Riera JR, Gallardo C, Aguiló A, Granados MC, López-Gómez J, Arroyo HV (2018). The university as a community: health-promoting universities. *Gaceta Sanitaria*. 32 p. 86-91. <https://doi.org/10.1016/j.gaceta.2018.08.002>.

Acknowledgments: This research was supported by the Universitat de València (UV-18-INV_AE18)