

# The National Observatory on Food Waste: data and perspectives

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Action & implementation sub-group meeting  
EU Platform on Food Losses and Food Waste

Online, 24-25-26/11/2022

# Context (policy framework; food waste diagnosis)

## PERMANENT TABLE FOR THE FIGHT AGAINST WASTE AND FOOD ASSISTANCE

- Law 19 agosto 2016, n. 166 (Legge Gadda) establishes a round table with:
  - All the food supply chain;
  - Charitable Organizations;
  - Ministries, Regions and Municipalities.
- The Table is coordinated by the Ministry of agriculture.

## Observatory on food losses and waste, surplus, recovery and reuse

### Objectives

- To create in Italy a monitoring tool aimed to collect and disseminate information and statistics, policy and best practices related to:
- Surpluses along food chain
  - Food recovery and reuse for human consumption
  - Food waste at household level

# Products: reports, website, social network, and scientific papers

(Available at: <https://www.crea.gov.it/web/alimenti-e-nutrizione/-/osservatorio-sugli-sprechi-alimentari>)

**L' OSSERVATORIO SULLE ECCEDENZE, SUI RECUPERI E SUGLI SPRECHI ALIMENTARI**

RICOGNIZIONE DELLE MISURE E PROPOSTE DI

**L'IMPATTO DELL'EMERGENZA COVID-19 SULLE ABITUDINI ALIMENTARI DEGLI ITALIANI NEL PERIODO DELLA QUARANTENA DI MARZO-APRILE 2020**

SPECIAL ISSUE

DICEMBRE 2020

**REPORTO FINALE DELLA PRIMA ANNUALITÀ**

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- L'Osservatorio sulle eccedenze, recuperi e spreco alimentare (OERSA) contribuisce a fare circolare conoscenza scientifica e a incoraggiare l'affermazione...
- 118 persone hanno messo "Mi piace" a questa Pagina, tra cui 18 dei tuoi amici
- 120 persone seguono questa Pagina
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SECONDA ANNUALITÀ

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**MDPI**

**Articolo**

**Food Waste of Italian Families: Proportion in Quantity and Monetary Value of Food Purchases**

Vittoria Aureli\*, Maria Luisa Scavelli\* and Laura Rossi\*

CREA Council for Agricultural Research & Economics, Via Ardeatina 546, 00179 Rome, Italy

**frontiers in Nutrition**

**Abstract:** Having per capita food waste (FW) as a key indicator of food waste management, this study aims to evaluate Italian families. In a representative and in charge of preparing the FW, average of four weeks, Italian purchased, which compares Clustering the food groups a possible to show that price has the higher the quantity of waste results of this study showed to this should be considered in a

**Keywords:** food waste; money

**OPEN ACCESS**

**The Italian Observator Surplus, Recovery, an Development Process Achievements**

Federica Grant\* and Laura Rossi\*

Council for Agricultural Research and Economics - Research Centre for Rome, Italy

**Abstract:** Food loss and waste (FLW) is an environmental, social, and economic problem. Countries all around the world are looking for efficient strategies to prevent and reduce FLW, as recommended by target 12.3 of the Sustainable Development Goals (SDGs) of the United Nations. The European Union (EU) is strongly committed to helping solve the FLW issue, setting up the Platform on Food Losses and Food Waste, and adopting the Farm to Fork Strategy. Italy has also adopted a consolidated approach toward this issue, in particular through the redistribution of food surplus to those in need, a policy that was instituted with the Gadda Law 186/2016. Importantly, this normative framework also provided for the establishment of the National Observatory on Food Surplus, Recovery, and Waste (Osservatorio sulle Eccedenze, i Recuperi e gli Sprechi Alimentari (OERSA)). This article describes the creation and development of the OERSA, as the technical entity supporting national FLW policies. One of the first actions taken by the OERSA was that of mapping the FLW initiatives that were being implemented along the entire food supply chain in Italy. This gave the OERSA a solid foundation on which to begin working on two different fronts: (1) Collecting data regarding the primary production sector and at the consumer level and (2) Establishing educational programs and awareness campaigns. The data collected by the OERSA highlight that, although several actors of the Italian supply chain are already conscious of the causes of FLW, new strategies that focus on innovation and cooperation should be encouraged.

