

**PERCEIVED FOOD WASTE REDUCTION, INVENTORY MANAGEMENT
PRACTICES, AND BUSINESS GROWTH AMONG SELECTED D.O.T.
ACCREDITED RESTAURANTS**

**A Thesis Presented to
the Faculty of the College of Business and Management
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**In Partial Fulfilment of the Requirements for the Degree
Bachelor of Science in Hospitality Management**

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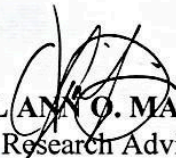
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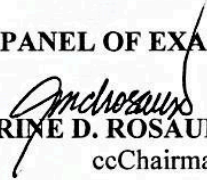
APPROVAL SHEET

In partial fulfillment of the requirements for the degree Bachelor of Science in Hospitality Management, this thesis entitled, "**PERCEIVED FOOD WASTE REDUCTION, INVENTORY MANAGEMENT PRACTICES AND BUSINESS GROWTH AMONG SELECTED D.O.T. ACCREDITED RESTAURANTS**" has been prepared and submitted by (**Pepito, Princess Jane, Rejas, Klint Jhulian G., Uriarte, Shanaley Dyrefel B.**), has been examined and is recommended for acceptance and approval for oral examination.


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THESIS ABSTRACT

Title : Perceived Food Waste Reduction, Inventory Management Practices, and Business Growth among Selected D.O.T. Accredited Restaurants

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Reducing food waste and managing inventory are essential practices in the hospitality industry for achieving sustainable and efficient operations. This study sought to explore the relationship between food waste reduction, inventory management practices, and business growth among selected D.O.T. accredited restaurants. A descriptive correlational research design was used, involving 104 selected restaurant employees from selected municipalities in Lanao del Norte. Food waste reduction, inventory management practices and business growth questionnaires were used as instruments in gathering the data. Findings revealed that food waste reduction initiatives, inventory management practices, and business growth were rated very high by respondents, demonstrating strong awareness, consistent application of sustainable practices, and a shared commitment to operational efficiency and business expansion. This suggests that restaurants excelling in minimizing food waste and managing inventory efficiently tend to experience greater business growth. Furthermore, food waste reduction initiatives and inventory management practices postulate a significant relationship on business growth. Despite these positive results, variations in customer preferences and operational challenges suggest the need for continuous employee training and customer engagement strategies. Thus, it is recommended that restaurants maintain strict food safety and inventory controls while soliciting customer feedback to tailor services better. Future research may consider qualitative approaches to gain deeper insights into barriers and motivators affecting sustainable practices and long-term business success in the hospitality industry.

Keywords: *Business Growth, D.O.T. Certified Restaurants, Food Waste Reduction, Hospitality, Inventory Management*



DEDICATION

We dedicate this research to our families, whose unwavering support, love, and encouragement have been our constant source of strength and inspiration throughout this academic journey. Their sacrifices and belief in our potential have fueled our determination to persevere and succeed.

We also extend our heartfelt gratitude to our esteemed alma mater, Misamis University, for providing us with a nurturing environment and the foundation of knowledge that shaped our academic and personal growth.

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This work stands as a testament to the collective effort, support, and inspiration we have received from all of you.

*Princess
Klint
Shanaley*



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THE RESEARCHERS



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INTRODUCTION

Rationale of the Study

Excessive food waste represents one of the biggest challenges to environmental sustainability and cost control in the global hospitality sector. In a 2021 report, the United Nations Environment Programme estimated that 931 million tons of foods were wasted globally in 2019. There was an approximate value of 26%



food waste that is coming from restaurants and food service operations. This problem causes not only a loss of money to enterprises but leads to a wastage of valuable resources utilized in the food created, processed, and moved up the line (Filimonau et al., 2022). The research on Western restaurants has revealed substantial food waste from uneaten meals, prompting efforts to implement waste-reduction strategies. Many discarded food items, such as slightly withered fruits, vegetables, or opened but unspoiled products, were still fit for consumption (Bilska et al., 2022).

