

What's eating you, Singapore?

Last year, Singapore threw out 744 million kg of food – the weight of about 51,000 double-decker buses. For a nation which loves food so much, why does so much of it end up in the bin? The Sunday Times polled 1,000 Singaporeans and permanent residents to find out what people here think and do when it comes to food. Here are some key findings.

AMOUNT OF FOOD THAT RESPONDENTS THINK THEY THROW OUT WEEKLY

19%
a reasonable amount



4%
an excessive amount

77%
a small amount or none

WHAT GETS TOSSED

Carbohydrates tied with fruits and vegetables

as the top food types thrown out

REASONS HOUSEHOLDS THROW OUT FOOD



Food is past its expiry date

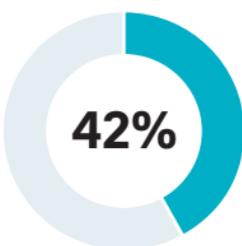


Food has gone bad because they forgot about it



Family members do not finish their meals

BUFFETS



go to all-you-can-eat buffets at least a few times a year



80% have little to no leftovers when they go to all-you-can-eat buffets

CATERING

People who cater for more guests than expected when hosting a party or gathering



86% of those who cater for more guests than expected do so because they think it is embarrassing not to have enough food

28% say there is rarely or never any leftovers when they cater for a party or gathering

SUPERMARKET



Half (**51%**) rarely or never buy from the reduced-to-clear sections at supermarkets



One in four **always** buys more than what he needs on grocery runs

EATING OUT



Half (**52%**) rarely or never take away unfinished food when eating out

NOTE: • The online poll, which was commissioned by The Sunday Times, was conducted by Milieu Insight, an online market research firm. • Field work was conducted in the week of Oct 26 this year and results are representative of the Singapore resident population aged 16 and above. The margin of error is +/- 3 per cent with a 95 per cent confidence level.

askST

If you have a question on food waste, e-mail us at askst@sph.com.sg

Source: MILIEU INSIGHT SUNDAY TIMES GRAPHICS