



Food Waste in Canadian Homes in 2020

Canadians are planning more and wasting less.

We asked 1,200 Canadians how their food planning, storage, and consumption habits have changed this year.



WHAT DOES HOUSEHOLD FOOD WASTE LOOK LIKE?

HOUSEHOLD FOOD WASTE IN CANADA



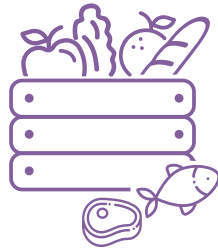
63%

of the food Canadians throw away or compost could have been eaten. For the average Canadian household, that costs \$1,100 per year.

WHAT IS BEING WASTED IN 2020?

The most commonly wasted foods are:

- **VEGETABLES**
- **FRUITS**
- **LEFTOVERS**



WHY IS FOOD WASTED?



The top three reasons that food is wasted:

1. **Left too long, so it is unappetizing or may not be safe to eat**
2. **Not used by the "best before" or "expiry" date**
3. **Meals are not finished**

THE IMPACT OF COVID-19

61% are buying more food than they normally would have. **Why?**



Fewer trips to the grocery store, but buying more per trip



Cooking at home more

CANADIANS ARE REDUCING THEIR WASTE.

THE GOOD NEWS



94%

of Canadians are motivated to reduce their household's avoidable food waste



84%

of Canadians agree that food waste is an important national issue

24%

are wasting less food than usual

HOW ARE THEY DOING IT?

PLAN IT OUT

46%

are checking what food is in the house before shopping more often



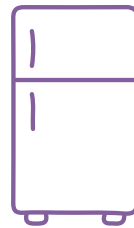
33%

are making a shopping list more often

32%

make a meal plan for the week ahead more often

KEEP IT FRESH



42%

are freezing food to extend its shelf life more often

38%

are considering the best way to store perishable food more often

USE IT UP

41%

are thinking creatively about how to use up leftovers more often



KEEP IT UP, CANADA!

Love Food Hate Waste Canada is here to help you prevent food waste at home. Check out our website for easy tips and ideas. lovefoodhatewaste.ca

