

January - Diet & Food Waste

Low Tech – Case study



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Case Study: The potential of food preservation to reduce food waste

Month:	January
Topic:	Diet & Food Waste
Case Study Title:	The potential of food preservation to reduce food waste



Source: Unsplash, Ello

Name of the Climate or Social Enterprise or Activist Group:	Wayne Martindale, Sheffield Hallam University Research Archive
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<p>What is their Story?</p>	<p>The research offers insights into the Austrian food marketplace and focuses on the relationship between food preservation and the reduction of the waste we produce. While previous studies have focused on the manufacturers and their role in food waste, this survey suggests that there is a lot that we as consumers can do to prevent food waste.</p> <p>The study concentrates on the use of frozen food as a means of preservation, however, it doesn't suggest that it is the only way to lower waste.</p> <p>In one of the previous researches carried out in the UK market, the study showed a 47 per cent reduction in household food waste for frozen products compared to fresh products. The amount of consumer food waste was however dependent on the food preservation method each of them used.</p> <p>The research reported here shows that purchased fresh foods have a six-fold greater food waste compared to purchased frozen food in a survey of 2,800 Austrian households.</p>
<p>Link to the Case Study:</p>	<p>The potential of food preservation to reduce food waste</p>
<p>Why is this a Good Example to Follow?</p>	<p>The study might encourage people and organisations to reconsider our food preservation and storage and pay attention to the international and local issues of food waste. There are many ways we can change our behaviour towards more sustainable shopping and meal preparation. Freezing our meals and ingredients can be one of them.</p>
<p>What Impact has this case study example achieved?</p>	<p>Thanks to the Austrian market research we now better understand our current utilisation of frozen foods. It can lead us to consider the broader issue of what makes consumers eat a more sustainable diet. Austrian households currently produce around 369,000 tons of packed and unpacked food waste each year (Bräutigam et al., 2014; Stenmarck et al., 2016).</p> <p>A sustainable diet must eliminate this food waste, the Austrian food waste volume is equivalent to 300€ of food thrown away per household year (Lebersorger and Schneider, 2011; Penker and Wyrzens, 2005)</p>
<p>References</p>	<p>References (PDF) Consumer-Related Food Waste: Causes and Potential for Action</p>



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[\(PDF\) The impact of food preservation on food waste](#)



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