

# BOOK OF ABSTRACTS



# 2<sup>nd</sup> International Workshop

TOWARDS ZERO POLLUTION

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# ZERO POLLUTION

**MAKE IT REAL**

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## CONSUMER PERSPECTIVE ABOUT PLASTIC FOOD PACKAGING

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### Abstract

Plastic materials have been increasingly used for food in the latest decades, due to the many advantages associated with these materials: they offer considerable design flexibility; they are cheap and lightweight; and they have a wide range of physical and optical properties important to preserve the foods. Plastics made from petroleum are not degradable and are discarded in the environment, originating huge environmental problems, threatening all forms of life by entering the food chains. This work focused on the perspectives of Portuguese consumers concerning plastic food packaging and its consequences for the environment and the ecosystems. The research included a questionnaire survey applied to a sample of 385 adult citizens. The results showed that the participants are inclined to reflect about the negative impact of plastic packaging on the ecosystems and about 40% admit that they sometimes do not buy plastic while 30% try to use alternative materials. An important percentage, over 80%, are in favour of prohibition to use plastic utensils of single usage and the limitation in the use of plastic bags to carry goods and foods in particular. Most participants revealed a good knowledge about recycling and are favourable to the use of recycled materials. Nearly 90% of the participants separate the different types of waste aimed at recycling. Although shifting the usage of plastic towards more sustainable options has been facing some difficulties, it is also verified that consumers are becoming more worried about the impact of their choices on the sustainability of ecosystems and the whole planet Earth.

### Keywords

Food packaging, Plastic, Recycling, Knowledge, Impact, Questionnaire survey.