Reusing leftovers to reduce household food waste: A theory-based digital intervention



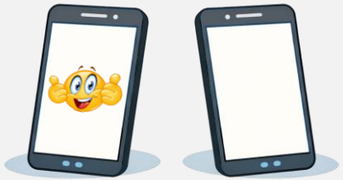
Can a digital intervention promote leftover reuse to reduce household food waste?



184 Italian participants
76% women, 21% men, 3% non-binary or NA
18-43 years old (*M* = 21.10, *SD* = 2.25)



Surveys and infographic-based **nudges** on the effects of food waste, delivered **3 times over 2 weeks**.



Emoji-based **nudge** shown only to **half of participants**, after they reported having **reused leftovers**.

Food waste (grams)



Effect of leftover reuse on food waste by nudge

