



SNAPSHOT SPECIAL RELEASE: HOUSEHOLD FOOD WASTE IN MALAYSIA 2025

Food waste disposal patterns

• Separately

20.7%
of households dispose of food waste separately



• Mix

79.3%
of households dispose of food waste mixed with other household waste



Maximum
97.3 kg

Average
Quantity of Food Waste
(per capita per year)



Minimum
31.9 kg

Estimated quantity of raw food waste, processed/cooked food waste and no food waste



Raw

Less than 500 g
48.2%

Estimated quantity of raw and processed/cooked food waste that was discarded in a week



Processed/ Cooked

Less than 500 g
45.6%

Raw



Food waste
88.7%



No food waste
11.3%

Processed/ Cooked

Food waste
94.1%



No food waste
5.9%



Source: National Household Indicators Survey (NHIS) 2025, Department of Statistics Malaysia (DOSM)

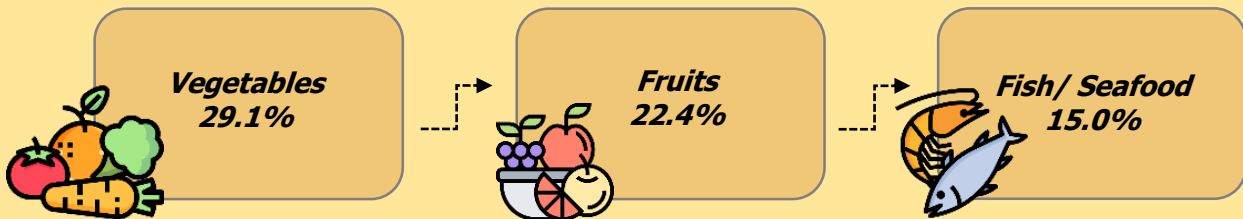




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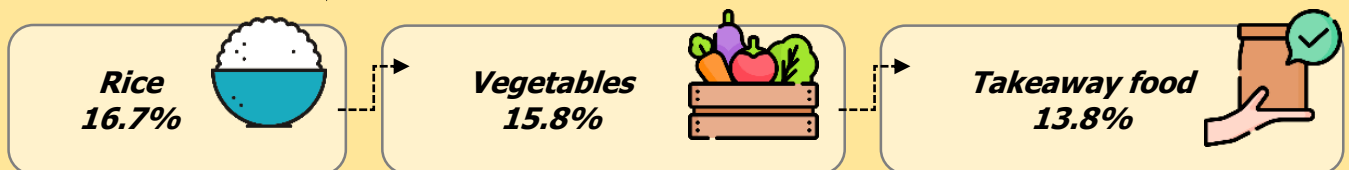
Top three types of raw food thrown out by Household

Raw



Processed/ Cooked

Top three types of processed/ cooked food thrown out by Household



Main causes of food waste by Household

19.3%
Food is expired

18.1%
Keep leftover food in the fridge & freezer too long

15.1%
Cook too much

15.2%
Overbuying

Source: National Household Indicators Survey (NHIS) 2025, Department of Statistics Malaysia (DOSM)

