



Food Tasted Not Wasted

1/3 of all the food
we produce
we throw away!¹



1. According to FAO approximately one-third of all food produced for human consumption in the world is lost or wasted.

Think Before you waste!



**Wear me & say
NO to Food Waste**

Every year **1.6 billion tons** of food ends up being wasted globally,¹ yet **345 million** people face hunger globally,² It's a huge problem that affects the economy, the environment, and society.

There are many causes for food waste, like processing problems, storage issues, and overproduction, but it's clear that restaurants & hotels are one of the major entities that waste food in our country. According to researches, a restaurant produces **25,000 to 75,000** pounds of waste per year.³

That's why **iHORECA** believes it is important to tackle the problem of food waste, at least in our culinary community.

Let's Stop the waste and Save the world!

1.FAO

2.UN News

3.MDPI



Think before you waste



Each year,
250kg
of food
is wasted
per person

According to FAO, Food loss & waste (FLW) along food value chains in the Near East & North Africa (NENA) are estimated to reach 250kg per person and over, USD 60 billion annually.¹





Message from the

Experts



Reducing the food waste percentage is a social responsibility that falls on the shoulders of restaurants, & such reduction will benefit the owners as it will raise the business profit, & will also be good for the staff members whose KPIs will be increased consequently. In Zooba, we decreased the waste percentage from 5% to 1% now, this definitely wasn't easy at first; but by monitoring our waste and applying some practices we were able to reduce the waste gradually over a year, & the most important thing was involving our team in this target. It's essential to educate your team on the benefits of reducing food waste, & when staff members see its reflection on their income, they will start providing solutions themselves; to solve this problem.



**Chef Moustafa
ElRefaey**

Co Founder - Zooba

HORECA STAR

TRADE YARD

BEST HORECA SUPPLIER



YOUR BEST *Restaurant Supplier*



Food Waste in F&B

45% wastage of restaurant food occurs at the preparatory stage¹

21% due to improper storage¹

34% at the consumption stage where clients visiting restaurants leave behind scraps of food on their plates¹



The biggest source of food waste happens at consumer-facing businesses² that supply food to consumers like:

- Restaurants & Hotels
- Supermarkets
- Distribution centers
- Manufacturers



1. Ethical Choice

2. Lomi



Message from the Experts

“ We should be aware that food wastage has a domino effect on the society, environment, & climate. A big part of the problem starts with our inherited cooking habits. We tend to cook huge quantities that exceeds our



Chef May Yacoubi
Consultant & TV chef

needs, so my advice is to learn how to cook according to the family member needs. Until we reach this mindset, we can use sharing as a solution by distributing excess food to people in need within the surrounding community, & distribute it instead of wasting it.



2023
Egypt



CONCEPT Adv.

THE RD
43 INTERNATIONAL
HOTEL SUPPLIES
EXHIBITION

From
13 - 15
NOVEMBER 2023

من
١٣ - ١٥
نوفمبر ٢٠٢٣

المعرض الدولي الثالث والأربعون

لتجهيزات الفنادق والكافيهات
والمطاعم ومعدات المخابز والحلواني
والآيس كريم والسوبر ماركت

بمركز القاهرة الدولي للمؤتمرات - مدينة نصر
At Cairo International Convention Center - Nasr City

Hace

Le Cafe

Inter. food

Bakery
Tec.

Furnishing
Hot.

Clean Tec.

تحت رعاية وزارة السياحة والآثار
تحت رعاية وزارة التجارة والصناعة



How bins looks like in Restaurants or cafés?

According to Environmental Protection Agency, Food waste fills over 60% of the bin of an average café or restaurant, with paper & cardboard occupying another 18%

That means about 80% of the bin contents could be recycled or recovered instead of going to landfill.¹



Kiri

منتجات كيري للمطاعم والفنادق





Why Reducing Restaurant waste?

