Section 1-Survey



DOMESTIC FOOD WASTE IN IRELAND

Welcome

We would like to invite adults who are 18 years or older and currently living in the republic of Ireland to participate in our study. Conducted by Courage Krah, Dr. Vaishali Thaore, Dr. Paul Hynds, and Dr. Anushree Priyadarshini from TU Dublin. The study aims to explore volumes, habits, and the environmental and economic impacts of household food waste.

It will require approximately 10 minutes to complete this survey, and your participation is completely voluntary and can withdraw at any point. All information provided will be kept strictly confidential, and no personally identifiable data will be disclosed in any published materials.

This research was funded by the Irish Research Council under grant number COALESCE/2022/804

For any inquiries, please contact Courage at d21128848@mytudublin.ie



DOMESTIC FOOD WASTE IN IRELAND

A household is defined as a single person or group of people who regularly reside together in the same accommodation and who share the same catering arrangements.

Which one best describes you?

- ○ I live alone and willing to report on how I handle and dispose of food at home
- ○ I live in a household **with other people** and can report on how **we collectively handle** and dispose of food at home
- ○ I live in a household with other people **but I can only** report on my **personal** food handling and disposal

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DOMESTIC FOOD WASTE IN IRELAND

Demographic information

Thanks again for participating! Let's learn a little more about you.

How old are you (years)?

- 17 or younger
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75 or older

Which of the following do you identify with?

- Male
- Female
- Other
- Prefer not to answer

Please choose which one best represents your total annual income (before tax).

- No income
- Less than €10,000
- €10,000 - €20,000
- €20,000- €30,000
- €30,000- €40,000
- €40,000 - €60,000
- €60,000 - €80,000
- €80,000 - €100,000
- More than €100,000
- Prefer not to answer

Kindly select the race/ethnicity that best describes you.

- ◯ White Irish
- ◯ Any other White background (Non -Irish White)
- ◯ Asian Irish
- ◯ Other (please specify)
- ◯ Asian background
- ◯ African/ Other Black background
- ◯ Prefer not to answer

What is the highest level of education you have completed?

- ◯ Primary or below
- ◯ Lower Secondary
- ◯ Upper secondary
- ◯ Post secondary/ vocational
- ◯ Third level non-degree
- ◯ Third level degree or higher (bachelor, master , doctorate)
- ◯ Prefer not to answer

Which of the following best describes your employment status?

- ◯ Student
- ◯ Employed (full time/ part time)
- ◯ Engaged in home/ house duties
- ◯ Retired from employment
- ◯ Unemployed
- ◯ Prefer not to answer

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Which of the following best describes your current occupation?

DOMESTIC FOOD WASTE IN IRELAND

Which county in Ireland do you currently live in?

Do you consider where you live to be more rural or urban in nature?

- More urban
- More rural
- I'm not sure

Do you live within walking distance to the nearest pub, bar, or café?

- Yes
- No
- I don't know

DOMESTIC FOOD WASTE IN IRELAND

What is the estimated walking time to the nearest pub, bar, or café from your home? ♀

- 1 to 5 minutes (0 to 0.5 km)
- 6 to 15 minutes (0.6 to 1.5 km)
- 16 to 30 minutes (1.6 to 2.5 km)

- 31 to 45 minutes (2.6 to 4 km)
- 46 minutes to an hour (4.1 to 5 km)
- More than an hour I don't
- know

DOMESTIC FOOD WASTE IN IRELAND

Approximately how long will it take to get to the closest pub, bar, or café from your home by driving?

- Less than 15 minutes (0 to 12 km)
- 16 to 30 minutes (13 to 25 km)
- 31 to 45 minutes (26 to 38 km)
- 46 minutes to an hour (39 to 50 km)
- More than an hour

DOMESTIC FOOD WASTE IN IRELAND

Food disposal

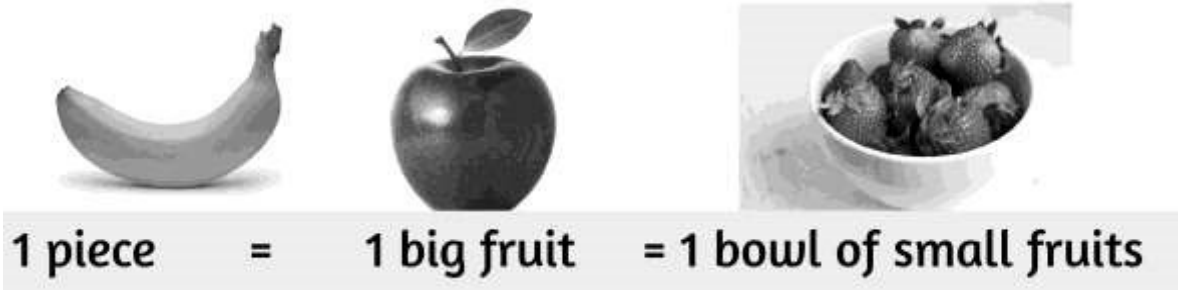
Reflecting on the past week, please estimate the amounts of food discarded in your home. This includes food items composted/ recycled, poured down the sink, or fed to pets

Approximately how much vegetables except potatoes (fresh, cooked, dry) were discarded in the past week ?



