



Plate wastage



Why monitor

- Menu design, popularity of food items
- New menu items
- Food usage
- Manage costs
- Evaluate foodservice system design
- Provide a measure of resident satisfaction
- Provide value nutritional insight into residents food intake

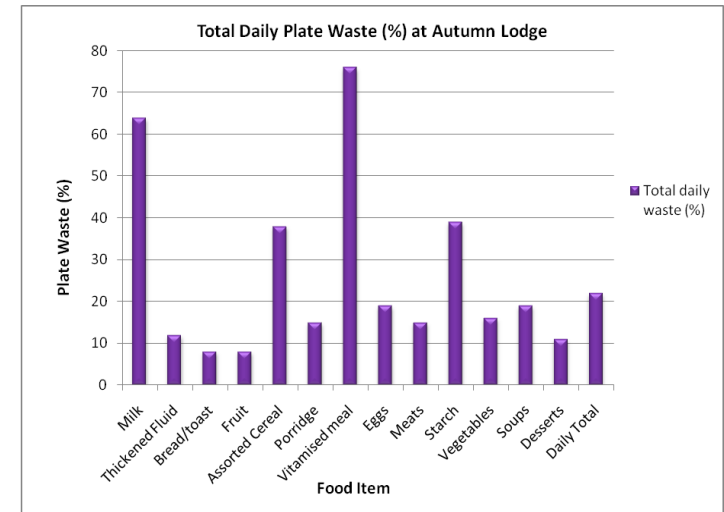
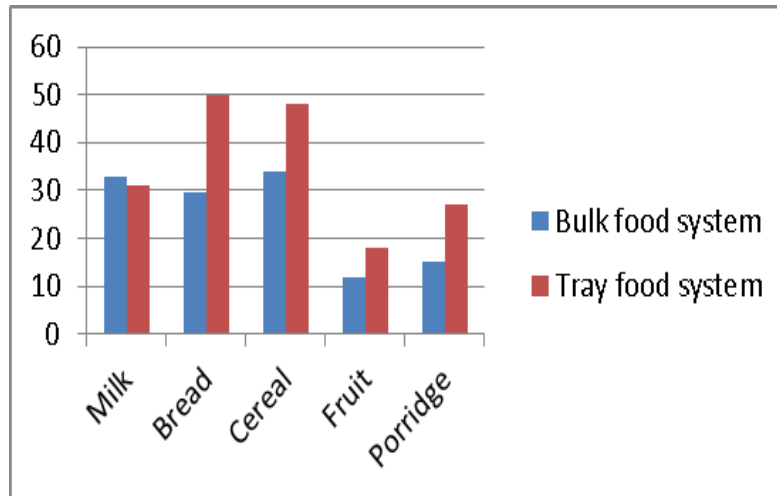


What to monitor

Depends on what your goal is

- Looking at menu design – looking for popularity and acceptability
- Looking at cost – wastage of food items thrown away
- Looking at nutrition – examining what the resident is eating and what foods are consumed
- Looking at system – wastage to review costs

Examples of plate wastage results



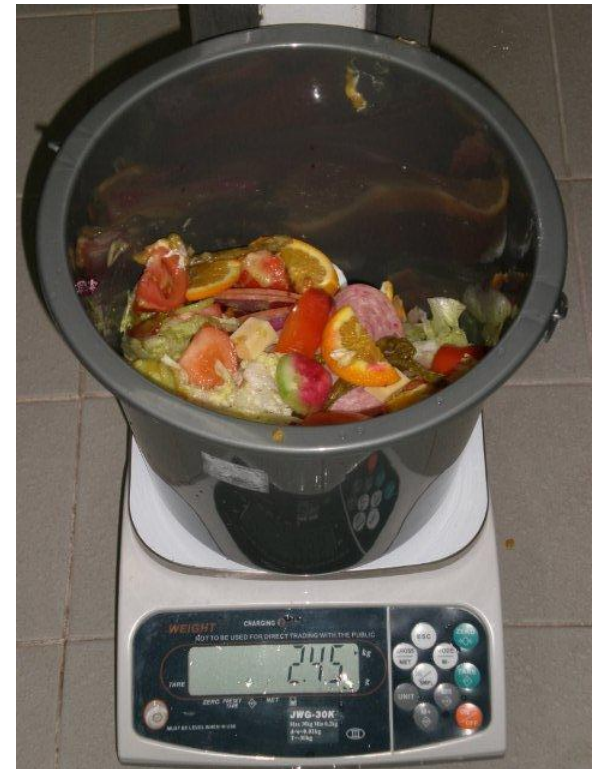
How

- Traditionally two methods can be used to undertaking plate wastage
- Weight
- Observational



Weigh method

- Very accurate
- Time consuming
- Do individual and groups



Example of how to set this up

Plate Wastage Analysis

Date : _____

Area : _____

Meal : _____

Menu item	Number of serves A	Portion weight g/kg B	Total serve weight A x B	Weight of total product collected after meal g/kg C	Weight of container D	Total weight C - D E	Cost per g/kg F	Cost of wastage E x F

Observational method













- Easy
- Has good validation on groups
- Capture individual and group information regarding menus
- Based on observations of

Nil (0) $\frac{1}{4}$ $\frac{1}{2}$ $\frac{3}{4}$ All (1)

Example of a tool

How much did you eat?

For each food, Please put an "X" on the amount you ate.

Food	I ate none of it.	I just tasted it.	I ate a little.	I ate half of it.	I ate a lot.	I ate all of it.
Spaghetti with 1. meat sauce						
2. Broccoli						

Example of a tool

Observational – menu component preference tool

Date	Place					Portion size	Meal time	
Menu item	How much consumes							
Resident	Nil	¼	½	¾	All	Nutrients	Available	Consumed
1						Energy		
2								
3						Protein		
4								
5						Fat		
6								
7						CHO		
8								
9						Fibre		
10								
11						Calcium		
12								
13						Iron		
14								
15						Zinc		
16								
17								
18								
19								
20								
Total for each QTY								
Total per serve (amount)								
Total consumed								
Total served			%					

How to undertake observational



200g



150g



100g



50g



0g



240g



180g



120g



60g



0g



300g



225g



150g



75g



0g



90g



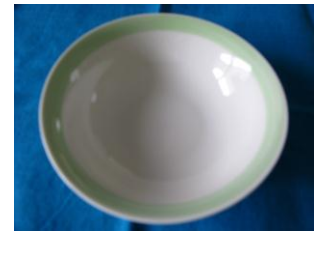
67g



45g



22g



0g

Example one



Example two



Example three



Example four



Answers

- Example one $1/2$
- Example two $1/4$
- Example three Nil
- Example four $1/2$

How to work out the nutrition

- Bowl of ice cream 90g
- 90g = 450kJ 10g protein
- $\frac{1}{2}$ = 45 g 225kJ 5g protein





Plate wastage

- Do as part of routine practice
- Do as part of menu development and food preferences for residents
- Do as part of resident satisfaction
- Do as part of nutrition assessment



Questions

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