When you save food, you also

- **Earn Money:**

For Each 1\$ you invest in reducing kitchen food waste, your restaurant will save 7\$ in return.¹

- **Save Water:**

250 km³ of water is used each year to produce wasted food, which is three times the volume of Lake Geneva.²

- **Save Land:**

28% of the world's agricultural area is used annually to produce food that is lost or wasted.²

- **Attract customers:**

55% of consumers say they consider a restaurant's food waste reduction efforts an important factor when they choose a restaurant.³



1.Champions123

2.FAO

3.Food Safety Magazine

FOODICS®

مع فودكس..
طلبات مطعمك، عملياتك
ومدفوعاتك في سيستم واحد.





How to reduce **F&B** food waste?



Improve inventory

Check your stock regularly & buy what you need

Track your waste

Set a smart goal to decrease your waste gradually



Repurpose

Reuse food items to create new dishes as soups, smoothies ..etc

Customer awareness

Encourage your customers to take their leftovers

Avoid over production

Conduct Sales Forecasts & make better purchasing decisions



Donate

Donate by the extra edible food

Compost

Compost Leftover food resources & use it to fertilize soil, & limit soil erosion





Message from the

Experts



Food waste is a massive issue that we all should be concerned about, & its damage extends to the climate & the planet. When food goes to landfill it produces methane gas which even more potent than carbon dioxide, meaning



Chef Mona Elbanna
Founder & CEO -
Monappetit Academy

that we are contributing in the climate change crisis. Food waste, climate change, & food sustainability are in the same cycle & affect each other consequently, so every chef, food blogger, & influencer has the responsibility to change consumer behavior & householder's attitude towards food.

بست
شيراتون
سمن طبيعي



سمن شيراتون الاصلية للمطاعم والفنادق





COOK WITH TASTE & ZERO WASTE

COOK WITH PASSION



Food Waste & Climate Change

(Wasting food is wasting our world)



Food waste alone causes 10% of the green house gases (Gases that increases the global warming)¹

In Egypt, up to 55% of produce spoils even before reaching a supermarket & restaurants, hotels & grocery stores regularly throw out perfectly edible & delicious meals.²



Not surprisingly, Food industry causes 25-30 % of the total greenhouse gases that led to today's climate crisis.¹

Cook. Eat. Save

By making small changes in how you cook & eat your food, you can waste less, save money, & fight the climate change

