

RT101

REDUCING FOOD WASTE AND OPERATING COSTS

Practical Control from Purchasing to Plate

HRD CORP CLAIMABLE	GENERIC	4 HOURS	PROGRAMME NO. 10001761602
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WHY RT101?

Food waste is not only an environmental issue. It is purchased food that has already consumed labour, energy, water, storage and equipment but generates no revenue. RT101 gives managers and supervisors practical methods to identify where food and related operating costs are being lost across purchasing, receiving, storage, preparation, production, service and disposal. Participants learn to map food flow, distinguish avoidable waste from unavoidable residues, measure waste simply, identify prevention opportunities and consider safe recovery options.

START WITH THE BUSINESS QUESTIONS

Where is food being lost between purchasing and the plate?

Which waste is avoidable, and what is it really costing the operation?

What can we prevent, measure, recover or improve within the next 30 days?

BY THE END OF THE COURSE, PARTICIPANTS SHOULD BE ABLE TO

Map food flow and identify major waste points.

Measure and diagnose food waste using simple workplace methods.

Prioritise practical prevention and cost-reduction actions.

Prepare a 30-Day Food Waste and Cost Reduction Plan.

WHO SHOULD ATTEND?

Restaurant & Food-Service Business Owners • Restaurant, Outlet & Operations Managers • Chefs & Kitchen Managers • Purchasing & Inventory Personnel • Catering & Central-Kitchen Managers • Canteen & Institutional Food-Service Managers • Hotel Food & Beverage Managers • Supervisors responsible for food cost, production or waste management

KEY LEARNING OUTCOMES

- Explain the direct and hidden operating costs associated with food waste and map food flow from purchasing and receiving through storage, preparation, production, service and disposal.
- Distinguish avoidable food waste from unavoidable residues and identify common causes of waste in purchasing, storage, preparation, production, portioning and customer service.
- Establish a simple workplace method for separating, measuring and recording food waste, then use the information to identify priority cost-reduction opportunities.
- Recommend practical prevention actions involving purchasing, stock control, menu planning, production forecasting and portion management, and evaluate suitable recovery options for surplus food and other materials.
- Prepare a practical 30-Day Food Waste and Cost Reduction Plan for workplace application.

RT101 • COURSE OVERVIEW

Reducing Food Waste and Operating Costs: Practical Control from Purchasing to Plate

COURSE CONTENT - 4 APPROVED MODULES

1 Understanding the True Cost of Food Waste

Treat food waste as purchased cost that generates no revenue; recognise direct costs including ingredients, labour, energy, water and disposal; distinguish avoidable waste from unavoidable residues; map food flow from purchasing to plate and disposal.

2 Preventing Food Waste Before It Happens

Improve purchasing, receiving, storage and stock rotation; manage preparation yield, trimming and ingredient utilisation; strengthen menu planning, production forecasting and overproduction control; improve portion, buffet and customer-facing practices.

3 Measuring and Diagnosing Food Waste

Separate storage, preparation, production and plate waste; use simple weighing, volume estimation and daily recording; connect waste information with sales, covers and food cost; identify high-cost waste and priority improvement areas; establish practical indicators and responsibilities.

4 Safe Recovery and Workplace Action Planning

Apply prevention first through the food-waste hierarchy; consider safe handling and redirection of suitable surplus food; separate used cooking oil, recyclables and organic residues; review composting, vermiculture and external recovery partnerships; develop a 30-Day Food Waste and Cost Reduction Plan.

FROM FOOD FLOW TO A 30-DAY IMPROVEMENT PLAN

MAP FOOD FLOW → PREVENT WASTE → MEASURE & DIAGNOSE → RECOVER SAFELY → 30-DAY ACTION PLAN

RT101 moves participants from understanding where food and operating costs are lost to practical prevention, measurement, recovery and a workplace-specific 30-Day Food Waste and Cost Reduction Plan.

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TRAINER & ORGANISATION



Nip Wing Kan
Chairman, Persatuan Petani Organik dan Regeneratif Sabah (SORFA)

SORFA Lead Trainer • HRD Corp Accredited Trainer •
Business, Operations & Sustainability Advisor

Training connects practical operational improvement with cost control, waste reduction and responsible business practice in Sabah.

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