

# An Exploratory Study of Food Waste in Long-term Care

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## The Study

2 LTCF's in South Western Ontario

100 and 125 residents

June thru August 2018

\$9.54 resident/day



Increasingly more food waste research being done in food-service

Almost all of the food waste research in LTCF deals with lost nutritional and caloric intake of residents

## Methodology

To ascertain the best method of measurement the researchers used the 'Food Delivery Framework' to observe the food-service operation

## Findings

1. Compared to most commercial kitchens, minimal food waste is generated in preparation (food is frozen, prepared, often portioned)
2. Compared to most commercial kitchens the exact number of meals required for each service is known

# Measurements

Total food waste for facility

Overprepared food

Plate Waste



# Total food waste (excluding plate waste)

Total daily food Waste

n=14

Kitchen Food Waste (kg)	Kitchen Food Waste (%)	Servery Food Waste (kg)	Servery Food Waste (%)	Total food waste
3.8	5.6	63.7	94.4	67.5

## Individual Servery Food Waste (meal period)

n=7

Food to Servery (kg)	Overproduced Food remaining (kg)	Over produced food %	Plate Waste (kg)	Plate Waste %	Total Food Waste (kg)	Food Waste (%)
22.46	10.07	44.8	2.99	13.3	13.10	58.3

# Food Waste totals (excluding plate waste)

Facility 1: 27,000 kg/year

Facility 2: 21,300 kg/year

Canadian resident (avg.) 170 kg/year

Facility 1: 220 kg resident/year

Facility 2: 213 kg resident/year



## Drivers of Waste

1. Policy. Specifically mandated choice of protein, vegetable and dessert at lunch and dinner
2. Cultural. Patient health is primary focus, waste is acceptable outcome of this
3. Operational. No accountability of management regarding food waste. No expertise in cost control.

# Examples

1. Cooks producing more than called for
2. Buffers
3. New menus
4. Individualized menu items
5. Textured food items the highest waste
6. Garnishes
7. Plastic one-use items

# Individualized Items



# Garnishes



# Textured food





# One Use Items



# Discussion

Food waste is a public health issue

Dieticians of Canada, how we manage food-service in LTC

Food waste and the elderly

Policy discussion

Future research

# Questions?

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# MWA Fall 2018 Conference

