







### **Global Perspectives on Food Waste**

Bent Egberg Mikkelsen, Professor, University of Aalborg

Seminar on Food Waste 24th of April 2013

09.00-15.00

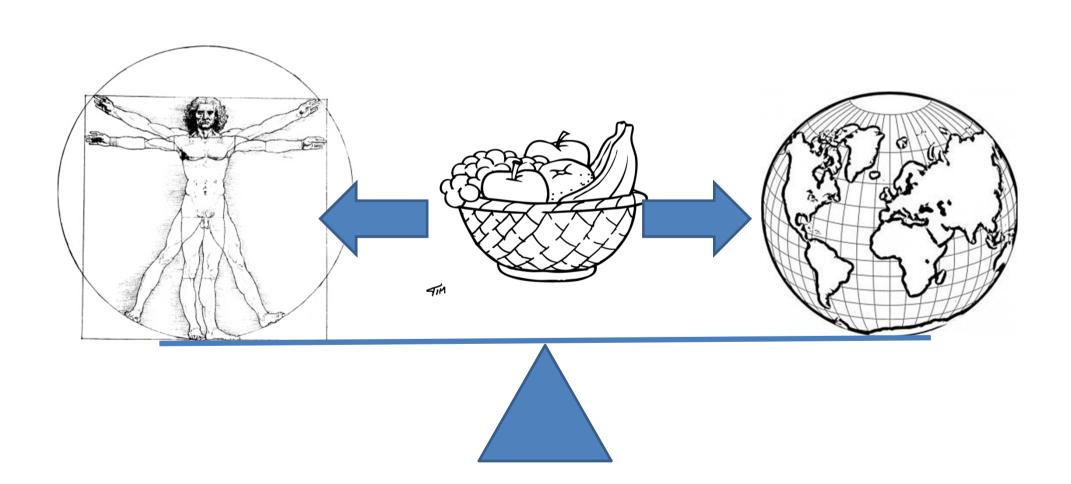
**Abstract:** Food waste is global challenge resulting in considerable impact on the climate. This presentation take global perspective and look at food waste in the context of public food. It report on two concrete projects that deals with climate impact and food wast in hospital food system – the FoodTura and the FoodServInSPIRe projects. It gives examples of different approaches to curbing food waste and climate impact and concludes by listing recommendations for what the public food sector can do.







# Food activities of mankind: Double effect



# Tristram Stuart: The global food waste scandal

http://www.ted.com/talks/tristram\_stuart\_th
 e global food waste scandal.html

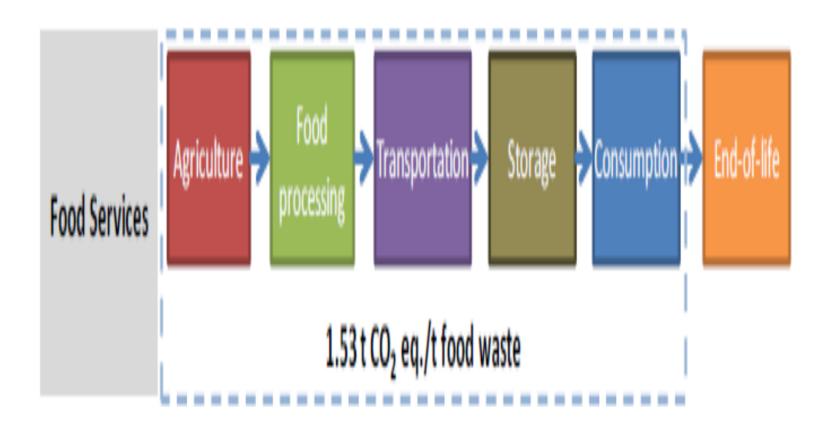
# UK foodservice 340.000 trucks of food waste

million.

Restaurants, hotels, pubs and quick service restaurants (QSRs) serve a large number of individual consumers. WRAP research estimates that in 2009 UK pubs, restaurants, take-aways and hotels produced around 3.4 million tonnes of waste. Of this, 1.5 million tonnes of this was sent to landfill and has an associated carbon impact of around 4 million tonnes of CO<sub>2</sub>e. WRAP estimates the costs associated with avoidable food waste to be more than £720.

