The Effects of Reducing Food Waste on Increasing the Quality of a Healthy Life

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Abstract- Coordination of efforts between global sustainability and personal health is necessary. To lessen the burden of noncommunicable diseases, individuals are advised to eat a balanced diet. However, natural resource conservation also needs international attention. The latter phrase explicitly refers to strategies that effectively reduce food waste. Several studies have looked into the amount of food wasted in wealthy nations in the past. However, there is a serious shortage of information regarding the causes of food waste in homes. In order to combat food waste behavior and identify alternatives for developing preventive measures, the purpose of this article is to concentrate on the consumption of food waste for studying the determinants of food waste at the family level, which represents a large portion of the overall.

Indexed Terms- Food waste, mitigation, environmental knowledge and consumer attitudes.

I. INTRODUCTION

The amount of food that is wasted globally and its negative effects have drawn more attention in recent years. A crucial component of creating a sustainable food system is reducing food waste. In fact, food waste has three costs: first, it costs money, second, it affects society by raising food prices, decreasing access to food for the poorest, and increasing the number of malnourished people [1-5][6-10][11-18], and third, it degrades the quality of natural resources and produces greenhouse gases [1928]. In recent years, the issue of how food waste affects the environment has gone from being of interest to a small group of researchers to becoming a focus of institutional and public debate. This is a result of the spread of increasingly detailed information about the negative effects of rising food waste, particularly in developed nations, on the economy, society, and environment. The purpose of this study is to investigate the factors that contribute to food waste in homes, paying particular emphasis to factors such as household behavior, purchasing habits, attitudes, and lifestyle [29-38].

II. LITERATURE REVIEW

According to FAO, a significant amount of produced food is wasted globally [39-45]. (2011) 280–300 kg per capita annually in rich nations and 120–170 kg per capita annually in poor nations. This type of waste is largely preventable [46-55]. Food is wasted at every stage of its life cycle, from harvesting to manufacture to distribution to consumption [56-58], yet households account for the majority of this waste. Food losses, according to the literature study, refer to the reduction in edible food mass throughout the supply chain's path to edible food intended for human consumption. In the food supply chain, they occur during the production, postharvest, and processing stages [59-61]. Food waste is the term used to describe food losses that occur at the end of the food chain (retail and final consumption) [62]. According to estimates from, post-harvest and processing losses account for 40% of losses in developing countries, whereas retail and consumer losses account for more than 40% of losses in affluent nations.

Although consumers were the single largest contributor to the volume of food waste, [63] found that little is known about the factors that influence food waste in households. In addition, only a small number of studies have looked specifically at consumer behavior and food preferences. According to the results of this research, people share the moral goal to not waste food, but they also have a tendency to do so [64].

There has been some investigation on the causes of food waste in Italy as well [65], although there are few details available regarding the likely culprits in

Italian families. Although the topics addressed in these studies serve as a useful beginning point, there is still a paucity of knowledge regarding the characteristics of Italian households' food waste behavior. A thorough understanding of the elements that contribute to the amount of wasted food seems to be crucial if we or they are to design successful interventions. This is because sustainable household waste management is becoming a significant priority for local and national authorities in Italy. Due to these factors, the current study's goal is to analyze food waste by focusing on consumption to uncover the causes of family-level food waste, which accounts for a sizable portion of total food waste in Italy, in order to combat this behavior and identify options for creating preventative measures.

Restaurant food waste is a problem that is raising political, corporate, and public awareness. It causes underuse of natural resources, harms the environment, lowers company profitability, and hastens the spread of poverty [66]. Restaurant food waste has increasingly been depicted in the media as a crime against the world and humanity due to these long-term harmful socioeconomic and environmental repercussions, with repeated calls for its urgent mitigation [67].

According to [67], reducing restaurant food waste is a crucial administrative job that calls for ongoing research support. To help managers determine the scope and identify the causes of restaurant food waste, scholarly study is required. Additionally, it must compile successful mitigation strategies using examples from various consuming markets and restaurant sub-sectors as well as "good business" practices. Last but not least, academic research should identify the factors that contribute to effective mitigation and advise decision-makers and experts in the field on how to take advantage of these factors [68]

Despite the obvious benefits, the scope of academic study on restaurant food waste is still quite small. The majority of transitional economies have not been examined in recent research, which have mostly concentrated on developed nations. This is a serious flaw considering how prevalent the problem of restaurant food waste is. The developed world is characterized by mature markets for eating out and significant food waste. These markets are quickly developing in transitional countries, and restaurant food waste is increasing there in response, necessitating thorough research [68].

According to [69], one of the main causes of restaurant food waste is irresponsible consumer behavior, underscoring the need of involving patrons in its reduction. For consumer involvement to be successful, it is required to identify the factors that influence consumer behavior changes that are voluntarily pro-environmental and may reduce food waste, and to promote these factors in accordance with those factors. To decrease restaurant food waste in various consuming contexts, this topic is understudied, and little is known about how pro-environmental consumer behavior can be triggered and afterwards reinforced [72].

Restaurant food waste was originally acknowledged as a problem in the 1980s and Cummings made significant contributions to the field's early comprehension (1992). After that, the field of study essentially came to a standstill, and it wasn't until 2014 that scholarly interest in the subject was once again generated. Despite the "fresh" research outlook on restaurant food waste as a significant societal challenge, it is still under-examined, particularly when compared to other contexts where food wastage occurs, such as households [73-75]and grocery retail . By putting out a Conceptual Model of customer involvement in the reduction of restaurant food waste in Poland, this study adds to the body of knowledge. Although the conditions for pro-environmental consumer behavior in the context of household consumption in general have long been recognized, its applicability to eating out has never been examined.

III. RESEARCH MODEL ADOPTED

According to the research framework, which forms the basis for the study problems, all of the concepts, meanings, and propositions are connected to the research questions. This research reveals that despite contemporary technical developments, the success assessment idea that has been widely employed in the

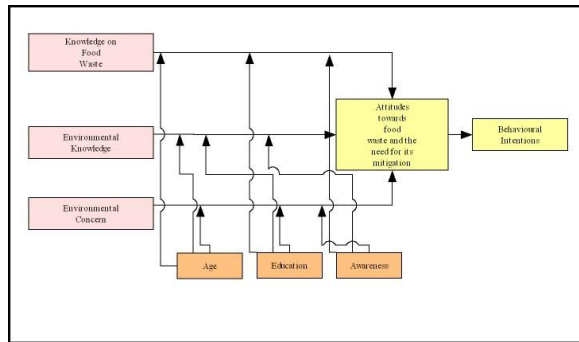body of research has remained mostly based on the Research Model Adopted.

Figure 1: Research Model Adopted

CONCLUSION

Despite the presence of several factors in previous studies (Knowledge on Food Waste, Environmental Knowledge, Environmental Concern, and Attitudes towards food waste and the need for its mitigation), no completed model has been developed to assess the intricate relationships between these factors and the Behavioural Intentions of Reducing Food Waste on Improving Healthy Life Quality.

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