

## **Food waste generation in Greek households - An update**

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### **Abstract**

This study aims at the establishment of a baseline for the food waste generated in Greek households, in context to the EU legislation and guidelines. To estimate the food waste generation in Greek households, the method of self-reported food waste diaries was followed. The design of the online diary was based on the food waste diary, which was used for the first food waste generation study of Greek households in 2013 - 2014 (Abeliotis et al., 2019). The participants were asked to record the type and quantity of the avoidable and unavoidable food waste of their households. As, to date, there is not a common knowledge base regarding conversion factors of food waste volume/items to mass, processing of the collected data was based on data of international nutrient and food component databases, and the database of the Department of Nutrition and Dietetics, Harokopio University for Greek foods. Although the participants were instructed to fill the food waste diary for 7 consecutive days, a number of them filled it for less or for more than 7 days. However, there was no statistically significant difference among the average per capita quantity of avoidable, unavoidable, and total food waste among diaries completed for 1-7 days. A total of 1,102 participants completed the diary for a period of 1-7 days. Participants were required to record avoidable food waste per eight different food type categories and clearly name the food items wasted, as well as the reason for not consuming it. Unavoidable waste were classified as plant or animal origin. As the number of household members has a direct impact on the food waste generation (Silvennoinen et al., 2014), the average food waste quantities were calculated for each household size class and values multiplied by the estimate of the Hellenic Statistical Authority for the size distribution of Greek households. The analysis of the results shows that 930,323 t/y (95.5 kg/y/ca) of food waste were produced by households in Greece, of which 403,628 t (38.7%) were avoidable. The avoidable food waste fraction consisted mainly of fruits & vegetables (51.8%), bakery products (18.6%), and pasta, rice and cereals (7.6%).

**Keywords:** Food waste, households, Greece

### **References**

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