

# WASTELESS PRACTICE ABSTRACT

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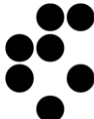
## Implementation of a harmonised household food waste diary in Hungary



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### IMPLEMENTATION

Hungary

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WASTELESS - Waste Quantification Solutions to Limit Environmental Stress



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## PRACTICE ABSTRACT

Large amounts of food are wasted every year, and reducing it requires comparable measurement. WASTELESS developed simple tools to record food loss and waste in different supply chains.

In Hungary, households used a harmonised 7-day online food waste diary, combined with a questionnaire, to record what was thrown away and in which context. The objective was to collect comparable household data with low equipment needs and to test whether a diary approach can work consistently across participants. Data were collected over seven consecutive days. Participants generally rated the diary as user-friendly, showing that this low-cost method can be feasible when households are willing to participate. The main quality problem was classification: many people struggled to decide what is avoidable versus unavoidable, even with guidance. This affects comparability because two households can record the same item differently.

For practitioners running diary studies, invest in clearer instructions and decision support: give concrete examples (including culturally specific edible parts), add simple prompts or a short decision tree inside the diary, and keep food categories aligned with what households actually waste, so people do not “force-fit” items into the wrong group. If higher accuracy is needed, add light validation such as occasional photo prompts or spot weighing for a subset of days. This keeps costs low while improving confidence in the results.

## RESOURCES

## ADDITIONAL INFORMATION

For further information contact [Kunszabo.Atila@univet.hu](mailto:Kunszabo.Atila@univet.hu).

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