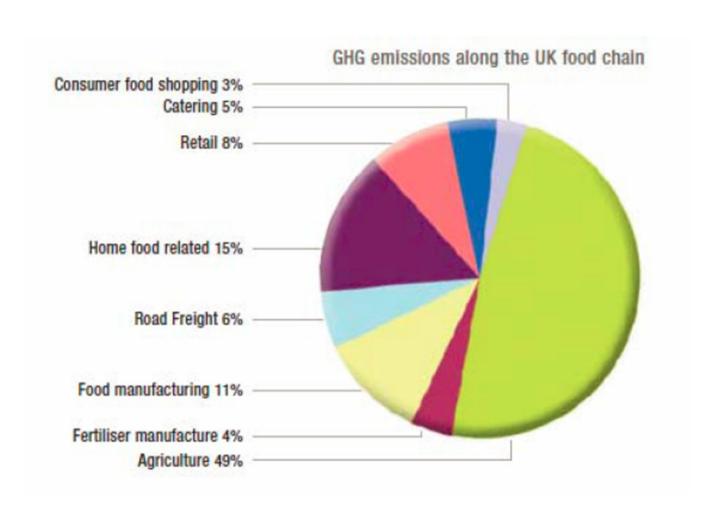
http://www.wrap.org.uk/content/hospi tality-and-food-service-wraps-work-0

#### Food waste = CO2 emisssion

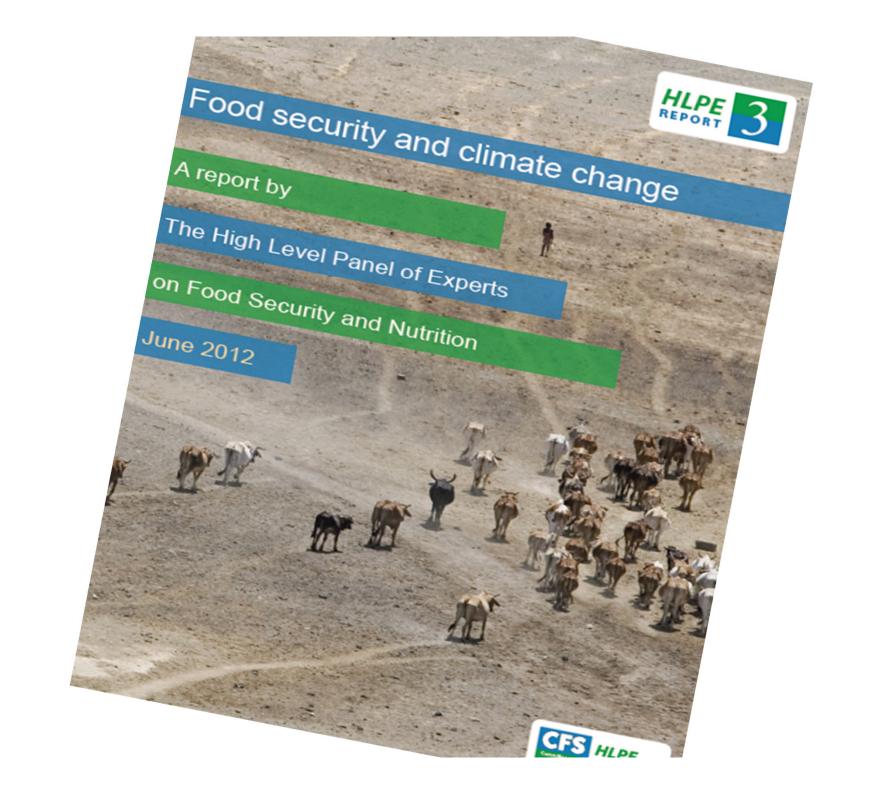


Ofei, K cited from ETC/SCP working paper 1/2009

## **Contribution of catering**



UK: comparable data (CIAA, 2008)



#### Climate mitigation advice for catering

- A substantial amount of vegetable products and a limited amount of animal products
- A strategy for reduction of the food waste
- Products from organic agriculture and/or from conventional farms with a low surplus of nutrients
- Local products grown within the seasons
- Organic local seasonal sourcing
- Greenhouses should be heated with renewable energy

## Increased focus on public food New climate strategies

- Public procurement: approc 10% of total
- Public foods approx: 5-6 billion DKR/y
- Municipalities and regions needs to do annual climate strategies
- Climate strategies are linked to an area
- Coordinated in Kommune Kontakt Rådene (KKR)

## **Example: Lyngby-Taarbæk catering**

- City Hall and Annex cafeterias in the Danish municipality of Lyngby-Taarbæk.
- Using life cycle assessment emissions was estimated at 7.29 and 5.67 kgCO2-eq/kg from the City Hall and Annex cafeterias, respectively.
- Analyzing ten recipes, it was found an average 35.7% fewer emissions per unit mass from 'heart healthy' over traditional Danish recipes.

