



MINISTRY OF ECONOMY
DEPARTMENT OF STATISTICS MALAYSIA

MEDIA STATEMENT

SPECIAL RELEASE: HOUSEHOLD FOOD WASTE IN MALAYSIA 2025

79.3% of Malaysian Households Still Dispose Food Waste Without Separation, Generate Up to 97.3 kg of Food Waste Per Capita Annually

PUTRAJAYA, 2nd JULY 2026 – The Department of Statistics Malaysia (DOSM) today released the **Special Release: Household Food Waste in Malaysia 2025**, presenting official statistics on household food waste patterns based on the National Household Indicators Survey (NHIS) 2025.

According to the Chief Statistician of Malaysia, Dato' Sri Dr. Mohd Uzir Mahidin, food waste has become an increasingly significant issue due to its implications for food security, resource efficiency, societal well-being, and environmental sustainability. The statistics provide a comprehensive overview of household food waste management practices, including the quantity of food waste generated, the types of food most frequently wasted, and the key factors contributing to food waste in Malaysia.

The findings indicate that **79.3 per cent** of households dispose of food waste together with another household waste, while only **20.7 per cent** practise separate disposal. This suggests that food waste separation has yet to become a common practice among Malaysian households, posing challenges to improving organic waste management and reducing reliance on landfill disposal.

In terms of magnitude, the majority of households discard **less than 500 grams of food per week**, accounting for **48.2 per cent** of raw food waste and **45.6 per cent** of processed or cooked food waste. Overall, household food waste in Malaysia is estimated to range between **31.9 kilograms and 97.3 kilograms per capita per year**, highlighting the scale of the issue at the national level.

The study shows that food waste is more prevalent for **processed or cooked food** than for **raw food**. A total of **94.1 per cent** of households reported disposing of processed or cooked food, compared to **88.7 per cent** for raw food. This indicates that a substantial proportion of food waste occurs after food has been prepared, underscoring the importance of improved household practices in meal planning, preparation, and leftover management.

Further analysis by food type revealed that **vegetables (29.1%)** were the most frequently wasted category of raw food, followed by **fruits (22.4%)** and **fish or seafood (15.0%)**. For processed or cooked food, **rice (16.7%)** recorded the highest proportion of waste, followed by **vegetables (15.8%)** and **takeaway food (13.8%)**. This pattern indicates that food waste is largely concentrated in perishable items as well as staple foods that are commonly prepared in large quantities.

The report also identified **expired food (19.3%)** as the leading cause of household food waste. Other contributing factors include storing leftovers in the refrigerator or freezer for too long (**18.1%**), overbuying (**15.2%**), and cooking excessive amounts of food (**15.1%**). These findings highlight that food waste is primarily driven by household food management practices, particularly in planning purchases, storage, and portion control.

From an international perspective, Malaysia's household food waste pattern is broadly consistent with global trends. The estimated range of **31.9 to 97.3 kilograms per capita per year** is comparable to the global average of **79 kilograms per capita per year**. Nevertheless, Malaysia exhibits distinct local characteristics influenced by dietary habits, particularly the wastage of rice and vegetables.