Many organizations in the West have adopted portion-control plans, menu overhauls, and enhanced staff education to reduce food waste (Martin-Rios et al., 2018). In this vein, technology has also been introduced, such as systems that monitor and quantify waste, aiming to reduce the frequency with which food is discarded (Legendre et al., 2024). Across Asia, a concerning trend has emerged in food establishments. In China, the high levels of food waste in urban restaurants are linked to cultural practices, particularly the custom of ordering excess food as a gesture of politeness. To address this, campaigns like the "Clean Plate" initiative have been launched to raise public awareness and encourage consumers to order only what they can realistically consume (Wang et al., 2022).

In Japan, restaurants live by the "Mottainai" philosophy, focusing on reducing waste by carefully managing resources and supplies (Ishijima et al., 2020). This approach contrasts with the on-going challenge in the Philippines, where approximately 9,000 tons of food are wasted daily across the nation (DOST, 2018). In response, the Philippine government introduced the Food Donation Act in 2019, aiming to combat food waste by encouraging the redistribution of uneaten food to those that are in need. The initiative promotes responsible consumption and helps



ensure that excess food reaches communities facing food insecurity. Additionally, food-sharing networks, especially those using digital platforms become instrumental in connecting donors with recipients, further reducing waste and improving food security (Chang, 2024). These innovative redistribution efforts not only support sustainable consumption but also foster community welfare by providing nourishment to those who struggle to access it.

Despite the measures implemented, the food industry in the Philippines continues to encounter significant obstacles in reducing food waste. In an investigation of dining establishments certified by the Department of Tourism, particularly, in different local areas in Lanao del Norte, it was discovered that deficiencies persist in their efforts to minimize waste, as many local restaurants face difficulties due to inadequate stock management systems, insufficient staff training, and a lack of knowledge on sustainability practices (Perez & Roxas, 2019). There were no sufficient activities initiated by government programs or efforts to distribute food to people that impact community projects. To minimize food waste, it is crucial to stay on top of stock management strategies. Proper purchasing, storage, preparation, cooking, cooling, and serving practices can significantly reduce the amount of waste generated (Tomaszewska et al., 2022). If eateries refine how they handle their stock from the amount they buy to how they use each ingredient, they can cut down on expenses and boost their earnings which can help their business expand (Aramyan et al., 2021).

In the Philippines, the connection between food waste reduction, inventory management practices, and business growth has not received significant attention. The existing literature often focuses on either food waste or business performance



independently, without examining the interconnectedness of these variables (Kusumowardani et al., 2022). The connection between food waste reduction, inventory management practices, and business growth in the Philippines remains understudied. This limited focus specifically on relationships between food waste and business performance highlights a significant literature gap in understanding the barriers and potential solutions for effective food waste management in local dining establishments. This gap highlights an urgent need for further research into the barriers and potential solutions for better food waste management in the local dining establishments. This research delved into the perceived food waste reduction and inventory management practices with their relationship on the business growth of selected D.O.T. accredited restaurants.

These dynamic components will empower restaurant owners, policymakers, and community stakeholders to develop strategies that promote environmental sustainability and business prosperity simultaneously. This study can benefit various groups, including business owners, entrepreneurs, the local restaurant industry, local communities, local government units, and other researchers. Business owners can use the study to assess and improve their food waste reduction systems. The local restaurant industry can promote sustainability practices and benchmark successful standards, and local communities can encourage community involvement and reduce environmental impact. Local government units can also use the study to organize food waste awareness programs, and other researchers can gain valuable insights for further research on sustainability strategies.



THEORETICAL FRAMEWORK

This study was anchored on the Theory of Planned Behavior (TPB) (Worthington 2021), Nudge Theory (Thaler 2021), and the Resource-Based View (RBV) (Sehnem et. al., 2022).

The Theory of Planned Behavior (TPB) explains how attitudes, subjective norms, and perceived behavioral control influence behavior. The context of food waste reduction and inventory management, assert that employees' intentions are shaped by these three factors. Positive attitudes towards sustainability and supportive workplace norms encourage eco-friendly behaviors. Employees' confidence in their ability to perform green practices further strengthens their intention to adopt such behaviors (Bouarar, 2021). This theory is relevant for understanding how employees can be motivated to reduce food waste and manage inventory effectively.

Moreover, current research examined the effect of moral norms and injunctive norms on hotel employees' intention not to waste food. The findings revealed that moral and injunctive norms significantly influenced employees' intentions to reduce food waste (Elkhwesky et al., 2024). The environmental concern moderated this relationship, particularly among employees with higher levels of wastefulness. The integration of moral and societal norms, along with environmental awareness is important to effectively encourage sustainable practices in the hospitality industry (Elkhwesky et al., 2024).