Project Number: 42-PRC-3054

## Carbon eq recommendations

- 800 g/meal
- Used by Mat Klimat/KLIMP in city of Malmö



### **Example: Climate Balance tool (NL)**

#### Klimaatweegschaal

De manier waarop voedselproducten worden gemaakt, bewaard en bereid heeft invloed op het klimaat. Hoeveel invloed verschilt per product. De Klimaatweegschaal maakt dat inzichtelijk. Stel hieronder een maaltijd samen. Geef aan hoe je de gebruikte producten bewaart en bereidt. Je ziet direct hoe jouw maaltijd scoort op de Klimaatweegschaal. Klik voor een toelichting op de blauwe bolletjes in de score. Kijk daarna eens hoe je score verandert door andere producten of bereidingswijzen te kiezen.



## **Example: Menu Tool (SE)**



Friday, 26. September 2008

KTH Research Project Database

#### >> KTH Research Projec...

#### **PROJECT**

- » Architectural and Civil Engineering
- » Chemistry and biotechnology
- » Computer Science & Information Technology
- » Electrical Engineering
- » Mathematics
- » Physics and Energy
- » Production and Mechanical Engineering
- Social Sciences

Research Leader: Annika Carlsson-Kanyama

further use (»Add to Infobox)



177 Industrial Ecology

#### **OVERVIEWS**

OVERVIEWS

In MenuTool a prototype version of an interactive tool for environmental menu planning is developed and tested. The project is carried out in collaboration between researchers from the Division of Industrial Ecology at KTH and the Department of Home Economics, Göteborg University. A consultancy firm, Energivision, will develop the interactive digital instrument. The goal is to increase the capacity for environmental menu planning mainly among the interested citizens and school pupils. Results from a previous research project where the

MenuTool - Developing an interactive tool for environmental

menu planning, evaluating it and making recommendations for

#### **EcoNutrition food table**

#### impact per 100 grams

Food	Energy	Fat	Carbo	Protein	Vitamins	Minerals	CO <sub>2</sub> eqv.
Artichoke							
Aspargus							
Aple							
Barley							
•••							

## Food waste: 6 settings

- 1. Primary production
- 2. Manufacturing
- 3. Logistics
- 4. Domestic
- 5. Retail
- 6. Food service

#### Meals served per year

#### in the hospitality industry in Denmark

Sector	Meals/y (1000)		
Restaurants	241 000		
Canteens/catering	150 000		
Captive catering	250 000		
Total	641 000		

1.Miljøstyrelsens key figure of 125 g food waste per meal givesa a total of approx. 80 000 tons a year.

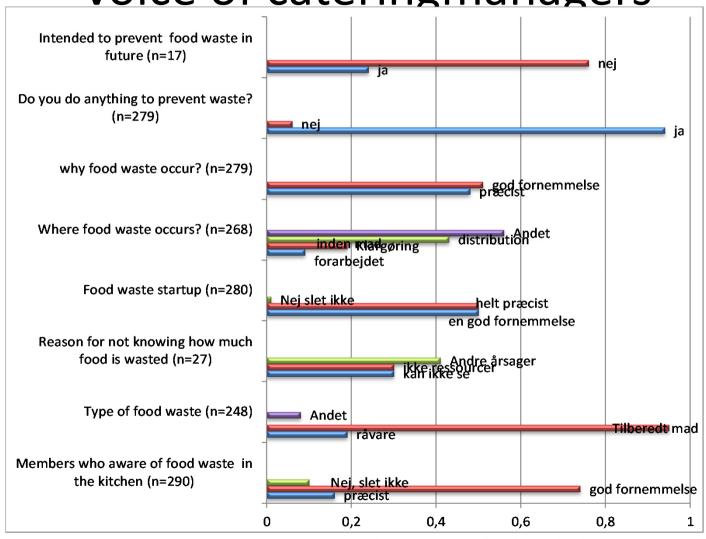
## Food waste & settings

	Skøn over mængden af madaffald (ton)
Fødevareproducenter	Ukendt
Grossist og Engros	Ukendt
Detailhandel	Min. 46.000
Storkøkkener	Min. 21.000
Husholdninger	Ca. 475.000

5. Source : Kjær, B. Werge, W (2010). – Forundersøgelse af madspild i Danmark - Miljøstyrelsen Copenhagen Ressource Center .