**Keywords:** food loss, food waste, food donation, legislative framework, measurements, Italy

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**Nutrition Knowledge as a Driver of Adherence to the Mediterranean Diet in Italy**

Vittoria Aureli\* and Laura Rossi\*

CREA Council for Agricultural Research and Economic Research Centre for Food and Nutrition, Rome, Italy

**Background:** An optimal Nutrition knowledge (NK) among the population could result in greater Adherence to the Mediterranean Diet (AMD), a recognized dietary pattern capable of preventing chronic food-related diseases. This study aimed to evaluate the association between NK and AMD in Italy.

**Methods:** A national representative sample of 2,869 adults took part in an assessment that was carried out through a self-administered questionnaire including sections relating to NK and AMD. AMD was evaluated following the PREMEDI-FLWS methodology. Descriptive statistics were provided, and ordinal measures of NK score and AMD were calculated based on quartiles of the quantitative scores. A contingency analysis was performed to check associations between variables.

**Results:** In Italy, the average NK score was 50 ± 13.3, equivalent to 56.8% of correct answers. The average value of AMD was 6.8, corresponding to 40% of the maximum score with 31.4% of the population demonstrating low AMD, 31.3% in the lower-middle range, 24% in the medium-high range, and only 13.3% reporting a high AMD. A significant association between NK and AMD was found: respondents who reported the lowest AMD corresponded to those with the lowest NK (98.7%; p < 0.05) and similarly, those with the highest level of adherence to MD also achieved the highest NK scores (41.7%; p < 0.05).

**Conclusion:** This study showed that AMD in Italy is generally low, and the strong association between NK and AMD demonstrated that there is a clear connection between a healthy dietary pattern and the nutrition literacy of the population. Those with the highest AMD corresponded to the highest NK and conversely, those with the lowest AMD displayed the lowest NK. The study also highlighted that socioeconomic aspects were strong determinants of both AMD and NK.

**Keywords:** adherence to Mediterranean diet, nutrition knowledge, socioeconomic characteristics, consumers,

**ORIGINAL RESEARCH**  
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**L' OSSERVATORIO NAZIONALE O-ERSA**

L'Osservatorio nazionale O-ERSA, frutto della convenzione tra Mipaaff e Crea, realizza studi scientifici, diffonde informazione e dati e promuove buone pratiche in relazione alla generazione di eccedenze alimentari e al loro recupero allo scopo di supportare il Tavolo tecnico istituito dalla legge 166/2016 e il cittadino per stimolare innovazione nelle strategie e nelle politiche di prevenzione e contrasto nei confronti dello spreco alimentare in Italia.

**LEGGI ALTRO**

**ATTUALITÀ**

**I NODI ATTUALI NELLA RICERCA SULLA MISURAZIONE DELLO SPRECO ALIMENTARE**

L'analisi di 202 documenti scientifici selezionati dal 1930 al 2014 mette in evidenza una copertura geografica su 84 Paesi

**Reporto finale della prima annualità**

**L' OSSERVATORIO SULLE ECCEDENZE, SUI RECUPERI E SUGLI SPRECHI ALIMENTARI**

Ricognizione delle misure in Italia e proposte di sviluppo

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[www.facebook.com/OERSA-103469301798441](https://www.facebook.com/OERSA-103469301798441)

**AGENDA 2030**

La strategia sostenibile per avere solo idee positive. Il target 12.3 dell'Agenda 2030 per ridurre di un terzo lo spreco alimentare globale è un obiettivo che ha un grande impatto sulla salute e sul benessere delle persone.

**LA NOSTRA VISIONE**

L'Osservatorio promuove i riciclaggi e il recupero delle eccedenze alimentari e del materiale di scarto.

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**ng, EU Platform on FLW**

# Key actions undertaken



## The Italian Observatory on Food Surplus, Recovery, and Waste: The Development Process and Future Achievements

Federica Grant<sup>1\*</sup> and Laura Rossi<sup>1</sup>

Council for Agricultural Research and Economics—Research Centre for Food and Nutrition (CREA Food and Nutrition), Rome, Italy

### Directive Action 1: To Fill Information Gaps

- Collecting primary sector data and information through the Agencies for Agricultural Supply, at the national and regional levels, carrying out an exploratory survey on the primary sector companies.
- Collecting information at distribution and consumer level.
- Carrying out an exploratory survey on the food service sector.
- Carrying out qualitative and quantitative surveys with consumers.

