

IMPACT OF FOOD WASTE ON RESTAURANT OPERATIONS; STRATEGIES FOR REDUCTION AND MANAGEMENT

ABSTRACT

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Food waste remains a persistent challenge in the restaurant industry, undermining both sustainability and profitability. This study explores the impact of food waste on restaurant operations and identifies effective strategies to reduce it. Concentrating on Max's Restaurant in SM Fairview, Quezon City, the research investigates key causes of food waste—including over-ordering, inefficient inventory management, portion control, and inadequate staff training—and assesses their effects on costs, profitability, and customer perception. This study employed a quantitative descriptive research design with purposive sampling. Data were collected from 25 employees of Max's Restaurant using a structured questionnaire focused on food waste practices, challenges, and mitigation strategies. The responses were analyzed through frequency distribution, weighted mean, and ranking techniques to assess the findings. The findings indicate that over-preparation and inaccurate demand forecasting (80%), along with the short shelf life of perishable goods (76%), are the primary contributors to food waste. While inventory tracking, portion control, and regular staff training were considered moderately effective, there remains significant room for improvement. The study also revealed a strong correlation between food waste and increased operational costs, decreased profitability, and customer dissatisfaction. Strategies such as utilizing data analytics, standardizing portion sizes, implementing comprehensive training programs, and integrating customer feedback received high levels of agreement. Employees highlighted the need for improved cross-departmental communication and enhanced forecasting tools to strengthen food waste management. The results indicate that although Max's Restaurant has implemented effective food waste reduction practices, further improvements are possible by leveraging advanced technology, fostering stronger employee involvement, and enhancing communication with customers. This emphasis on practical solutions underscores the hospitality industry's broader need for comprehensive waste reduction strategies that align economic efficiency with environmental sustainability.

RECOMMENDED CITATION

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