



# 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



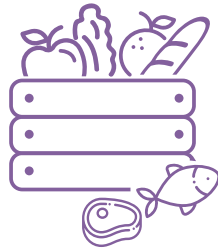
**63%**

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



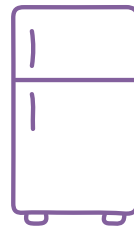
**33%**

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](http://lovefoodhatewaste.ca)