## Why food waste:

voice of cateringmanagers



Krydstabuleringer fra kostforbundets undersøgelse

## The potential

#### Estimate on preventable food waste t/y

Land	Total mængde	Undgåeligt	
	madspild	madspild	
Denmark	140 000	94 000	
Finland	140 000	94 000	
Norway	140 000	94 000	
Sweden	260 000	174 000	
Total	680 000	456 000	

<sup>3.</sup> Source: Report prepared for the Nordic Council of Ministers Prevention of foaod waste in restaurants, hotels, canteens and catering Project number: 2010.03.04. Date: 11. May 2012

# IntraGovernmental agencies call for action



#### FAO:

# SAVE FOOD - Global Initiative on Food Loss and Waste Reduction

- Awareness raising on the impact of, and solutions for food loss and waste.
- Collaboration and coordination of world-wide initiatives
- Policy, strategy and programme development for food loss and waste reduction.
- Investment programmes and projects, implemented by private and public sectors.

#### **AAU-MENU** action 1

- Awareness raising:
- 110 participants
- Overwhelming meida coverage



#### Stort køkken – stort madspild?

Seminaret "Stort køkken – stort madspild?" satte den 21. august 2012 fokus på årsager og strategier til at reducere madspild i storkøkkener. Her var udveksling af gode eksempler, inspiration og diskussion af udfordringer og ikke mindst potentialer.

Konference om årsager og strategier til at reducere madspild i storkøkkener.

Tidspunkt og sted: tirsdag d. 21. august. Fredrik Bajers Vej 7A, lokale B3-104 9220 Aalborg.

Store køkkener spiller en vigtig rolle for bespisning, dannelse og sundhed i det moderne

FORSIDE MENU

OM MENU

FORSKNING

AKTUELLE PROJEKTER

AFSLUTTEDE PROJEKTER

PUBLIKATIONER

PRÆSENTATIONER

#### **AAU-MENU** action 2

## Prevention of food waste in large scale institutions and hospitals – insights from interviews with Danish foodservice professionals

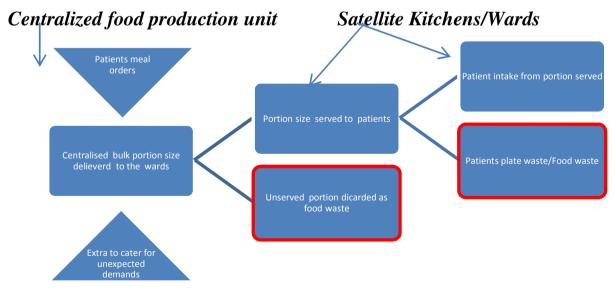
- Exploratory study 3 executive catering managers in institutions and hospitals.
- A protocol for interviews with set themes was developed.
- 4 cases was selected and presented at the conference Stort køkken ........
- 2<sup>nd</sup> version of the interview protocol was developed on the basis of these presentations and the insights from first interviews.
- Final part of the conference was organised as a cafediscussion on predefined themes
- Outcome of disussions were summarized and used as input for the development of the version 2.0 of the protocol
- As the final step interviews using the ver 2.0 of the interview frame was carried out
- All interviews was carried out with
  - catering managers in the Catering Production Unit (CPU) of the institution
  - catering staff in CPU's
  - staff at the wards responsible of for the decentral serving of food.

## **Barriers: Excerpt from interviews**

- Don't know exact no of patients
- Buffet serving creates extra waste since there should be food for all
- Reduction is impossible with transdisciplinary coop
- Food waste is inherent in system
- Food waste is a hidden ressource

# AAU-MENU action 3 FoodServInspire: Reducing Food waste

 Analysis of the centralized meal system in relation to meal ordering, forecasting and portioning of meals for wards and food waste.







