

December 9th 2022

Food Loss and Waste Reduction in Quebec

Panel on Communicating Behavior Change in North America



16% of food entering the bio-food system in Quebec is lost or wasted, the equivalent of 1.2M tons each year.

Distribution of Edible Food Lost or Wasted Through the Bio-Food System



14%
Production



21%
Processing and
manufacturing



10%
Distribution



5%
Hotels, restaurants,
institutions (HRI)

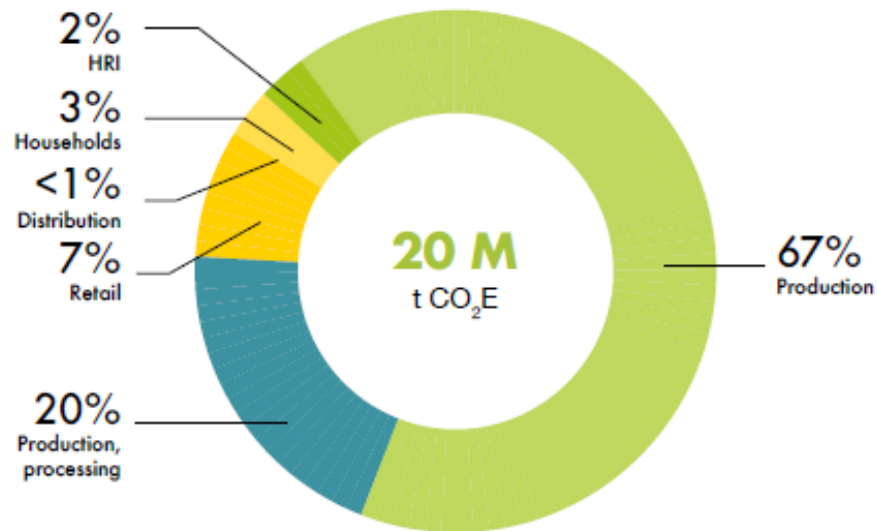


22%
Retail



28%
Households

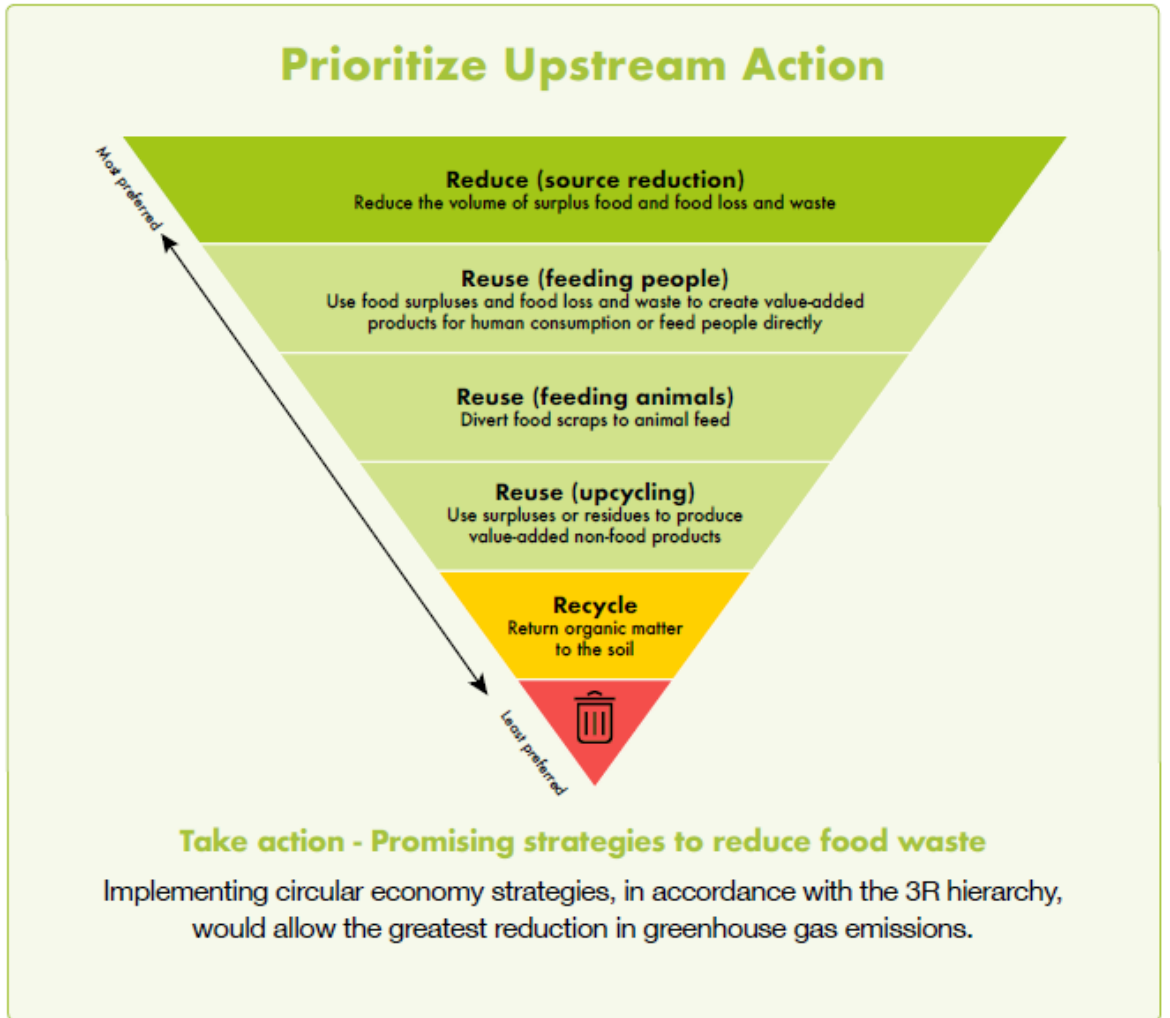
Proportion of GHG Emissions Associated with Each Stage of the Bio-Food System