- Less than 1 serving spoon
- 1 to 2 serving spoons
- 3 to 4 serving spoons
- 5 to 6 serving spoons
- More than 6 serving spoons
- No part of this food item was disposed of
- I do not consume this food item

Approximately how much fruits (fresh, dry) were discarded in the past week ?



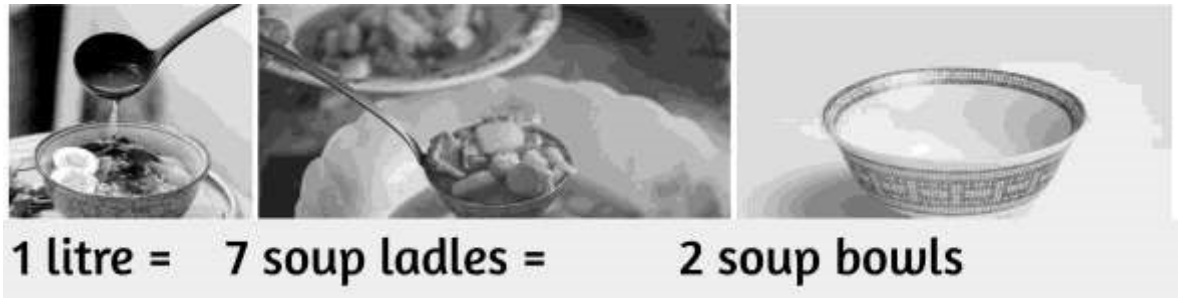
- One-fourth of a piece of fruit or less (a quarter)
- About half a piece of fruit
- Approximately 1 piece of fruit
- 2 to 4 pieces of fruit
- More than 4 pieces of fruit
- No part of this food item was disposed of
- I do not consume this food item

Approximately how much potatoes (fresh, cooked) were discarded in the past week?



- ○ Less than one serving spoon
- ○ 1 to 2 serving spoons
- ○ 3 to 4 serving spoons
- ○ 5 to 6 serving spoons
- ○ More than 6 serving spoons
- ○ No part of this food item was disposed of
- ○ I do not consume this food item

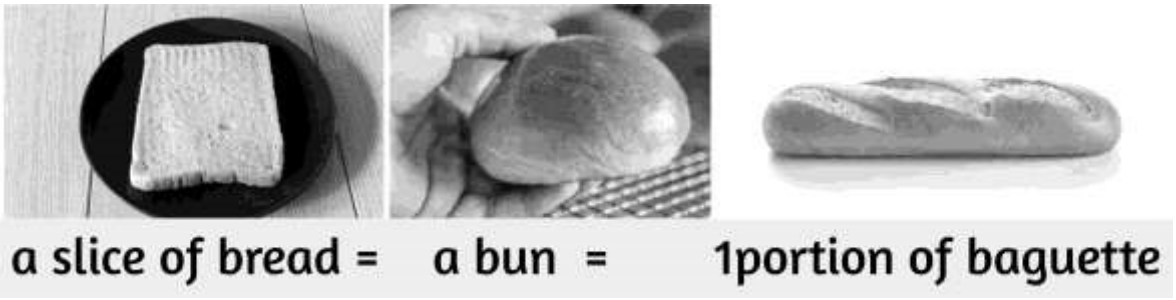
Approximately how much soup/ curry/ sauce were discarded in the past week?



- ○ Less than half soup ladle
- ○ Between Half to one and a half soup ladle
- ○ Multiple soup ladles (about half a litre)
- ○ About 1 litre
- ○ More than 1 litre
- ○ No part of this food item is disposed of
- ○ I do not consume this food item

Bread, grains, cereals

Approximately how much bread was discarded in the past week?



- Less than one slice of bread
- One or a few slices of bread
- About half a loaf
- About one loaf
- More than one loaf
- No part of this food item was disposed of
- I do not consume this food item

Approximately how much rice, pasta, beans, and other grains were dicarded in the past week?



- Less than 1 serving spoon
- 1 to 2 serving spoons
- 3 to 4 serving spoons
- 5 to 6 serving spoons
- More than 6 serving spoons
- No part of this food item is disposed of
- I do not consume this food item

Approximately how much cereals & nuts (muesli, granola, etc.) were disposed of in the past week?



a portion= one bowl of cereal breakfast

- ◯ Less than half a portion
- ◯ A half to one and a half portion
- ◯ Multiple portions (about half 1 kg package)
- ◯ About 1 complete package (1 kg)
- ◯ Multiple 1 kg packages
- ◯ No part of this food item is disposed of
- ◯ I do not consume this food item

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DOMESTIC FOOD WASTE IN IRELAND

Fish and meat

Approximately how much fish (fresh, canned, smoked etc.) was disposed of in the past week
?



