

THE ROLE OF MINIMIZING FOOD WASTE ON SELECTED RESTAURANT IN QUEZON CITY

ABSTRACT

AUTHORS

Jayson Dorognan
Jaylord Maguddayao
Ken Lester Muñoz
John Carl Parallag
Mario Keano Zuleta

RESEARCH ADVISER

Dana Rae B. Boatis, LPT

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

Hospitality Management

KEYWORDS

food waste reduction; quezon city; waste minimization strategies; proper food storage; restaurant practices; freezing techniques

ARTICLE ID

AASGBCPJMRA-B60780

The growing concern over food waste has compelled the food service industry to develop effective strategies that reduce waste while maintaining customer satisfaction. This study explores the impact of food waste minimization efforts in selected restaurants in Quezon City, a dynamic urban hub renowned for its diverse culinary landscape. Specifically, it examines how portion sizes influence food waste levels and investigates the various strategies employed by restaurateurs to address this issue. The researchers employed a descriptive research method to effectively present the study and obtain relevant data. Data were collected using survey questionnaires, which offered valuable insights into food waste practices in restaurants. A purposive sampling technique was utilized, selecting participants based on their availability, relevance to the study, and willingness to participate. The study was limited to fifteen (15) employees from a chosen restaurant in Quezon City. The study highlights key practices for minimizing food waste, including FIFO (First-In, First-Out), stocking essentials, proper refrigeration, and wise freezing techniques, as implemented in a selected restaurant in Quezon City. Based on a sample of 15 respondents, the study analyzed demographic factors such as age, gender, job description, and length of service. Findings show that the majority of employees were aged between 21–25 years (53%) and were predominantly male (53%). Most held the position of waiter (66%) and had been in service for approximately two years (67%). The results indicate a high level of agreement among employees regarding food waste reduction practices: FIFO (mean = 3.44), stocking essentials (mean = 3.36), proper refrigeration (mean = 3.45), and freezing wisely (mean = 3.35). These findings underscore the importance of such practices in minimizing food waste, suggesting that continued training and reinforcement of these strategies can significantly enhance waste management efforts within the restaurant industry. To further enhance efforts in minimizing food waste, the study recommends the implementation of effective storage and inventory management practices. Organizing food items using the First-In, First-Out (FIFO) method ensures that older stock is utilized first, thereby reducing the risk of spoilage. Regular monitoring of inventory helps avoid unnecessary purchases and promotes the efficient use of existing supplies. Additionally, properly storing perishable items at appropriate temperatures preserves their freshness and prevents premature spoilage. Freezing surplus food in portion-sized containers also extends shelf life and significantly minimizes overall waste.

RECOMMENDED CITATION

Dorognan, J., Maguddayao, J., Muñoz, K. L., Parallag, J. C., & Zuleta, M. K. (2025). The Role of Minimizing Food Waste on Selected Restaurant in Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(2), 125.