## Different approaches

- Technological
- Behavioural
- Organisational
- Monitoring
- Cultural
- Waste2value

The awareness approach



Hjem >> Charter >> De støtter charteret >> Organisationer tilsluttet charteret >>

#### Organisationer tilsluttet charteret

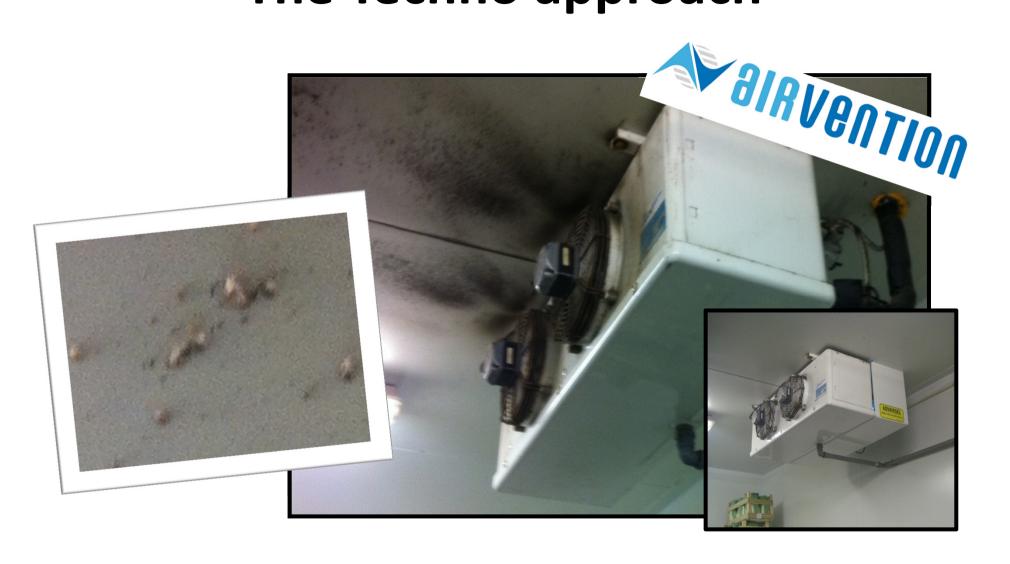
#### Andre

- Aalborg unversitet, Måltidsvidenskab & Folkesundhedsernæring (MENU)
- Københavns Åbne Gymnasium
- · The Sociallab

## The nudging approach



## The Techno approach



# The cultural approach Nutrition first, then waste

### Brugeren først og derefter klimaet:

"Patientens overlevelse... Og så kikker vi på det andet senere hen, ik'?!".

# The awareness raising approach Food Waste on hospitals

#### DK:

25-30% (Almdal, Viggers, Beck, & Jensen, 2003).

#### **AUS**:

 Up till 50% Williams, P., Walton, Plate waste in hospitals and strategies for change, e-SPEN, the European e-Journal of Clinical Nutrition and Metabolism 6 (2011) e235ee241

#### **England:**

- England: 3.5% 15%. (BBC News, 2008).
- England: 1,416 patienter: Tilbudt: 2,007 kcal: 23% ikke indtaget → 1,536 kcal.
- 1707 patienter. Ca 25% saf maden belv ikke spist
- 43% af de 1707 patienter spiste mindre en minimumsanbefalingen

The monitoring approach



Courtesy of Kwabena Ofei.

### The organisational approach

HerLev Godt intervention that reorganised the hospital catering system resulted in a siginifant drop in food waste

Friel M, Nielsen M.A, Biltz C, Gut R, Mikkelsen, B E, Almdal T. Reorganization of a hospital catering system increases food intake in patients with inadequate intake. Scan J Food Nutr 2006; 50 (2): 83–8.

## The educational approach

- Master of science in Integrated Food Studies
- www.menu.aau.dk



## 2012: Uptake 50 students 2013: Uptake 50





#### **Integrated Food Studies...**

...offers a holistic approach toward meals and food systems combining natural science, design and social science traditions.

- Food Policy, Innovation and Networks
- Public Health Nutrition
- Design and Gastronomy



### The FoodScape Lab

hands on food waste studies



Foto: Armando Perez Cueto, Sept 7, 2012

#### Food waste: where?

• Before: 6-10%

 Under: 15-45% in servingsituation

Ofei, K cited from

Williams, P., Walton, K. Plate waste in hospitals and strategies for change. e-SPEN, the European e-Journal of Clinical Nutrition and Metabolism 6 (2011) e235ee241

Engstrom,R and Carlsson-Kanyama, A.Food losses in foodservice institutions examples from Sweden, Food Policy 29(2004) 203-213

#### What food service can do?

- Menuplanning and utilisation of food
- W2V. Re use traditional by products.
- Procurement and inventory management
- Manage shelf life
- Organising inventory and storage facilities

- Use own semipreps
- Manage according to prefs
- Use NRS 2002
- On line monitorering
- Portioncontrol

## References/1

Aalborg Sygehus . (2012). Om Aalborg Sygehus. Retrieved May 18, 2012 from http://www.aalborgsygehus.rn.dk/Fakta+og+tal/Om+Sygehuset/