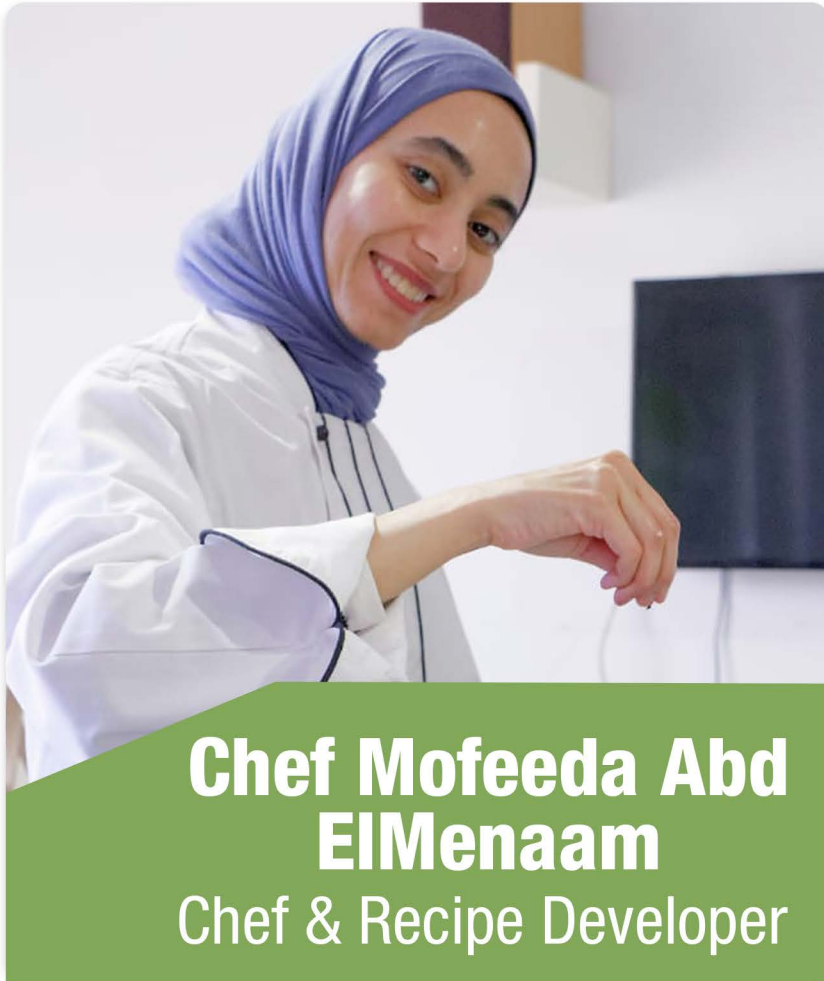


1. Iberdrola
2. The borgen project



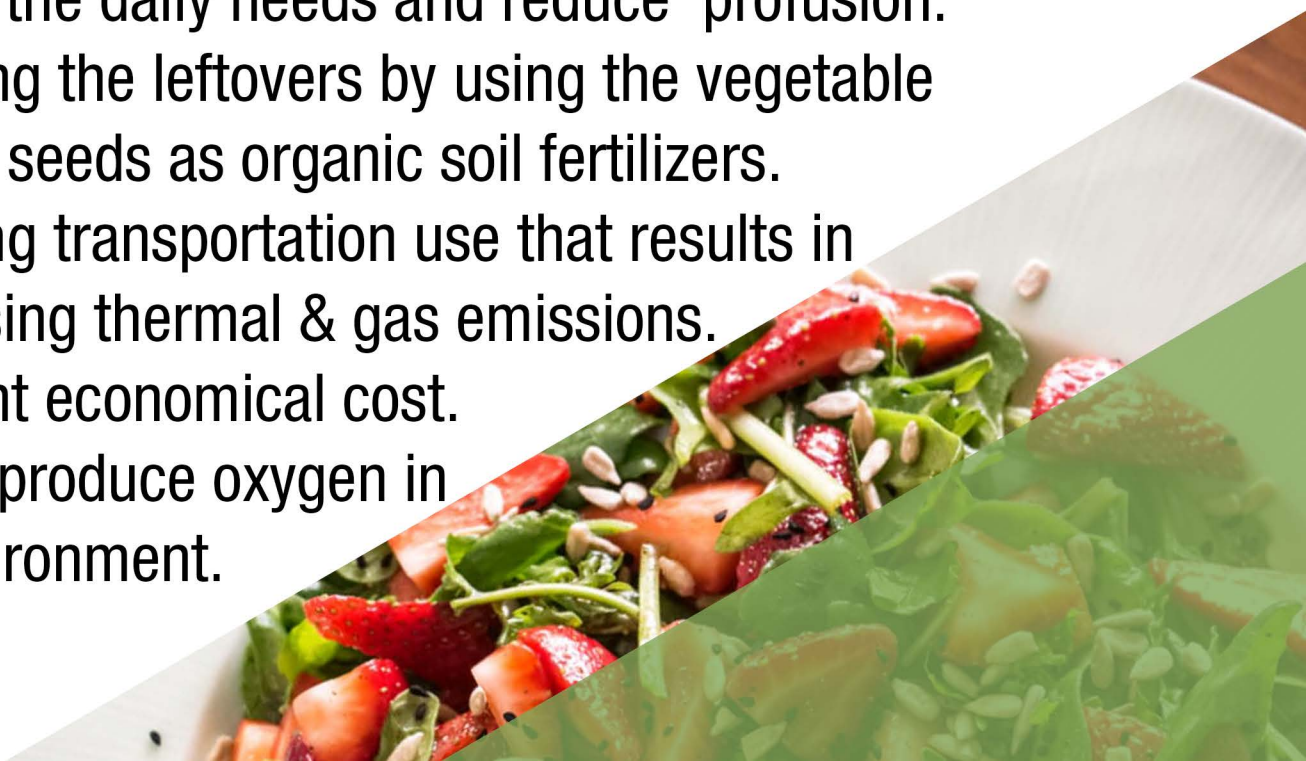
Message from the Experts

“ In Egypt, we always find a main salad dish garnishing our tables, but despite its simplicity & its high nutritional value it also produces waste, so how a simple seasonal salad dish can contribute to reducing food waste & save the planet?



Chef Mofeeda Abd ElMenaam
Chef & Recipe Developer

- Planting the salad ingredients in balconies & roofs to provide the daily needs and reduce profusion.
- Recycling the leftovers by using the vegetable peels & seeds as organic soil fertilizers.
- Reducing transportation use that results in decreasing thermal & gas emissions.
- Excellent economical cost.
- Greens produce oxygen in the environment.





Dixie Mills
HOME LIKE ADDITIONS

صوصات ديكسي ميلز للمطاعم والفنادق





Visit iHORECA.com & read more about Food Waste & sustainability



4 Steps to Reduce Food Waste in Restaurants

Running a foodservice operation includes a lot of details, & wasting food may cause a huge loss to the business, so how to reduce food waste during the restaurant operation? You can avoid the food waste through 4 steps

Know more by visiting ihoreca.com



Message from the Experts

“ Food waste is a painful word especially within today's difficult economic conditions, & price inflation issues. The reduction of food residues has become one of the most important issues in food establishments,



Mr. Alaa Meabed
Food Safety Consultant
– Food Focus AM

whether they are resulting from malpractices in food operation, product spoilage or bad consumer behaviors in open buffets that lead to throwing huge amount of edible food. To face the food waste problem, we should raise awareness of correct product consumption habits, recycle food products, and educate both children and adults on the importance of food waste prevention.



جربت صوصات الجبنة ماينز في مطعمك؟



صوص جبنة أمريكي



صوص جبنة كلاسيك



Message from the **Experts**



**Chef Hossam
Soliman**
ECA President



Controlling food waste is controlling food cost, restaurants or hotels could achieve their ideal 25% food cost percentage by reducing their food waste.

