



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



Average Quantity of Food Waste (per capita per year)

Maximum
97.3 kg



Minimum
31.9 kg

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

Raw

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%



Food waste
88.7%



No food waste
11.3%



Processed/ Cooked

Food waste
94.1%



No food waste
5.9%



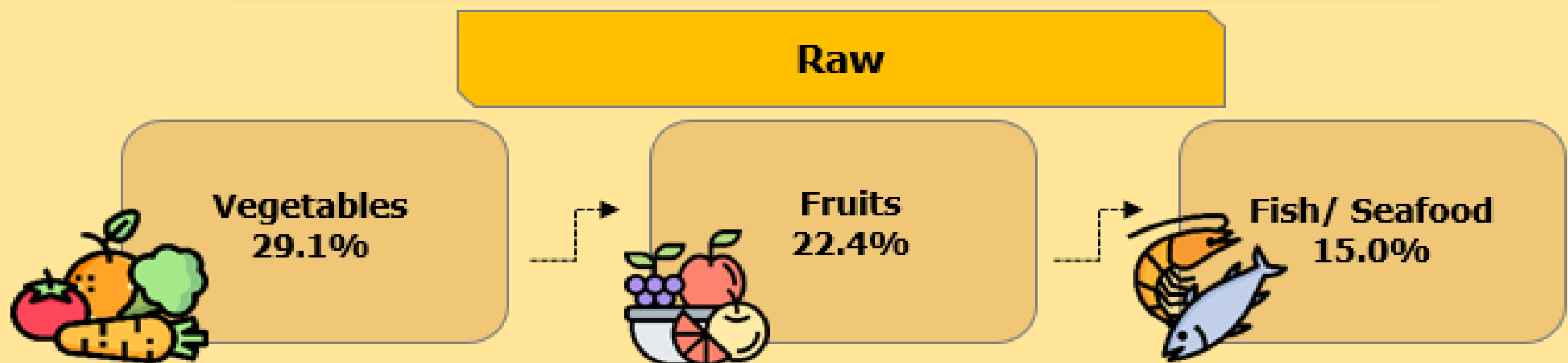
Source: National Household Indicators Survey (NHIS) 2025, Department of Statistics Malaysia (DOSM)





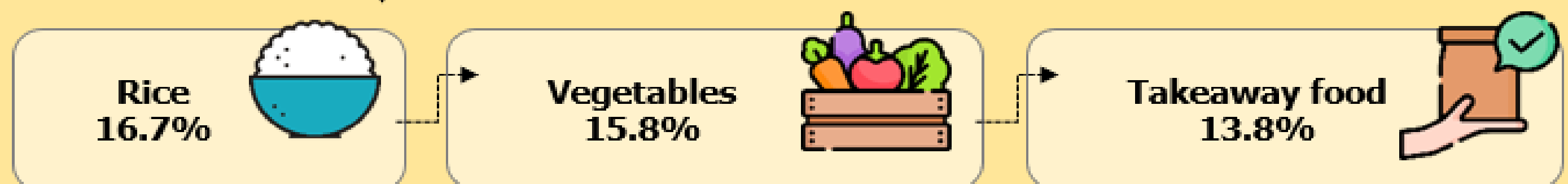
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Top three types of raw food thrown out by Household



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)



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

- 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. 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** practice separate 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.
- 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%)**.



- 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%**).
- This publication provides a statistical basis for understanding household food waste in Malaysia, while supporting evidence-based policymaking and raising public awareness of more efficient and sustainable food management practices.

