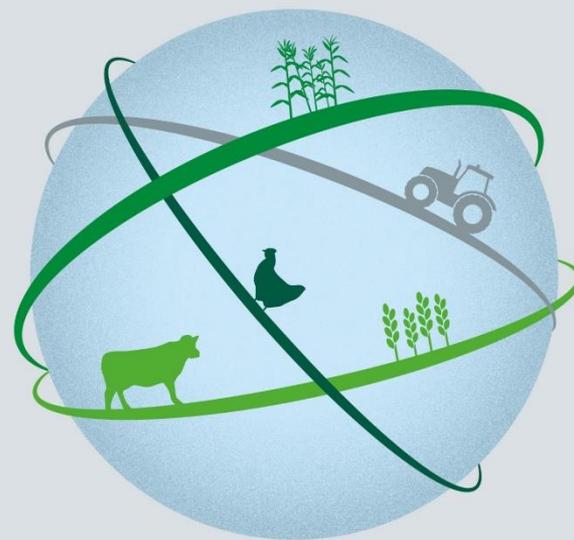


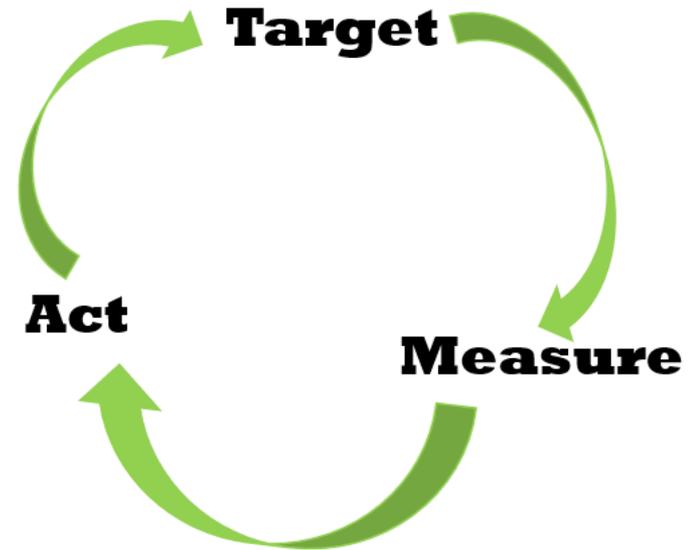
# Understanding Food Waste in Low-Income Communities: A Household Study in Harare, Zimbabwe

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# Introduction

- 17 % of global food is wasted at the retail and consumption level (UNEP, 2021)
- Consideration of diverse socio-cultural contexts is essential for a comprehensive understanding of household food waste
- Need for localised solutions due to varying framework conditions
- Food waste data gaps in low-income countries

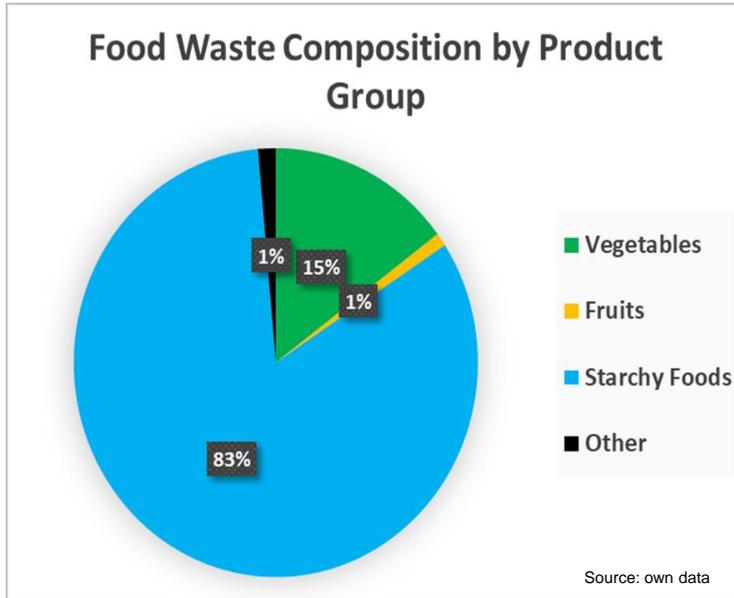


# The Case of Hatcliffe: Materials and Methods

- **Area of study:** Hatcliffe – a low-income suburb in Harare, Zimbabwe
- **Target** – Households (HH)
- **Data collection methods and sample size**
  - 7-day Waste Composition Analysis: 103 HH
  - 7- day Kitchen Diary Surveys: 74 HH
  - Face-to-Face Questionnaire Surveys – 400HH

# Preliminary Findings: Household Food Waste Composition

- **329.53 kg** of food waste sorted and weighed
- **3.17 kg** average food waste per Household per week



