

# DOSE CERTA (Right Portion)

## TYPE OF INTERVENTION

### Reducing food waste out-of-home

#### GOAL

The Dose Certa project aims to:

- measure the amount of food waste (both edible and non-edible) in restaurants and canteens;
- reduce food waste by raising awareness and encouraging establishments and their clients to change their menus, cooking and eating habits;
- promote sustainable and healthy food habits;
- encourage good practices related to sustainable consumption.

#### IMPLEMENTATION AND EVALUATION

By accounting for and characterising food waste, it is possible to identify which types of food are most often wasted and adjust the quantities served to consumers, thereby reducing waste. To assess the impact of Dose Certa, the following methodology is implemented:

- (1) Diagnosis phase (1 week) – food waste is weighted (edible and non-edible food) and the number of meals sold is registered (1 week)
- (2) Analysing the results and the menus from the diagnosis phase
- (3) Training on environmental and healthy practices, sustainable purchasing, cooking and menus (LIPOR and Portuguese Nutrition Association)
- (4) Presenting improvement proposals and implementing them
- (5) Awareness phase - Food waste awareness campaign and improvements implemented with a 2nd analysis on food waste production (same procedure as in diagnosis phase)
- (6) Dose Certa certification
- (7) Follow-up and monitoring



Lipor 2024

COUNTRY  
Portugal

IMPLEMENTED BY  
LIPOR – Municipal Association for Sustainable Waste Management of Greater Porto

DURATION  
2008-ongoing

#### BUDGET

Preparation costs  
EUR 1260/restaurant

## RESULTS

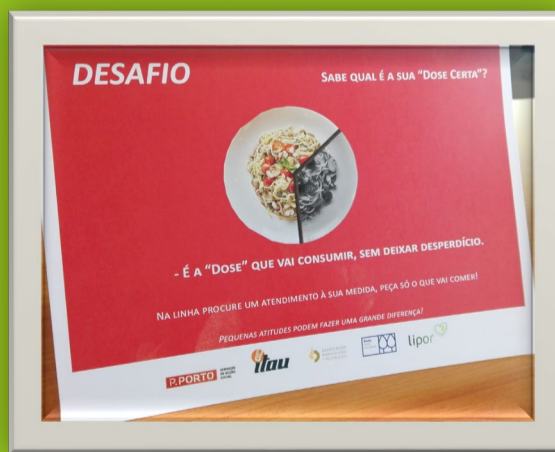
Dose Certa project has been successful in its efforts to reduce food waste, achieving notable reductions across various venues.

	Number	Monthly average of food waste avoided (kg)	Monthly average of food waste avoided (%)
Restaurants	14	34	45%
Canteens and similar establishments	37	239	37%
Total	51	186	39%

Data from 2008 until December 2023

AVERAGE (%)					
				UPPER LIMITS	29,9
39,2	±	9,33	CI95%		
				LOWER LIMITS	48,5

Restaurants participating in the project have seen a decrease in food waste, with a reduction of 34 kg/month, amounting to a 45% decrease. Canteens and similar establishments have also reported reductions, with 239 kg less/month, equating to a 37% decrease. Overall, the project has achieved an average reduction of 39% in food waste. Dose Certa project is replicable by other entities that requires a methodology to assess and reduce food waste production in their businesses. In a consumer society, reducing the amount of food waste could represent a challenge but this study proves that when people know more they will do better.



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# TURN FOOD LEFTOVERS INTO A SAVORING EXPERIENCE

Start this transformation today by joining **Dose Certa** (The Right Amount), a program that helps you prepare more sustainable menus, reducing food waste and costs.

Protect the environment and your wallet.

LEARN MORE