By following the standard recipes & avoiding over production, chefs can minimize the food waste to the lowest rate.





8 Restaurant Menu Design Tips That Will Reduce Cost

Creating an effective menu design could be the most food waste prevention solution that increase



the restaurant bottom lines at the same time.

A Guide to Hotel & Restaurant Inventory Management



21% of the wasted food in restaurants is due to improper storage,

see how to manage the kitchen inventory system effectively through this article

Know more by visiting ihoreca.com



Message from the

Experts



Mirjam van Ijssel
IBIS Restaurant Manager

“ With every challenge we face comes an opportunity for change. I believe the present price hikes in the food sector are an ultimate push for the hospitality sector to reduce their food waste. This is better for their bottom line & better for our planet. Everything that is easy available in abundance & cheap does not get valued enough & used with care & appreciation. Reducing food waste is your most direct way to saving cost. The question is how? It is time for operators to

share their knowledge in how to reduce food waste with practical guidelines & tips. It starts with tracking your waste. You need to track your waste in the preparation area & at the service area. At Ibis we train our chefs in cutting skills so to reduce trim offs. We also use trim offs in creating new menu items or side dishes. We looked at the dishwashing washing area & got the right feedback from our service staff to adjust portioning rather than just keep on increasing our menu prices. By serving the right portion to our guests we reduced our food waste and the amount of packaging needed for leftover foods. Again this reduces your operating expenses and is better for the environment. We placed digital scales everywhere and made weighing everything a way of life. Being on the floor, seeing what happens, training, adjusting and weighing foods have been our keys to consistency in quality, reducing food waste and reducing cost, while maintaining our guest satisfaction.



