Practice abstract

ToNoWaste assesses the best practices to avoid food waste

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One of the project goals is to understand how we can help people avoid or reduce food waste. One of the concepts we're using is called the COM-B model, which states that when people want to change their behavior, they need three things: the motivation to do it, the ability to do it, and the opportunity to do it.

Another important model we're using is called the Theoretical Domains Framework (TDF). This framework takes the COM-B model and breaks it down into 14 different parts, or domains. They help us understand in even more detail why people do the things they do.

The project will investigate if the actions we're taking are actually effective. We're going to do field experiments in real-life situations. We will measure how much food waste there is and then perform the action we want to study, like maybe a workshop on cooking with leftovers. After that, we measure the food waste again shortly after the intervention and later on. By comparing the measurements, we could see if our action really made a difference, also in the long term. We also have a group of people who do not participate in the action (they're our

control group). We measure their food waste too, so we can see if the action group did better than this control group. This helps us be really sure that our action is what caused the change.

There will be several actions taking place in about 4 cities. Our research will therefore help explain what elements of those actions worked best (according to a number of criteria) for which segments of the population.