a portion = 1 fish fillet = 1 canned fish

- ◯ About half a portion or less
- ◯ About one portion
- ◯ 2 to 3 portions
- ◯ 4 to 5 portions
- ◯ More than 5 portions
- ◯ No part of this food item is disposed of
- ◯ I do not consume this food item

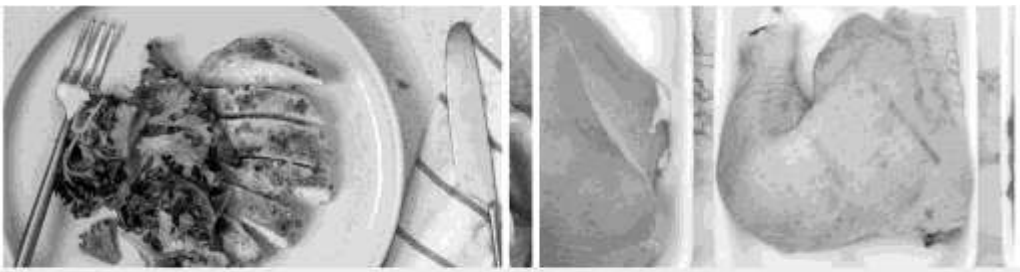
Approximately how much red meat (beef, lamb, pork etc.) was disposed of in the past week ?



a portion = 1 steak = 1/2 pack of minced meat

- ◯ About half a portion or less
- ◯ About 1 portion
- ◯ 2 to 3 portions
- ◯ 4 to 5 portions
- ◯ More than 5 portions
- ◯ No part of this food item is disposed of
- ◯ I do not consume this food item

Approximately how much white meat (chicken, turkey etc.) was disposed of in the past week?



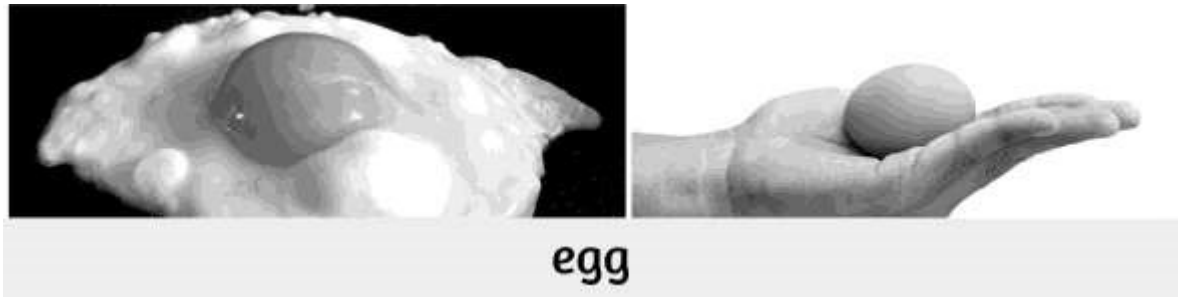
- About half a portion or less
- About 1 portion
- 2 to 3 portions
- 4 to 5 portions
- More than 5 portions
- No part of this food item is disposed of
- I do not consume this food item

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DOMESTIC FOOD WASTE IN IRELAND

Egg, milk and yoghurt

Approximately how many eggs (boiled, fried etc.) were disposed of in the past week?



- Less than 1 egg

- 1 egg
- 2 to 3 eggs
- 4 to 5 eggs
- More than 5 eggs
- No part of this food item is disposed of
- I do not consume this food item

Approximately how much milk and yoghurt were disposed of in the past week ?



a glass



1 litre

- Less than half a glass
- half to one and half a glass
- Half a litre
- 1 litre
- More than 1 litre
- No part of this food item is disposed of
- I do not consume this food item

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Please rank the reasons from Top (1) = Most often to Bottom(5) = Least often

I often discard food at home because

	I had leftovers from buying too much	☐ This does not apply to me
	I had extra food from cooking too much	☐ This does not apply to me
	Date on food was past its best before/use-by date	☐ This does not apply to me
	The food looks bad / spoiled	☐ This does not apply to me
	Clear space for new food items	☐ This does not apply to me

If there are any other reasons why food is discarded in your household, kindly specify them below.

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Please rank the factors from Top(1) =Highly motivated to Bottom(5)= L Am not **east motivated by**

I am motivated to reduce the amount of edible food discarded because

Am not

Am not

Am not

Am not

Am not

	Economic reason	motivated by this
	It saves time	motivated by this
	Family/ household culture	motivated by this
	Environmental concerns	motivated by this
	Personal ethics/ moral	motivated by this

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DOMESTIC FOOD WASTE IN IRELAND

Kindly indicate how your discarded food is distributed to the following channels.

Please ensure the numbers sum up to 100, and leave non applicable options blank

Poured down the sink

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DOMESTIC FOOD WASTE IN IRELAND

Food shopping and handling

General rubbish bin / mix waste

Composting/ gardening

Brown bin (organics) kitchen caddy

Feed to pets/ animals

Final lap, a few more questions to go! ! We truly appreciate your persistence.

