



Love Food Hate Waste Canada's

2026 National Food Study At-A-Glance

LOVE
FOOD
hatewaste

8,139 valid survey responses were collected from participants across the country

98% of participants acknowledged that everyone, including themselves, has a **responsibility to reduce food waste**

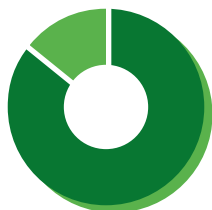


The 2026 context

97% are worried about the rising cost of food in Canada



86% reported changes to their food shopping habits due to the cost-of-living crisis



87% are worried about access to affordable, nutritious, and culturally appropriate food in their community

73% think it is important that the food they buy is grown and or produced in Canada



Plan it out

Only **34%** frequently plan meals in advance

78% write grocery lists most of the time or always



Use it up

Only **40%** know that best before dates do not indicate food safety

Up to **39%** throw away food when a product's best before date has passed



Keep it fresh

66% frequently freeze food to extend its shelf life

42% store most fresh fruit at room temperature, rather than in the fridge where it will last longer



Food waste disposal & diversion

Up to **43%** think that it is okay to waste food so long as it is composted



59% reported sending food waste to landfill

33% of participants that have access to a green bin reported that they rarely use it

Read the full report at: lovefoodhatewaste.ca/about/research