



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%

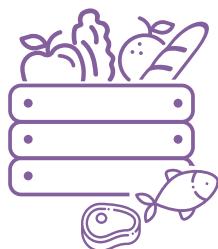
of the food Canadians throw away or compost could have been eaten. For the average Canadian household, that costs \$1,100 per year.



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

**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