### Directive Action 2: To Improve Policy and Intervention Actions

Carrying out educational programs aimed at increasing the awareness of food chain operators and consumers of the importance of preventive actions to be established, alongside counteractions for food surplus redistribution and recovery. Two other actions aimed at reducing or preventing FLW during redistribution were identified: the optimization of the use of

# Key actions undertaken

- Website: The OERSA official website.
- Weekly updates on social networks.
- The Second Edition of the National Nutrition Day carried out in 2019 was dedicated to food waste and was entitled “Nutrinformation: Waste on the Plate”.
- A chapter dedicated to FLW was included in the Italian Food based Dietary Guidelines that were updated in 2018 by the CREA Food and Nutrition Research Center.
- The “Decalogue against Food Waste,” a set of 10 recommendations that can be publicized in schools, events, and information sessions.
- A booklet with creative recipes showing how to use no longer fresh foods that have been in the fridge for a while as well as how to prepare meals with leftovers.

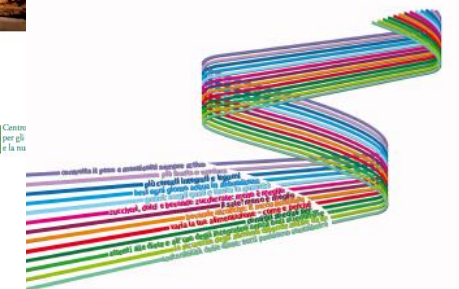


Spunti(ni)creativi  
anti-spreco



crea  
CENTRO DI RICERCA ALIMENTI E NUTRIZIONE

## Linee guida per una sana alimentazione



Revisione 2018

Action & implementation sub-group meeting, EU Platform on FLW  
On-line, 24 June 2022

# Monitoring progress

Data collected for monitoring the voluntary level of prevention/reduction of food waste at household level:

- 2018 (FW Refresh methods)
- 2020 (FW data coupled with adherence to Mediterranean data and adherence to nutritional recommendations)
- 2021 (FW Refresh methods)
- Use of questionnaires, quantitative evaluation and MOA (Motivation, Opportunity and Ability) assessment
- Comparisons with other EU Countries (only 2018)
- Internal monitoring
- MOA and adherence to nutritional recommendations will be used as monitoring of HH preventive actions and to design interventions

# Main outcomes:

- Average HH food waste was **370 g/family/week in 2018 and 480 g/family/week in 2021**. Quantity of food wasted off in 2018 were in line with Netherlands (365 g/week), progressively different from Germany (425 g/week), Hungary (464 g/week), and Spain (534 g/week).
- **Fresh and perishable foods** such as fruit, vegetables, bread, milk, and yogurt, were the most wasted products.
- Foods were most commonly thrown away as **unopened packages**.
- The assessment of consumer behaviors related to preventing or reducing HFW showed that difficulties in planning and organizing the meals due to unforeseen events were frequently reported.
- The **leftovers were largely reused**, and the waste of cooked foods was an uncommon practice.
- It was observed a **strong correlation** among the adherence to nutritional recommendations and the attitude at preventing waste at home, indicating the importance of setting up actions against food waste in the framework of nutritional educations activities.

# Thanks for your attention

The screenshot shows the homepage of the O-ERSA website. At the top, there are logos for O-ERSA (Osservatorio Nazionale O-ERSA), CREA (Consiglio Nazionale delle Ricerche), and MIPAAF (Ministero delle Politiche Agricole, Alimentari e Forestali). To the right of the logos are links for 'PRESS ROOM', 'NEWS', and 'CONTATTI', along with a search icon and a 'LOGIN' button. Below the logos is a green navigation bar with the following menu items: 'IL PERCORSO', 'CHI SIAMO', 'LA NOSTRA ATTIVITÀ', 'PUBBLICAZIONI', 'COME CONTRIBUIRE', and 'ALTRE INIZIATIVE'. The main content area features a grid of eight icons representing various aspects of food security and sustainability, including crops, a factory, a recycling symbol, a hand holding a shopping bag, a person, a circular arrow, a magnifying glass, and a person at a computer. To the right of the grid is the heading 'L'OSSERVATORIO NAZIONALE O-ERSA' and a paragraph of text describing the observatory's mission. At the bottom right of the text is a link that says 'LEGGI ALTRO»'.

OSSERVATORIO - RICERCA - RICICLO - SPRECO - SOSTITUI

crea Consiglio Nazionale delle Ricerche

mipaaf ministero delle politiche agricole alimentari e forestali

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[LEGGI ALTRO»](#)

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