Which most accurately describes your current diet?

- I eat meat, fish, and vegetables (omnivorous)
- I eat meat, but I try to limit the amount I eat (flexitarian)
- I do not eat meat, but I may or may not consume eggs or dairy (vegetarian)
- Other (please specify)
- I do not eat any animal -sourced foods (vegan)
- I do not eat meat, but I eat fish and seafood (pescatarian)

How often do you typically shop for household food items in a week?

- Once a week
- 2 times a week
- 3 times a week
- 4 times a week
- 5 times & more in a week

In an average week, approximately how much(€) do you spend on your household food shopping?

0 100 200(€)

In an average week, how often do you engage in the following habits while shopping for food?
Please skip those that do not apply to you.
0= Never 100= All the time

Buy only what is on the shopping list while shopping for food?

Never 50% 100% All the time

Check the 'use by' or 'best before' dates while purchasing food items

Never 50% 100% All the time

How often you do these activities at home in a typical week (7days)?

	Never/rarely	1-2 times	3-4 times	5-6 times	7 times or more
Prepare lunch at home	○	○	○	○	○
Prepare dinner at home	○	○	○	○	○
Eat takeaway meals or eat out at a restaurant, café, etc	○	○	○	○	○
Save 'home' leftovers with intention to eat or use later	○	○	○	○	○
Remember to use up leftovers and saved foods	○	○	○	○	○

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DOMESTIC FOOD WASTE IN IRELAND

Household demographic information

When it comes to food-related responsibilities in your household, which role(s) do you fulfill? *Please select all that apply*

- ☐ Grocery shopping
- ☐ Meal preparation
- ☐ Food storage and organization
- ☐ Meal planning
- ☐ Food waste management
- ☐ Other (please specify)

  _____
- ☐ None of the above

What is your current age (in years)?

- ○ 17 or younger
- ○ 18-24
- ○ 25-34
- ○ 35-44
- ○ 45-54
- ○ 55-64
- ○ 65-74
- ○ 75 or older

Please choose which one best represents your household's total annual income (before tax).

- ○ No income
- ○ Less than € 20,000
- ○ € 20,000 - € 40,000
- ○ € 40,000 - € 60,000
- ○ € 60,000 - € 80,000
- ○ € 80,000 - € 100,000
- ○ € 100,000 - € 120,000
- ○ More than € 120,000
- ○ I don't know

Which one of the following best describes the composition of your household.

Adult= 18+ Children= <18 years

- ○ 1 adult aged 65+
- ○ 1 adult age <65
- ○ 2 adults, at least 1 age 65+
- ○ 2 adults, both age <65
- ○ Other (please specify)
- ○ 3 or more adults
- ○ 1 adult with children under 18
- ○ 2 adults with 1-3 children under 18

Please enter the total number of people in your household that fall within the following groups (**including you**).

Adult Male(s)

Adult Female(s)

Children

Others

Kindly select the race/ethnicity that best describes your household.

- White Irish
- Any other white background (Non -Irish whites)
- Asian Irish
- Asian background
- Other (please specify)
- Black Irish
- African/ other Black background
- Prefer not to answer

What is the highest level of education you have completed?

- Primary or below
- Lower Secondary
- Upper secondary
- Post secondary/ vocational
- Third level non-degree
- Third level degree or higher (bachelor, master , doctorate)
- Prefer not to answer

Which of the following best describes your employment status?

- Student
- Employed (full time/ part time)
- Engaged in home/ house duties
- Retired from employment
- Unemployed
- Prefer not to answer

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Which of the following best describes your current occupation?

DOMESTIC FOOD WASTE IN IRELAND

Which county in Ireland is your household located?

Do you consider where you live to be more rural or urban in nature?

- More urban
- More rural
- I'm not sure

Do you live within walking distance to the nearest pub, bar, or café?

- Yes
- No
- I don't know

DOMESTIC FOOD WASTE IN IRELAND

How long do you think it takes to get to the closest pub, bar, or café from your home by walking? ♀

- ◯ 1 to 5 minutes (0 to 0.5 km)
- ◯ 6 to 15 minutes (0.6 to 1.5 km)
- ◯ 16 to 30 minutes (1.6 to 2.5 km)
- ◯ 31 to 45 minutes (2.6 to 4 km)
- ◯ 46 minutes to an hour (4.1 to 5 km)
- ◯ More than an hour I don't
- ◯ know

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How long do you think it takes to get to the closest pub, bar, or café from your home by driving?