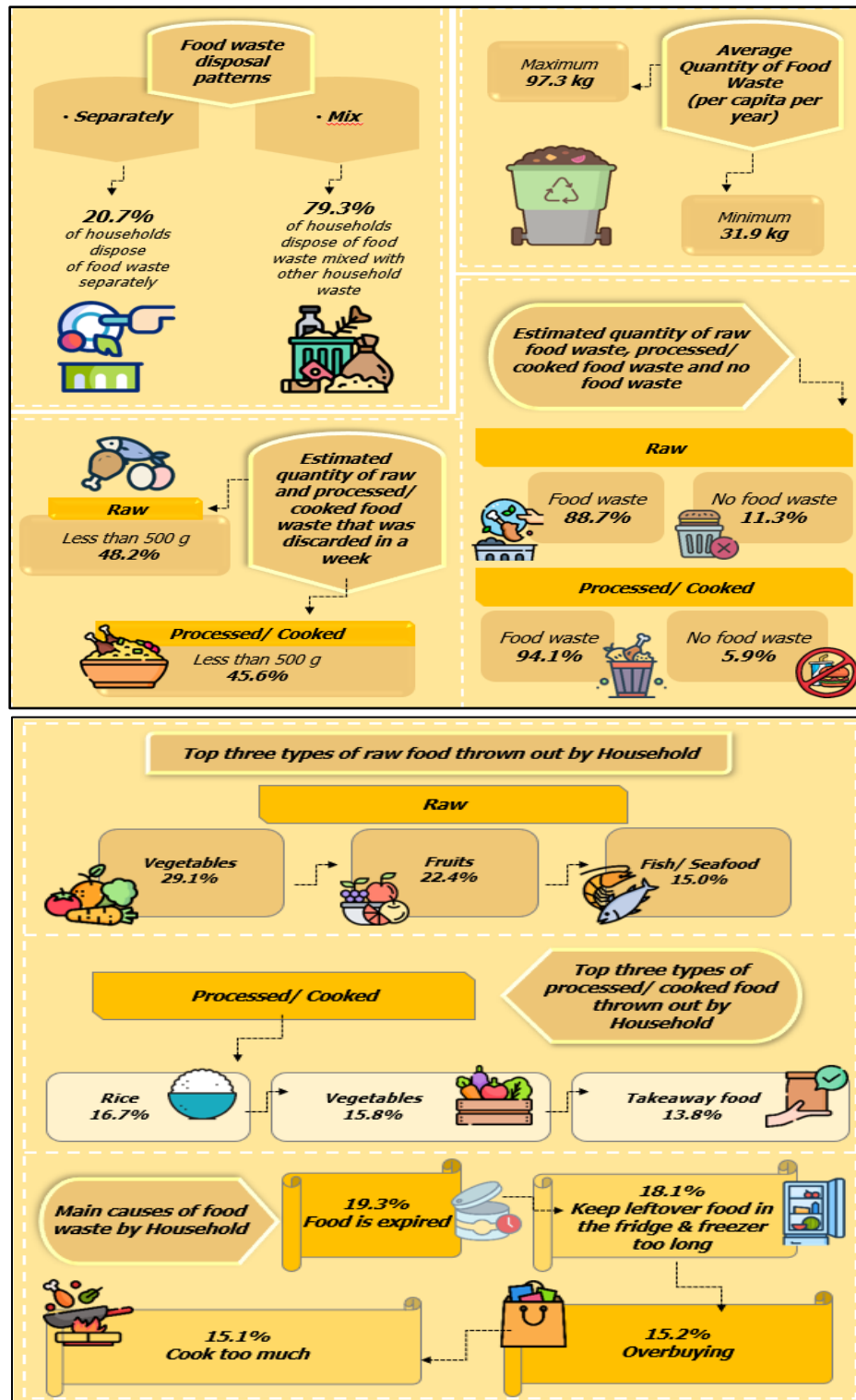
Overall, this publication provides a strong statistical foundation for understanding household food waste in Malaysia. The insights generated will support evidence-based policymaking and enhance public awareness on the importance of efficient food management practices, thereby contributing to the achievement of the nation's sustainable development agenda.

The Department of Statistics Malaysia (DOSM) is conducting the **Economic Census 2026 (BE2026)**, with themed "**Data Nadi Ekonomi Rakyat**". The sixth Economic Census, will be carried out from **5th January to 31st October 2026**. BE2026 aims to collect comprehensive and structured data from all registered and unregistered business establishments in Malaysia to assess the nation's economic performance, structure and characteristics in an evidence-based manner.

Malaysia has, for the first time, successfully secured the **top position** globally in the biennial **Open Data Inventory (ODIN) 2024/25** report released by Open Data Watch (ODW), surpassing 197 other countries. This achievement marks a significant leap from its 67th position in the ODIN 2022/23 assessment.

OpenDOSM NextGen is a medium that provides data catalogue and visualisations to facilitate users' analysis and can be accessed through <https://open.dosm.gov.my>.

Exhibit 1: Snapshot Household Food Waste in Malaysia 2025



Released by:

THE OFFICE OF CHIEF STATISTICIAN MALAYSIA
DEPARTMENT OF STATISTICS MALAYSIA
2nd July 2026