- Almdal, T., Viggers, L., Beck, A., & Jensen, K. (2003). Food production and wastage in relation to nutritional intake in a general district hospital wastage is not reduced by training the staff. *Clinical Nutrition*, 22 (1), 47-51.
- Apple. (2012, March 5), Apple's App Store Downloads Top 25 Billion. Retrieved July 2, 2012 from http://www.apple.com/pr/library/2012/03/05Apples-App-Store-Downloads-Top-25-Billion.html
- Barton, A., Beigg, C., MacDonald, A., & Allison, S. (2000). High food wastage and low nutritional intakes in hospital patients. Clinical Nutrition, 19 (6), 445-449.
- BBC News. (2008, July 31). Hospital food waste is almost £1m. Retrieved May 11, 2012 from http://news.bbc.co.uk/2/hi/uk\_news/england/7534719.stm
- Beck, A., Balknäs, U., Fürst, P., Hasunen, K., Jones, L., Keller, U., et al. (2001). Food and nutritional care in hospitals: how to prevent undernutrition report and guidelines from the Council of Europe. Clinical Nutrition, 20 (5), 455-460.
- Bellisle, F., & Dalix, A.-M. (2001). Cognitive restraint can be offset by distraction, leading to increased meal intake in women. The American Journal of Clinical Nutrition, 74, 197-200.
- Benoit, W., & Benoit, P. (2008). Persuasive Messages The Process of Influence. Blackwell Publishing.
- Brehm, J. (1966). A Theory of Psychological Reactance. In W. Burke, D. Lake, & J. Paine, Organization Change: A Comprehensive Reader (pp. 377-390). Jossey-Bass.
- Burke, L., Warziski, M., Starrett, T., Choo, J., Music, E., Sereika, S., et al. (2005). Self-Monitoring Dietary Intake: Current and Future Practices. Journal of Renal Nutrition, 15 (3), 281-290.
- Choquette, S., Chuin, A., Lalancette, D.-A., Brochu, M., & Dionne, I. (2009). Predicting Energy Expenditure in Elders with the Metabolic Cost of Activities. *Medicine and science in sports and exercise*, 41 (10), 1915-1920.
- Chung, L., & do Prado Leite, J. (2009). On Non-Functional Requirements in Software Engineering. Lecture Notes of Computer Science, 5600, 363-379.
- Connely, K., Faber, A., Rogers, Y., Siek, K., & Toscos, T. (2006). Mobile applications that empower people to monitor their personal health. Elektrotechnik und informationstechnik, 4, 124-128.
- Council of Europe. (2003, November 12). Resolution ResAP(2003)3 on food and nutritional care in hospitals. Retrieved May 11, 2012 from https://wcd.coe.int/ViewDoc.jsp?id=85747
- Danmarks Statistik. (2011, June). Statistisk Årbog 2011. Retrieved May 25, 2012 from http://www.dst.dk/da/statistik/publikationer/aarboeger-og-temapublikationer/vispub.aspx?cid=16217
- Danmarks Statistik. (2010). UD33A: Indlæggelser, sygehuspatienter og sengedage efter område, nøgletal, alder, køn og diagnose. Retrieved June 20, 2012 from www.statistikbanken.dk/UD33A
- De Castro, J. (1990), Social Facilitation of Duration and Size But Not Rate of the Spontaneous Meal Intake of Humans, Physiology & Behavior, 47, 1129-1135.
- Dean, R., Austin, J., & Watts, W. (1971). Forewarning effects in persuasion: Field and classroom experiments. Journal of Personality and Social Psychology, 18 (2), 210-221.
- Dix, A., Finlay, J., Abowd, G., & Beale, R. (2004), Human-Computer Interaction (3rd ed.), Essex, England: Pearson Education.
- Dupertuis, Y., Kossovsky, M., Kyle, U., Raguso, C., Genton, L., & Pichard, C. (2003). Food intake in 1707 hospitalised patients: a prospective comprehensive hospital survey. *Clinical Nutrition*, 22 (2), 115-123.
- Eastwood, M. (1997). Hospital Food. The New England Journal of Medicine, 336 (17), 1261.
- Festinger, L. (1957), A Theory Of Cognitive Dissonance, Row, Peterson and Company,
- Festinger, L. (1964). Conflict, Decision and Dissonance. Stanford University Press.
- Festinger, L., & Carlsmith, J. (1959). Cognitive Consequences of Forced Compliance. The Journal of Abnormal and Social Psychology, 58 (2), 203-210.
- Fogg, B. (2009b). A Behavior Model for Persuasive Design. Proceedings of the 4th International Conference on Persuasive Technology.
- Fogg, B. (2009a). Creating Persuasive Technologies: An Eight-Step Design Process. Proceedings of the 4th International Conference on Persuasive Technology.
- Fogg, B. (1998). Persuasive Computers: Perspectives and Research Directions. Proceedings of the SIGCHI conference on Human factors in computing systems, (pp. 225-232).
- Food and Agriculture Organization of the United Nations. (2004). Human Energy Requirements. Retrieved June 7, 2011 from ftp://ftp.fao.org/docrep/fao/007/y5686e/y5686e00.pdf
- Frankenfield, D., Muth, E., & Rowe, W. (1998). The Harris-Benedict studies of human basal metabolism: History and limitations. Journal of the American Dietetic Association, 98 (4), 439-445.
- Gall, M., Grimble, G., Reeve, N., & Thomas, S. (1998). Effect of providing fortified meals and between-meal snacks on energy and protein intake of hospital patients. Clinical Nutrition, 17 (6), 259-264.
- Giner, M., Laviano, A., Meguid, M., & Gleason, J. (1996). In 1995 a Correlation Between Malnutrition and Poor Outcome in Critically III Patients Still Exists. Nutrition, 12 (1), 23-29.