- ◯ Within 15 minutes (less than 12 km)
- ◯ 16 to 30 minutes (13 to 25 km)
- ◯ 31 to 45 minutes (26 to 38 km)
- ◯ 46 minutes to an hour (39 to 50 km)
- ◯ More than an hour

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DOMESTIC FOOD WASTE IN IRELAND

Household food disposal

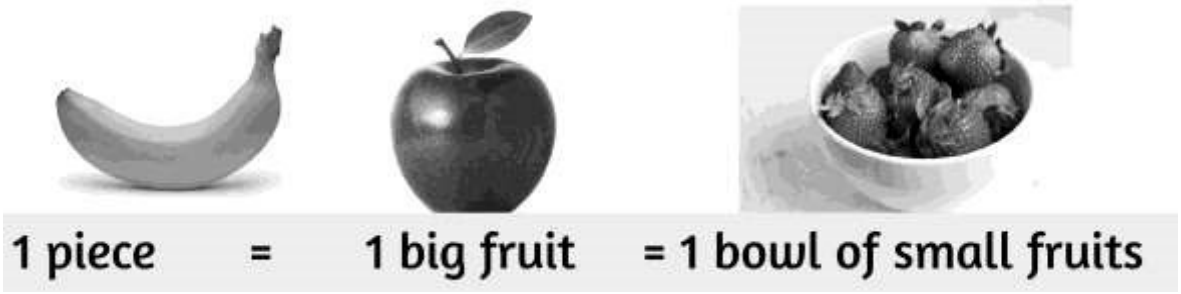
Reflecting on the past week, please estimate the amounts of edible food disposed of in your household. This includes food items composted/ recycled, poured down the sink, or fed to pets

Approximately how much vegetables (fresh, cooked, dry) were disposed of in the past week ?



- Less than 1 serving spoon
- 1 to 2 serving spoons
- 3 to 4 serving spoons
- 5 to 6 serving spoons
- More than 6 serving spoons
- No part of this food item was disposed of
- I do not consume this food item

Approximately how much fruits (fresh, dry) were disposed of in the past week ?



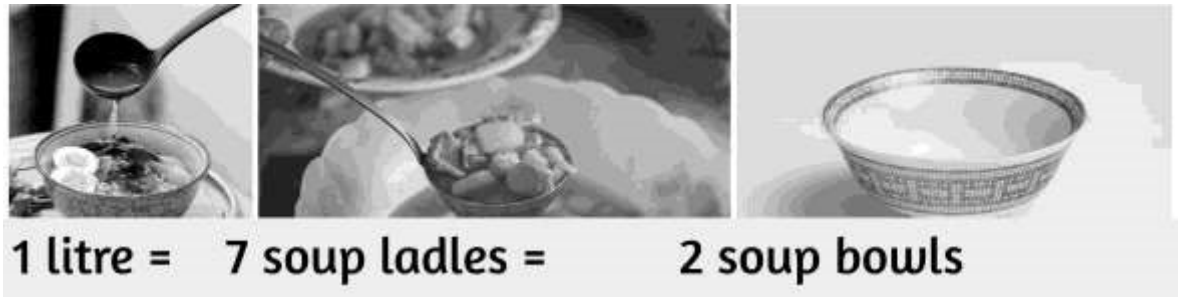
- One-fourth of a piece of fruit or less (a quarter)
- About half a piece of fruit
- Approximately 1 piece of fruit
- 2 to 4 pieces of fruit
- More than 4 pieces of fruit
- No part of this food item was disposed of
- I do not consume this food item

Approximately how much potatoes (fresh, cooked) were disposed of in the past week?



- ○ Less than one serving spoon
- ○ 1 to 2 serving spoons
- ○ 3 to 4 serving spoons
- ○ 5 to 6 serving spoons
- ○ More than 6 serving spoons
- ○ No part of this food item was disposed of
- ○ I do not consume this food item

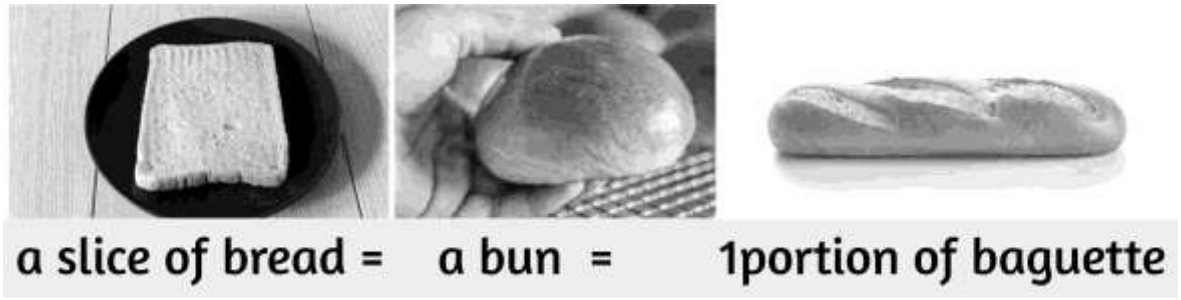
Approximately how much soup/ curry/ sauce were disposed of in the past week?



- ○ Less than half soup ladle
- ○ Between Half to one and a half soup ladle
- ○ Multiple soup ladles (about half a litre)
- ○ About 1 litre
- ○ More than 1 litre
- ○ No part of this food item is disposed of
- ○ I do not consume this food item

Bread, grains, cereals

Approximately how much bread was disposed of in the past week?



