

# The Implementation and Impact of Green Practices in Restaurants: A Comprehensive Analysis

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## Background

Rising global temperatures have been a serious issue. To reduce environmental impacts, such as extreme weather events, it is hoped that adopting green practices in restaurants could help reduce greenhouse gas emissions. Food waste is a major contributor to this problem, with 5-10% of cooked but unsold food being discarded every day (Tan et al., 2019).

## Research objectives

1. To provide insights to the public in order to encourage catering businesses to participate in and adopt green practices that can reduce food waste.
2. To identify which green practices are attainable and acceptable for implementation in restaurants."

## Methodology

This study employed a quantitative research approach, utilizing an online survey to collect data. The data collection period spanned from 1 March 2024 to 5 April 2024. A convenience sampling method was used to recruit the participants.

The final sample size for the analysis consisted of 76 usable responses. The quantitative data was then analyzed using Excel, with a focus on descriptive statistics to gain insights into the key findings.



## Results

### 1. Attitudes towards green restaurant practices

Participants expressed positive attitudes towards green restaurant practices, such as using recycled, biodegradable tableware. Many were willing to frequent establishments adopting these sustainable alternatives, reflecting growing consumer demand for eco-friendly solutions.

### 2. Importance of Green Practices

Consumers viewed recyclable takeout containers, in-store waste recycling, and organic menu items as important green practices. Over 90% considered these factors influential in their dining decisions. The findings reflect growing consumer demand for environmentally-friendly restaurants that meet evolving sustainability expectations.



## Conclusion

1. Using oxo-biodegradable plastic lunchboxes and paper food containers instead of traditional disposable containers.
2. Recycling waste and offering green, organic products.