### References/2

Hetherington, M., Anderson, A., Norton, G., & Newson, L. (2006). Situational effects on meal intake: A comparison of eating alone and eating with others. *Physiology & Behavior*, 88, 498-505. Hetherington, M., Foster, R., Newman, T., Anderson, A., & Norton, G. (2006). Understanding variety: Tasting different foods delays satiation. *Physiology & Behavior*, 87, 263-271.

Hogg, M., & Vaughan, G. (2008). Social Psychology (5th ed.). Pearson Education Limited.

IDC. (2012, June 14). IDC Increases Media Tablet Forecast, Expects New Products and Price Points to Drive Strong Shipment Growth Through 2016. Retrieved June 20, 2012 from http://www.idc.com/getdoc.jsp?containerId=prUS23543712

Kamins, M., Brand, M., Hoeke, S., & Moe, J. (1989). Two-Sided Versus One-Sided Celebrity Endorsements: The Impact of Advertising Effectiveness and Credibility. *Journal of Advertising*, 18 (2), 4-10.

Kelly, L. (1999). Audit of food wastage: differences between a plated and bulk system of meal provision. Journal of Human Nutrition and Dietetics, 12, 415-424.

Landelijke Stuurgroep Multidisciplinaire Richtlijnontwikkeling in de GGZ. (2006). Multidisciplinaire richtlijn Eetstoornissen. From http://www.cbo.nl/Downloads/704/rl\_eetst\_2006.pdf

Lassen, K., Kruse, F., & Bjerrum, M. (2005). Nutritional care of Danish medical inpatients – patients' perspectives. Scandinavian Journal of Caring Science, 19, 259-267.

Lassen, K., Kruse, F., Bjerrum, M., Jensen, L., & Hermansen, K. (2004). Nutritional care of Danish medical inpatients: Effect on dietary intake and the occupational groups' perspectives of intervention. *Nutrition Journal*. 3 (12).

Lazar, J., Feng, J., & Hochheiser, H. (2010). Research Methods in Human-Computer Interaction (First ed.). Wiley & Sons Ltd.

McGlone, P., Dickerson, J., & Davies, G. (1995). The feeding of patients in hospital: a review. The Journal of the Royal Society for the Promotion of Health, 115, 282-288.

McWhirter, J., & Pennington, C. (1994). Incidence and recognition of malnutrition in hospital. British Medical Journal, 308, 945-948.

Messner, R., Stephens, N., Wheeler, W., & Hawes, M. (1991). Effect of Admission Nutritional Status on Length of Hospital Stay. Gastroenterology Nursing, 13 (4).

Mikkelsen, B., Beck, A., & Lassen, A. (2007). Do recommendations for institutional food service result in better food service? A study of compliance in Danish hospitals and nursing homes from 1995 to 2002–2003. European Journal of Clinical Nutrition . 61. 129-134.

