

# Life Cycle Assessment of baby leaf spinach: Reduction of waste through interventions in growing treatments and packaging

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### **Introduction**

- 26% of GHG emissions, 32% of terrestrial acidification and 78% of eutrophication impacts are the result of food production, distribution and waste<sup>1</sup>.
- Packaging reduces food waste by protecting products and extending shelf life<sup>2</sup>.
- > A foliar silicon treatment has been identified as a method for extending the shelf life of baby leaf spinach.
- Life Cycle Assessment (LCA) is a tool used to evaluate the environmental impacts of food systems, including vegetable production and distribution in different countries<sup>3-7</sup>.
- Results of an LCA for Global Warming Potential (GWP) impacts of packaging and foliar treatment are presented, in terms of waste reduction for an Irish baby leaf spinach supply chain.

## **Methodology**

- Study Goal: assess and compare the GWP of Irish baby leaf spinach with different packaging materials (Oriented Polypropylene (OPP) and Polylactide (PLA)) and a foliar silicon treatment.
- > Functional unit: supplying 1kg baby leaf spinach.
- Life Cycle Impact Assessment (LCIA) method: ReCiPe 2016<sup>8</sup>
- Scope system boundary



## **Results**

Packaging Scenarios: PLA case emits 12% - 39% more GHG emissions than OPP due to the material embedded impacts and more waste managed.



#### > Foliar treatment with 2 packaging scenarios over 3- and 7-day shelf life:

- Foliar silicon reduces food waste and 4% GHG emissions for PLA in 3-day shelf life. Foliar silicon treatment with OPP has 1% more GWP impacts than OPP only.
- Foliar silicon treatment has more benefits in 7-day shelf life, with 1% and 14% reduction in GWP for OPP and PLA packaging.
- However, longer shelf life causes 37% 62% more GWP impacts for packaging and silicon treatment scenarios in 3 and 7-day shelf life, due to more energy use for refrigeration at retailers and more waste managed.





## **Methodology**

#### > Scenario establishment - food waste generation based

Shelf life	Scenario	Packaging	Food and packaging waste rate
3-day shelf life	Base case scenario	OPP	1.92%
		PLA	9.21%
	Silicon treatment scenario	OPP	0.15%
		PLA	1.81%
7-day shelf life	Base case scenario	OPP	6.03%
		PLA	51.89%
	Silicon treatment scenario	OPP	0.82%
		PLA	20.59%

## **Conclusion and recommendation**

- For an Irish baby leaf spinach supply chain, OPP packaging shows better GWP environmental performance than PLA packaging in this study.
- Foliar silicon treatment saves GHG emissions by reducing food waste but the benefit is less for OPP packaging.
- Foliar silicon treatment is more beneficial in terms of lower GHG emissions with PLA over 7-day shelf life, with 14% of GWP impact reduction between the base case and silicon treatment scenarios.
- However, longer shelf life requires longer storage time at retailers, consuming more energy and resulting in more waste management; ultimately resulting in more GHG emissions compared to 3-day shelf life over the entire cycle.
- Foliar silicon treatment is more beneficial in reducing GWP impact for the PLA case, however assessing trade-offs between other LCA environmental impact categories is also recommended, e.g., fossil resource scarcity.

## **Reference**

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