- ○ Less than one slice of bread
- ○ One or a few slices of bread
- ○ About half a loaf
- ○ About one loaf
- ○ More than one loaf
- ○ No part of this food item is disposed of
- ○ I do not consume this food item

Approximately how much rice, pasta, beans, and other grains were disposed of in the past week?



- ○ Less than 1 serving spoon
- ○ 1 to 2 serving spoons
- ○ 3 to 4 serving spoons

- ○ 5 to 6 serving spoons
- ○ More than 6 serving spoons
- ○ No part of this food item is disposed of
- ○ I do not consume this food item

Approximately how much cereals & nuts (muesli, granola, etc.) were disposed of in the past week?



- ○ Less than half a portion
- ○ A half to one and a half portion
- ○ Multiple portions (about half 1 kg package)
- ○ About 1 complete package (1 kg)
- ○ Multiple 1 kg packages
- ○ No part of this food item is disposed of
- ○ I do not consume this food item

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DOMESTIC FOOD WASTE IN IRELAND

Fish and meat

Approximately how much fish (fresh, canned, smoked etc.) was disposed of in the past week
?



a portion = 1 fish fillet = 1 canned fish

- About half a portion or less
- About one portion
- 2 to 3 portions
- 4 to 5 portions
- More than 5 portions
- No part of this food item is disposed of
- I do not consume this food item

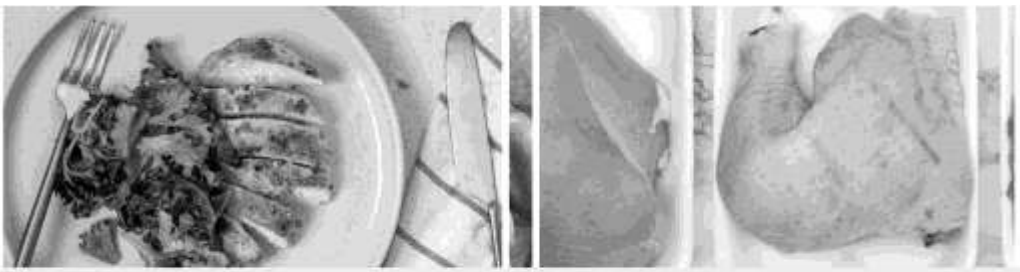
Approximately how much red meat (beef, lamb, pork etc.) was disposed of in the past week ?



a portion = 1 steak = 1/2 pack of minced meat

- About half a portion or less
- About 1 portion
- 2 to 3 portions
- 4 to 5 portions
- More than 5 portions
- No part of this food item is disposed of
- I do not consume this food item

Approximately how much white meat (chicken, turkey etc.) was disposed of in the past week?



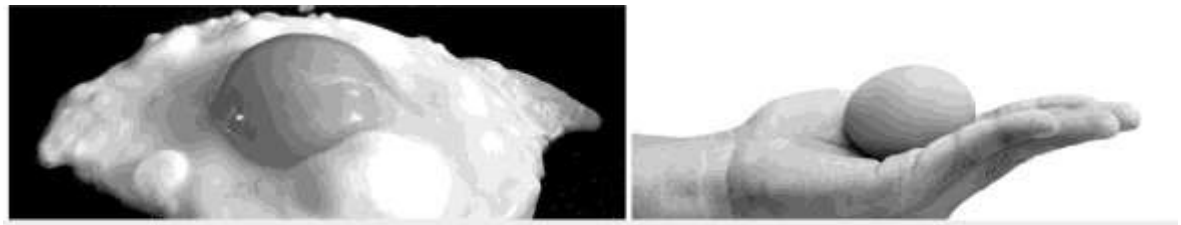
- ◯ About half a portion or less
- ◯ About 1 portion
- ◯ 2 to 3 portions
- ◯ 4 to 5 portions
- ◯ More than 5 portions
- ◯ No part of this food item is disposed of
- ◯ I do not consume this food item

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DOMESTIC FOOD WASTE IN IRELAND

Egg, milk and yoghurt

Approximately how many eggs (boiled, fried etc.) were disposed of in the past week?



- ◯ Less than 1 egg
- ◯ 1 egg
- ◯ 2 to 3 eggs

- 4 to 5 eggs
- More than 5 eggs
- No part of this food item is disposed of
- I do not consume this food item

Approximately how much milk and yogurt w er e disposed of in the past week ?



a glass



1 litre

- Less than half a glass
- half to one and half a glass
- Half a litre
- 1 litre
- More than 1 litre
- No part of this food item is disposed of
- I do not consume this food item

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DOMESTIC FOOD WASTE IN IRELAND

Please rank the reasons from Top(1) = Most often to Bottom(5) = Least often

We often discard food at home because

We had leftovers from buying too much

This does not apply to me

	We had extra food from cooking too much	☐ This does not apply to me
	Date on food was past its best before/use-by date	☐ This does not apply to me
	The food looks bad/ spoiled	☐ This does not apply to me
	Clear space for new food items	☐ This does not apply to me

If there are any other reasons why food is disposed of in your household, kindly specify them below.