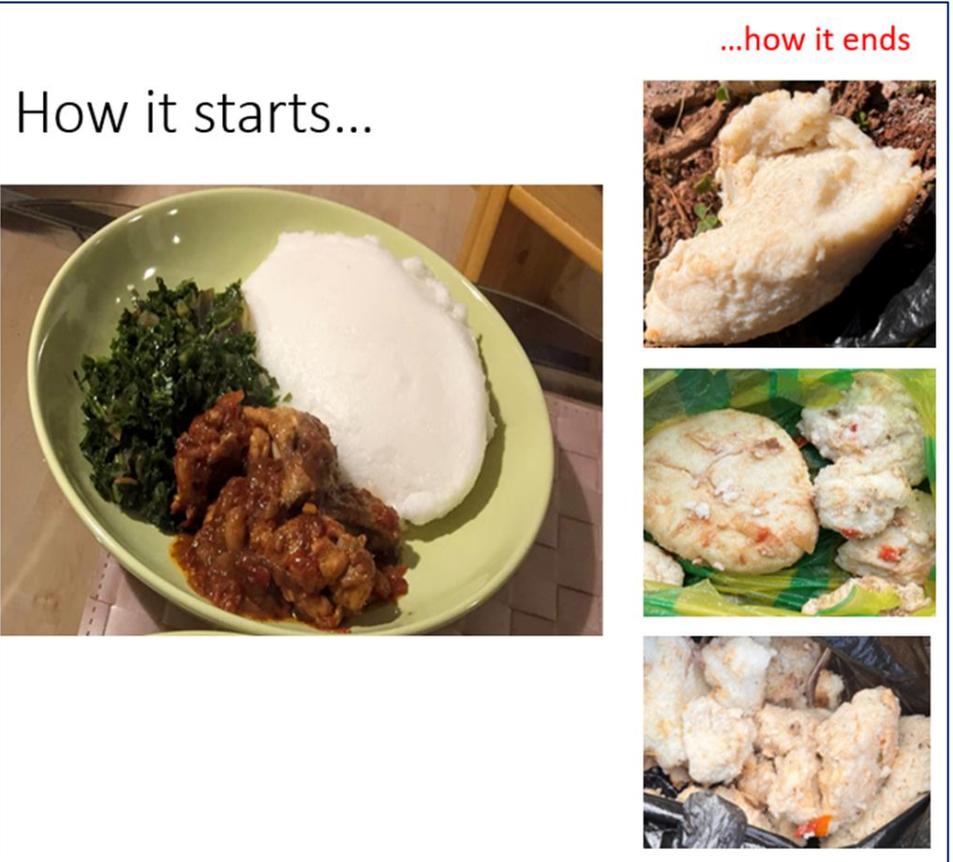
**59% avoidable**

**9% 'potentially' avoidable**

**32% unavoidable**

# Avoidable Food Waste

- Consists mainly of leftovers from cooked food
- **Starchy Foods:** *sadza* **71%** (thick maize porridge), rice, bread & baked goods, pasta
- **Vegetables:** tomatoes, African kale, cabbage, onions
- **Fruits:** Bananas
- **Others:** sugar beans, meat



# The Reasons for Household Food Waste

Stage where FW is generated	Stocking	Preparation	Consumption	Storage of leftovers
Reasons	<ul style="list-style-type: none"> <li>• Bought too many</li> <li>• Poor quality from the retailer</li> <li>• Spoilt</li> </ul>	<ul style="list-style-type: none"> <li>• Prepared/cooked too much</li> <li>• Accidents e.g burnt</li> <li>• Not well prepared</li> </ul>	<ul style="list-style-type: none"> <li>• Served too much</li> <li>• Personal preferences</li> <li>• Lack of adequate side dishes</li> <li>• Contaminated e.g. by flies</li> </ul>	<ul style="list-style-type: none"> <li>• Spoilt</li> <li>• Improper storage practices</li> <li>• Electricity shortages</li> </ul>

# What the households are doing

- Changes in shopping practices- reducing perishable items
- Food Preservation: drying, salting, smoking
- Reusing leftovers e.g. fermented drinks from *Sadza*
- Solar/gas-powered refrigeration –own/neighbour's
- Sharing excess food items – family/friends



source: www.flaticon.com

# What can be done in Hatcliffe?

- Establishment of platforms to share best practices: e.g the Local Council facilities
- Educational and awareness campaigns – collaborations with schools, universities, research institutions
- Integration of Indigenous Knowledge in Food Waste reduction initiatives



source: [www.flaticon.com](http://www.flaticon.com)

# Think Global, Act Local!



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Project details