

# From Belief to Behavior: The Intersection of Religion and Household Food Waste Practices

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## Acknowledgements:

This research was supported by the Indonesian Education Scholarship Program (BPI-Beasiswa Pendidikan Indonesia), the Ministry of Education, Culture, Research, and Technology, Republic Indonesia (Contract 0178/J5.1/LG/XII/2022).

## Cite as:

Anggraeni Rila, Slabbinck Hendrik, Van Kerckhove Anneleen (2025), From Belief to Behavior: The Intersection of Religion and Household Food Waste Practices.

*Proceedings of the European Marketing Academy, 54th, (125468)*

Paper from the 54th Annual EMAC Conference, Madrid, Spain, May 25-30, 2025



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## **Abstract**

This study examines how Abrahamic and Dharmic religious beliefs influence household food waste behaviors. Through five focus group discussions, it explores how these beliefs shape food practices and the challenges of applying them in daily life. Abrahamic faiths emphasize gratitude, moderation, and stewardship, while Dharmic traditions highlight spiritual reverence for food and interconnectedness with nature. These beliefs provide a strong foundation for minimizing food waste. However, practical barriers like over-preparation, family dynamics, and contextual factors often hinder their implementation, leading to unintentional waste. This gap between beliefs and behaviors creates a sense of guilt, reflecting the emotional impact of misaligned practices. Despite these obstacles, the findings offer valuable insights to develop culturally and spiritually sensitive interventions for reducing household food waste in diverse communities.

*Keywords: Abrahamic, Dharmic, household food waste*

*Track: Social responsibility and ethics*