

BOOK OF ABSTRACTS



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- **16907 | Soup waste in school canteens: a problem to avoid**

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Introduction: Food waste is an actual problem in school canteens. In a sustainable logic, it's essential to reduce this situation. Vegetable soup is an important component on healthy food recommendation, so it is necessary to avoid its waste.

Goal: To evaluate soup food waste, in the lunch meal, at two contract catering units of the public-school sector and associate with self-reported food satisfaction aspects reported by the students.

Method: Observational study with transversal design. The soup food waste evaluation of the meals served to students was proceeded from preschool to high school, during 10 days. In order to quantify the leftovers and soup plate waste of 2686 meals, the physical method of weight was used. To evaluate the satisfaction with the lunch meal, a questionnaire was elaborated and apply directly on the students from the 5th to the 12th grade (n=91).

Results: During the evaluation period, a ratio of 28% of soup food waste of 2686 soups served was verified, showing an index of leftovers and soup plate waste of 12% and 18%, respectively. In both contract catering units, a lower index of soup plate waste was verified in cream soup. There has been found differences with statistical significance when food waste was related with certain aspects evaluated in the satisfaction questionnaire, such as: soup food waste was bigger as higher it was the noise in the canteen and soup food waste was higher as lower it was the meal temperature.

Conclusion: The data found reveals values of food waste higher that the ones recommended by the scientific literature, justifying an urgent need of reduction, The noise in the school canteen and the meal temperature seems to be associated with the increase of soup food waste.

Key-words: food waste; soup; physical method of weight; satisfaction; school lunch.