

Saudi Govt raises awareness of food consumption in Ramadan to reduce waste

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Saudi Arabia's Ministry of Environment, Water and Agriculture has called for improvements in food consumption systems and reductions in food waste rates to enhance sustainability and conserve natural resources. The ministry highlighted the importance of changing societal behaviour around excessive food servings during Ramadan.

The ministry urges citizens to be mindful of rational consumer behaviour, particularly during Ramadan, noting that rice, flour, bread, and dates are among the most consumed and wasted items during the holy month. According to the ministry's statistics, rice is the most wasted food at a rate of 34, followed by flour and bread at 30 per cent. Bread is annually wasted at a rate of 15 kilograms per individual, while the percentage of wasted dates in the Kingdom is 21.5 per cent.

To raise awareness and contribute to reducing food waste rates, the ministry suggests basic tips such as limiting the purchase of food products to the required amounts, avoiding cooking excess amounts than needed, and storing surplus food in suitable preservation methods to maintain its quality. Furthermore, it is advised to resist the temptation of advertisements and offers of food products that lead to unnecessary shopping.