**Visit iHORECA.com & read more
about Food Waste & sustainability**



6 Creative Ways of Dealing with leftovers

Here's a set of ideas & tips
that will help you handle the rest
of the food ingredients & products smartly
& helps you face the challenge
of food waste

Know more by visiting ihoreca.com



Message from the

Experts



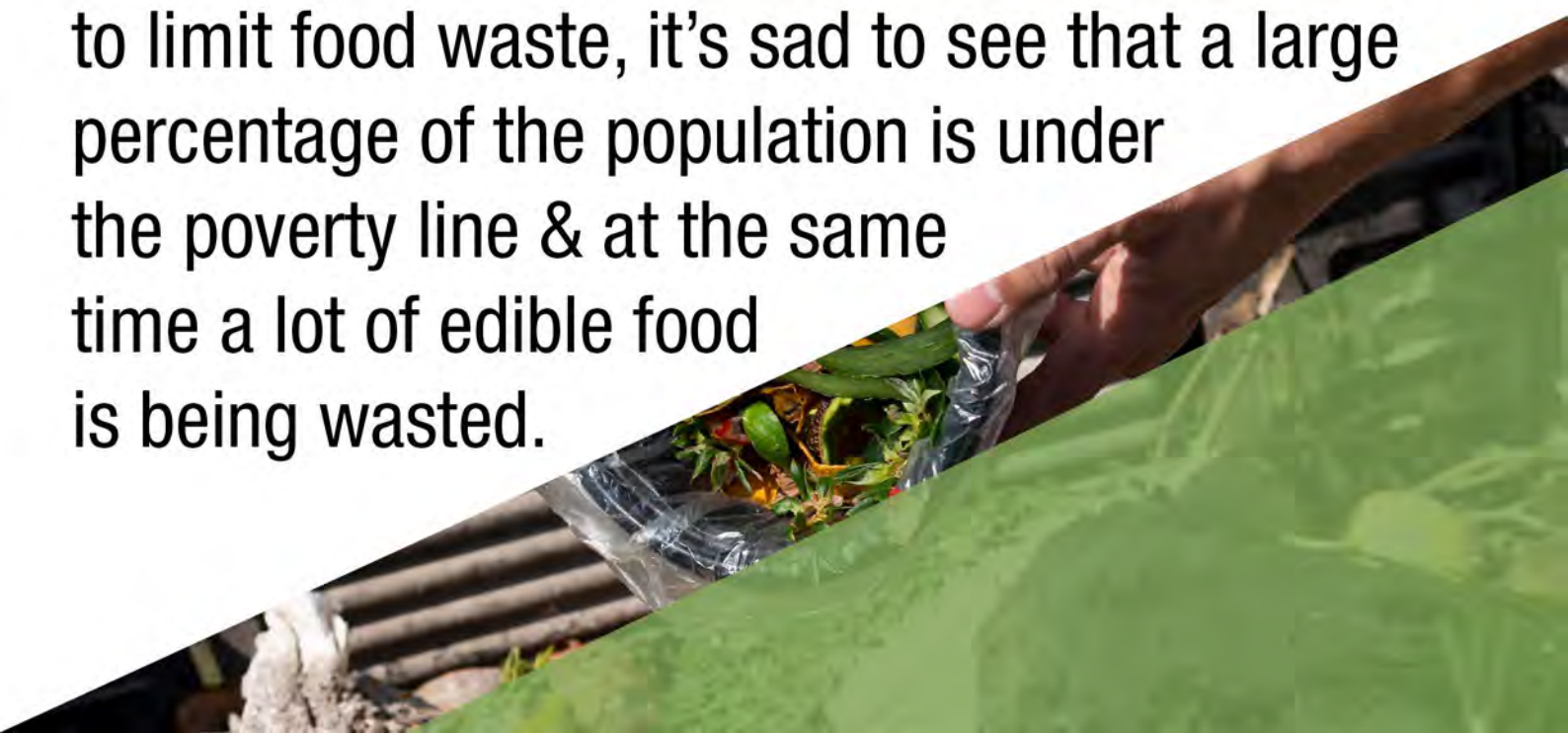
To reduce food waste in the foodservice business, all departments should coordinate through out the operation; starting from purchasing, to storage, till serving. Moreover, the consumer behavior needs to change