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DOMESTIC FOOD WASTE IN IRELAND

Please rank the factors from Top(1) =Highly motivated by to Bottom(5)= Least motivated by

We are motivated to reduce the amount of edible food discarded because

	Economic reason	☐ We are not motivated by this
	It saves time	☐ We are not motivated by this
	Family/ household culture	☐ We are not motivated by this
	Environmental concerns	☐ We are not motivated by this
	Personal ethics/ moral	☐ We are not motivated by this

DOMESTIC FOOD WASTE IN IRELAND

Kindly indicate how your discarded food is distributed to the following channels.

Please ensure the numbers sum up to 100, and leave non applicable options blank

General rubbish bin / mix waste	
Composting/ gardening	
Brown bin (organics) kitchen caddy	
Feed to pets/ animals	
Poured down the sink	

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TECHNOLOGICAL UNIVERSITY DUBLIN

DOMESTIC FOOD WASTE IN IRELAND

Household food shopping and handling

Please select the one that best describes your household's predominant dietary pattern.

- ◯ We eat meat, fish, and vegetables (omnivorous)
- ◯ We eat meat, but try to limit the amount I eat (flexitarian)
- ◯ We do not eat meat, but may or may not consume eggs or dairy (vegetarian)
- ◯ Other (please specify)
- ◯ We do not eat any animal-sourced foods (vegan)
- ◯ We do not eat meat, but eat fish and seafood (pescatarian)
- ◯ Mixed (We follow different diet preferences)

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DOMESTIC FOOD WASTE IN IRELAND

Final lap! We truly appreciate your persistence.

In a typical week, how often do you shop for your household's food items ?

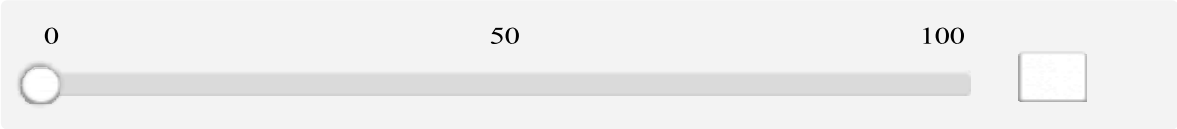
- ◯ Once a week
- ◯ 2 times a week
- ◯ 3 times a week
- ◯ 4 times a week
- ◯ 5 times a week
- ◯ More than 5 times a week
- ◯ I don't shop/ someone else shops

In an typical week, approximately how much money (€) do you spend on your household food shopping?

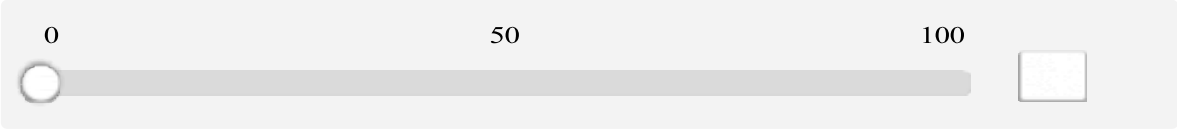


In an average week, how often do you engage in the following habits while shopping for food? Please skip those that do not apply to you.
0= Never 100= All the time

Buy only what is on the shopping list while shopping for food?



Check the 'use by' or 'best before' dates while purchasing food items



In a typical week (7days), how often do you engage in these activities in your household ?

	Never	1-2 times	3-4 times	5-6 times	7 times or more
Prepare lunch at home	○	○	○	○	○
Prepare dinner at home	○	○	○	○	○
Eat takeaway meals or eat out at a restaurant, café, etc	○	○	○	○	○
Save 'home' leftovers with intention to eat or use later	○	○	○	○	○
Remember to use up leftovers and saved foods	○	○	○	○	○

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DOMESTIC FOOD WASTE IN IRELAND

Follow-up study(waste diary) and free E-brochure

Thank you very much for participating in the survey!

To ensure strict compliance with nondisclosure and data privacy regulations, we created a separate safe link for you to submit your email for the follow-up study and to receive the E- brochure.

- ◯ Interested in brochure & follow-up study (CLICK)
- ◯ Not interested in brochure & follow-up study

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DOMESTIC FOOD WASTE IN IRELAND

End of survey

Thank you so much for taking the time to participate.
Your contribution is greatly appreciated.

Kindly share this survey with your friends and colleagues.