Ministeriet for Fødevarer, Landbrug og Fiskeri. (2009). Anbefalinger for den danske institutionskost. From http://www.fodevarestyrelsen.dk/fdir/Pub/2009002/rapport.pdf

Moza, A., & Shizgal, H. (1984). The Harris Benedict equation reevaluated: resting energy requirements and the body cell mas. The American Journal of Clinical Nutrition, 40, 168-182.

Nielsen. (2011, November 3). Generation App: 62% of Mobile Users 25-34 own Smartphones. Retrieved June 20, 2012 from http://blog.nielsen.com/nielsenwire/online\_mobile/generation-app-62-of-mobile-users-25-34-own-smartphones/

Nutrition Action Plan Delivery Board. (2009, August). Nutrition action plan deliviery board end of of year progress report. Retrieved May 11, 2012 from

http://www.dh.gov.uk/prod consum dh/groups/dh digitalassets/@dh/@en/@ps/documents/digitalasset/dh 113150.pdf

Oinas-Kukkonen, H., & Harjumaa, M. (2008). A Systematic Framework for Designing and Evaluating Persuasive Systems. Lecture Notes in Computer Science, 5033, 164–176.

O'Keefe, D. (1990). Persuasion - Theory and Research (2nd ed.). Sage Publications.

Perloff, R. (2010). The Dynamics of Persuasion - Communications and Attitudes in the 21st Century (4th ed.). Routledge.

Persson, M., Elmståhl, S., & Westerterp, K. (2000), Validation of a dietary record routine in geriatric patients using doubly labelled water, European Journal of Clinical Nutrition, 54, 789-796.

Poehlman, E. (1989). A review: exercise and its influence on resting energy metabolism in man. Medicine and Science in Sports and Exercise, 21 (5), 515-525.

Powell, K., Paluch, A., & Blair, S. (2011). Physical Activity for Health: What Kind? How Much? How Intense? On Top of What? Annual Review of Public Health, 32, 349-365.

Prochaska, J., & Norcross, J. (2001). Stages of Change. Psychotherapy: Theory, Research, Practice, Training, 38 (4), 443-448.

Räisänen, T., Lehto, T., & Oinas-Kukkonen, H. (2010). Practical Findings from Applying the PSD Model for Evaluating Software Design Specifications. *Lecture Notes in Computer Science*, 6137, 185-192.

Torning, K., & Oinas-Kukkonen, H. (2009). Persuasive System Design: State of the Art and Future Directions. Proceedings of the 4th International Conference on Persuasive Technology.

Wallace, D., Anderson, N., & Shneiderman, B. (1987). Proceedings of the Human Factors Society 31st annual Meeting., (pp. 727-731).

Walster, E., & Festinger, L. (1962). The effectiveness of "overheard" persuasive communications. Journal of Abnormal and Social Psychology, 65 (6), 395-402.

Welch, J., Dowell, S., & Johnson, C. (2007). Feasibility of Using a Personal Digital Assistant to Self-Monitor Diet and Fluid Intake: A Pilot Study. Nephrology Nursing Journals, 34 (1), 43-48.

Welch, J., Siek, K., Connely, K., Astroth, K., McManus, M., Scott, L., et al. (2010). Merging health literacy with computer technology: Self-managing diet and fluid intake among adult hemodialysis patients. *Patient Education and Counseling*, 79, 192-198.

Wright, L., Hickson, M., & Frost, G. (2006). Eating together is important: using a dining room in an acute elderly medical ward increases energy intake. *Journal of Human Nutrition and Dietetics*, 19, 23-26.

salary of 50 nurses. The percentages of food wastage per hospital differ extremely, from 3.5% as the most efficient to almost 15%. The main reason the inefficient hospitals gave for having more food wastage, was that they offered more choice in the menu for patients (BBC News, 2008).









#### Visual IT assisted Methods in Cross-disciplinary Studies

September 11-12 and October 7, 2013 Aalborg University, Copenhagen



Organiser: Thomas Bjørner, Associate Professor, Department of Architecture, Design and Media Technology. Co-organisers: Bent Egberg Mikkelsen, Professor & Research coordinator, AAU-MENU. Lise Busk Kofoed, Professor, Department of Architecture, Design and Media Technology

## Write to bemi@plan.aau.dk

AAU-MENU, CET, EIR, Foodtura, FoodServInSPIRe præsenterer

# Fremtidens mad til mange ernæring, regionalitet & teknologi

Kan innovation og samarbejde mellem forskning, erhvervsliv og sygehus hjælpe os til bedre mad på sygehus

24. juni 2013

Tid: Kl. 9-15.30.

Sted: Sundfakultetet