to limit food waste, it's sad to see that a large percentage of the population is under the poverty line & at the same time a lot of edible food is being wasted.



Chef Wesam Masoud

Co Founder & Chief Operating Officer - The Food Lab





تتبيلة الشرق الأقصى
الخلطة المثالية لتتبيل
كل أطباقك المقل



Unilever
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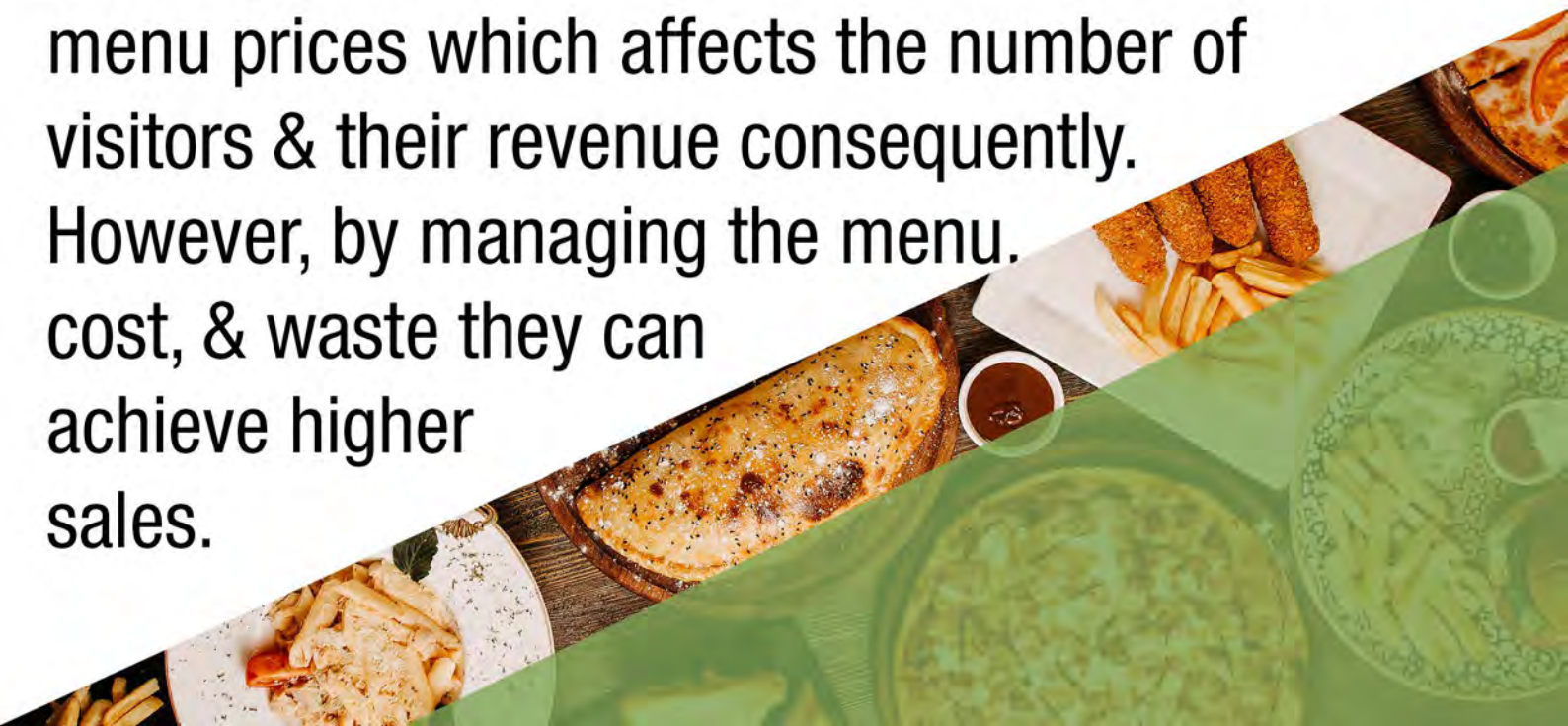
Message from the Experts