Section 2-Tables

Table S1. Food Categories, Example Items, and Assumed Raw Equivalents

Food Category	Example Items	Assumed Raw Equivalent
Vegetables	Carrots, broccoli, onions	Raw fresh weight
Fruits	Apples, bananas, oranges	Raw fresh weight
Potato	White potato, sweet potato	Raw tuber weight
Soup	Vegetable soup, meat broth	Estimated raw ingredients based on standard recipes
Bread	White bread, brown bread	Wheat grain equivalent
Rice/Pasta/Beans	Boiled rice, spaghetti, lentils	Dry weight for rice/pasta, raw bean weight
Cereal/Nuts	Breakfast cereals, peanuts, almonds	Processed to raw grain/nut equivalent
Fish	Salmon, cod, tuna	Whole raw fish weight
Red Meat	Beef, lamb	Carcass meat equivalent
White Meat	Chicken, turkey	Whole poultry equivalent
Egg	Boiled, scrambled eggs	Raw egg weight
Milk/Yoghurt	Cow milk, plain yoghurt	Raw milk equivalent

Table S2. Carbon and Water Footprint Coefficients and Sources

Food Category	GWPi (kg CO_2-eq/kg)	Source (GWPi)	WFi (L/kg)	Source (WFi)
Vegetables	~0.45 – 2.5 (avg ~1.5)	Clune et al., 2017	~322	Mekonnen & Hoekstra, 2011
Fruits	~0.3 – 2.5 (avg ~1.1)	Clune et al., 2017	~962	Mekonnen & Hoekstra, 2011
Potato	~0.29	Clune et al., 2017	~287	Mekonnen & Hoekstra, 2011
Soup	Based on vegetable	Clune et al., 2017	Estimate Weighted from veg ingredients	Mekonnen & Hoekstra, 2011
Bread	~0.94 – 1.4 (avg ~1.0)	Clune et al., 2017	~1608	Derived from wheat in M&H, 2011
Rice/Pasta/Beans	Rice ~2.7, Pasta ~1.7	Clune et al., 2017	~2497	Mekonnen & Hoekstra, 2011
Cereal/Nuts	Nuts ~2.3, Cereals ~1.0	Clune et al., 2017	~1644	Mekonnen & Hoekstra, 2011
Fish	~5.0 (salmon ~5.2)	Clune et al., 2017	~1127	Mekonnen & Hoekstra, 2011
Red Meat	Beef 26.61	Clune et al., 2017	~15400	Mekonnen & Hoekstra, 2011
White Meat	Chicken ~6.0	Clune et	~4325	Mekonnen &

		al., 2017		Hoekstra, 2011
Egg	~4.8	Clune et al., 2017	~3300	Mekonnen & Hoekstra, 2011
Milk/Yoghurt	Milk ~1.2 – 1.6	Clune et al., 2017	~1020	Mekonnen & Hoekstra, 2011

Table S3- Step-by-step calculation details for weekly edible household food waste (TotalFW_gPerWeek) based on survey responses (n = 879). The table shows the aggregation of raw data values, computation of the mean, standard deviation, and standard error, and the conversion to annual per-household values.

Step	**Formula**	**Value**
Number of valid responses (n)	count(TotalFW_gPerWeek)	1000
Total edible food waste (per week, all households)	sum(TotalFW_gPerWeek)	967,227.26 g
Average per household per week	sum(TotalFW_gPerWeek)/n	967.23 g
Standard deviation	stdev(TotalFW_gPerWeek)	993.54 g
Standard error	SD/√n	31.42 g
Average per household per year	weekly_avg (kg) × 52	50.30 kg

Table S4-Comparison of old and updated footprint coefficients and resulting EN-EC Index values for major food categories. Old coefficients (WFi and GWPi) were sourced from Lee et al. (2015) and Yoo et al. (2014), while updated coefficients were taken from Clune et al. (2017) and Mekonnen & Hoekstra (2011) to better reflect Irish production conditions. Normalized environmental (EN) values and the composite EN-EC Index were recalculated accordingly. These updated values improved the alignment between environmental impacts and economic cost, as reflected in the revised regression results (Figure 4).

Food Category	Old_WFi (m^3/kg)	Old_GWPi (kg CO2e/kg)	New_WFi (m^3/kg)	New_GWPi (kg CO2e/kg)	Old_EN (normalized)	New_EN (normalized)	Economic Cost (€/kg)	Old_EN-EC Index	New_EN-EC Index
Vegetables	0.45	0.7	0.42	0.68	0.15	0.18	1.2	0.18	0.21
Fruits	0.5	0.8	0.48	0.78	0.17	0.19	1	0.17	0.2
Potato	0.4	0.6	0.38	0.58	0.14	0.16	0.8	0.15	0.18
Soup	0.35	0.55	0.32	0.52	0.12	0.14	1.5	0.16	0.19
Bread	0.3	0.5	0.28	0.48	0.1	0.12	0.9	0.12	0.14
RicePastaBeans	0.33	0.52	0.31	0.5	0.13	0.15	1.1	0.14	0.17
Cereal_Nuts	0.25	0.45	0.22	0.42	0.09	0.11	0.85	0.1	0.12
Fish	7	5	6.8	4.8	0.72	0.7	6	0.78	0.76
Red MEAT	9.5	20	9	18.5	0.85	0.82	7	0.9	0.88
White MEAT	6.2	6.5	5.8	6	0.65	0.63	4.5	0.72	0.7
Egg	0.15	0.4	0.14	0.38	0.08	0.1	0.2	0.09	0.11
Milk_Yoghurt	1	1.2	0.95	1.1	0.2	0.18	0.95	0.23	0.21