



Comparative Behavioural Economics Approaches to Reducing Food Waste in Urban Ghanaian Residential Kitchens, 2009

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Abstract

Urban Ghanaian residential kitchens are significant contributors to food waste, posing challenges for sustainable development and resource management. A mixed-methods approach involving surveys and qualitative interviews across four communities, employing structured data collection tools. Households exhibited a strong preference for using leftovers creatively, with over 70% indicating they would reuse or repurpose food waste daily. Behavioural economics interventions can effectively reduce food waste in Ghanaian urban kitchens by leveraging household preferences and creative solutions. Promote community-based initiatives that encourage sharing of recipes for leftover use, alongside educational campaigns on the benefits of reducing food waste.

Keywords: *Sub-Saharan, Behavioural Economics, Consumer Behaviour, Social Norms, Interventions, Sustainability Models, Urbanization*

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