“ Wasted food means wasted money for the business, & when restaurants manage their waste volume, their profit margin will be increased accordingly. Moreover, under the current circumstances

of rising prices, restaurants are increasing their menu prices which affects the number of visitors & their revenue consequently. However, by managing the menu cost, & waste they can achieve higher sales.



Ashraf Gamal
Managing Director - ECA





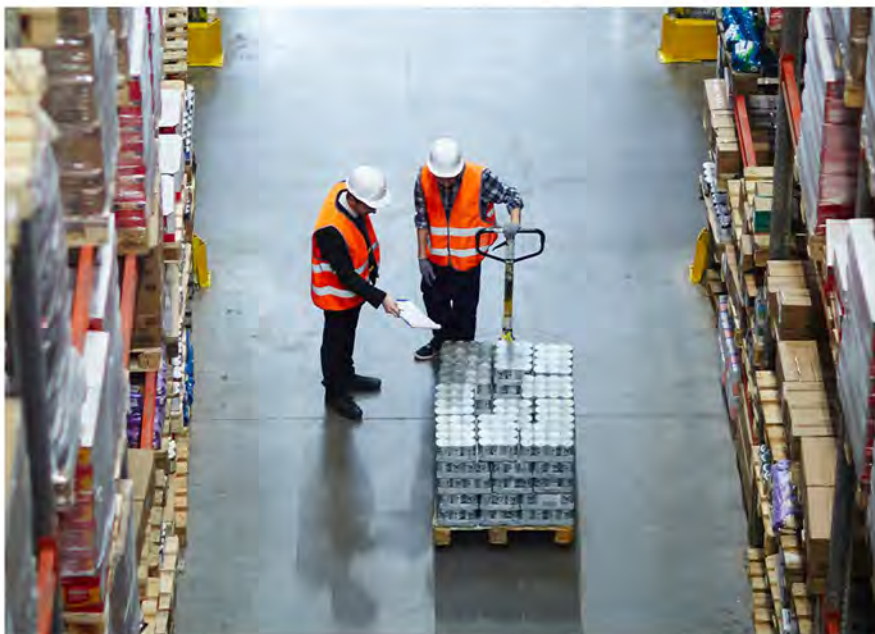
7 Advices to Make your Restaurant More Sustainable

With the global warming crisis & food waste problem, it's time to make some sustainable



changes in your restaurant & make a good impact on the environment

Key Inventory Management Terms & Definition



What is inventory management & why it is important for hotels & restaurants?

And what are the main terminologies & definitions?

Know more by visiting ihoreca.com



Message from the Experts



Ramy Hassan

Group F&B Director Brioche Doree
& Geant Supermarket - ECA Board
Member



Developing sustainability practices in the foodservice industry, whether in restaurants or hotels, is essential for preserving the future. I advise everyone to reduce food waste & rationalize

the use of plastic & support local farmers by using seasonal products. The sustainable kitchen has become matter of concern for the present & the future & we have to stand together to work on it.





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