

## CASE STUDY - FOODWASTE - GALWAY



# Milltown Residents save €3,500 on Food Waste Prevention.

### INTRODUCTION

During January, February and March 2014, households in Milltown, Co. Galway participated in a Community Food Waste Prevention Programme supported by Galway County Council, Milltown Tidy Towns and Stop Food Waste. The programme ran for 6 weeks during which participating households monitored their own behaviour in relation to food waste and subsequently have made changes in the home in relation to how they manage their food. This has resulted in a 60% reduction in the amount of food waste arising.

### THE WORK

The programme, aimed at assisting participating households prevent and reduce the amount of food waste generated in the home through initially becoming more aware of the amount of food waste generated and then changing behaviour to incorporate improved practices such as;

- meal planning;
- improved shopping practices;
- portion control;
- left over reuse and also
- by being more aware of “use by” and “sell by” dates

*“It’s amazing how much food waste you can prevent and in turn how much money you can save by making some small lifestyle changes -- I have cut down on my own food waste simply by not cooking too much food, planning ahead and only buying what I need”,* says Clare O’Connor, Milltown Tidy Towns.

To further extend the Food Waste Prevention Programme in the Milltown area, children in Milltown NS, Belmont NS and Cahernageehy NS have participated in a waste prevention awareness campaign with Milltown Tidy Towns and Galway County Council.

Presentations were made weekly by Sinéad Ní Mhainnín, Galway County Council to the group covering various topics relating to food waste prevention.

### RESULTS

Of the 46 participants in the pilot, each reduced their food waste on average from 750 grams per week at the start of the programme to 250 grams per week at the end – that’s equivalent to a potential annual food waste prevention figure for the group of almost 1.3 tonnes, or in monetary terms a saving of over €3,500! This is an average result, as participants initially had higher quantities.

**Contact: Further information is available from Sinéad Ní Mhainnín,  
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