18% of GHG emissions associated with Quebec's bio-food system are related to lost or wasted edible food.

More than 90 % of biodiversity loss is related to resource extraction and processing to materials, fuels, and food.

IRP (2019). [Global Resources Outlook 2019: Natural Resources for the Future We Want.](#)



Love Food Hate Waste Canada

- Plan It Out
- Use It Up
- Keep It Fresh

WHERE YOU STORE FOOD IN YOUR FRIDGE MATTERS

DELI DRAWER
Cheese, deli meats

DOOR IS THE WARMEST PART OF FRIDGE

SET HUMIDITY LEVEL
The adjustable levers on the crisper drawers change humidity levels. If your fridge has these, set one to high humidity (closed, less air coming in) and one to low (open, more air coming in).

TEMPERATURE
Set your fridge at 4°C or lower

TOP SHELF
Leftovers, drinks, ready-to-eat foods, berries, herbs

MIDDLE SHELVES
Milk, eggs, dairy

BOTTOM SHELF
Raw meat, poultry, and seafood
TIP: Store in trays or sealed containers to prevent drips from contaminating the food below.

CONTROL THE RIPENING PROCESS
Some produce gives off a gas called ethylene that speeds ripening. To keep foods longer, separate foods that create ethylene from the foods that are damaged by it. Keep ethylene-producing fruits and veggies in a loosely tied bag, away from already-ripe produce. **High Ethylene Producers:** apples, bananas, kiwis, tomatoes, avocados

COLDEST PART OF FRIDGE

HIGH HUMIDITY DRAWER
Put most veggies, particularly those that might wilt, in the high humidity drawer. Carrots, leafy greens, broccoli, asparagus, cabbage, cauliflower, cucumber, green beans, lettuce, spinach, peppers

LOW HUMIDITY DRAWER
Put fruits in the low humidity drawer, along with vegetables that have a tendency to break down and rot. Apples, pears, grapes, mushrooms, melons, peaches, papayas, mangoes, oranges, lemons

SOME PARTS OF YOUR FRIDGE ARE WARMER THAN OTHERS

KEEP YOUR FOOD FRESH BY KNOWING YOUR FRIDGE STORAGE BASICS

WASTING FOOD FEEDS CLIMATE CHANGE

Available household food waste in Canada accounts for 9.8 million tonnes of CO₂ a year.
Don't waste food. Help fight climate change.





THANK YOU!

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