Meanwhile, the idea of Nudge Theory complements the Theory of Planned Behavior by demonstrating how subtle changes in the environment can guide employees toward sustainable practices without coercion. The implementation of simple cues—such as clear signage, streamlined processes, or default eco-friendly

options—can encourage behaviors that reduce food waste and optimize inventory use. These behavioral interventions, by subtly altering choice architecture, can effectively steer individuals toward desired behaviors in organizational settings. This approach aligns with the research goal of identifying cost-effective strategies to promote green practices in the Department of Tourism accredited restaurants (Wu & Paluck, 2021).

The Resource-Based View (RBV) underscores the strategic importance of internal resources in gaining a competitive edge. In this study, the RBV framework is applied to examine how restaurants utilize essential resources—such as skilled teams, efficient stock management, and waste reduction efforts—to enhance business growth. The employees' proficiency in stock handling and waste minimization become pivotal in streamlining operations and increasing profitability. Leveraging these capabilities allows restaurants to distinguish themselves and achieve eco-friendly objectives. The Resource-Based View emphasizes the role of resources, capabilities, and competencies in shaping competitive advantage within the hospitality and tourism sectors (Kruesi & Bazelmans, 2023)

The findings revealed that absorptive capacity and team culture significantly impacted strategic flexibility, which in turn enhanced sustainable competitive advantage (Bernstad & la Cour Jansen, 2020) The leveraging of internal resources and capabilities can let the business adapt to market changes and maintain a competitive edge in the hospitality sector (Hossain et al., 2021).



CONCEPTUAL FRAMEWORK

Food Waste Reduction focuses on minimizing food waste through better planning, resource management, and sustainable practices, aiming to reduce environmental impact while improving food distribution and efficiency (Goodwin, 2023). Food loss happens at various stages of the supply chain, from production to consumption, due to factors like spoilage during storage and transport, or exposure to pests, bacteria, and mold (Badeenezhad, 2024).

Avoid Food Waste. It refers to the intentional actions taken by individuals to reduce or eliminate food waste, thereby minimizing its environmental, social, and economic impacts, citizens are educated to adjust the number of purchases according to their needs and preventing food storage at home is necessary to reduce the production of food waste (Badeenezhad, 2024).

Personal Belief. It refers to an individual's values, attitudes, and perceptions regarding food waste, which influence their intentions and behaviors to reduce food waste. Food waste is gaining increased attention from scholars, non-profit organizations, and governments due to its growing environmental and financial impacts, pushing decision-makers to implement preventive measures (Aydin & Yildirim, 2021).

Environmental Sustainability. It refers to the responsible management of natural resources to meet present needs while ensuring the ability of future generations to do the same, which involves balancing ecological, economic, and social goals. Environmental sustainability involves managing natural resources responsibly to meet present needs while safeguarding the ability of future generations to do the same



(Patterson, 2024). In the context of food waste reduction, this study emphasizes balancing ecological, economic, and social goals by minimizing waste, lowering carbon emissions, conserving resources, and ensuring equitable access to food. It presents zero waste as a global solution to address these challenges (Sebereni, 2020).

Financial Attitudes. These refer to an individual's perceptions and attitudes towards the financial implications of food waste, which influence their intentions and behaviors to reduce food waste. Consumers who feel guilty about wasting food are less likely to do so, especially in the hospitality sector, where they recognize not just the environmental but also the financial impact (Attiq et al., 2021).

Perceived Behavioral Control of Food Waste. It refers to an individual's perceived ability to control and manage food waste, which influences their intentions and behaviors to reduce food waste. Food waste results in significant environmental, social, and economic impacts that are influenced by various factors that shape consumer intentions and behaviors; these factors are best understood through the lens of the Theory of Planned Behavior (Aydin & Aydin, 2022).

Subjective Norm. It refers to an individual's perception of social pressure from others to perform or not perform a specific behavior, such as reducing food waste. The anticipation of guilt serves as an internal regulator that motivates individuals to adhere to social norms and standards, in the context of sustainable consumption practices (Attiq et al., 2021).

Personal Norm. It refers to an individual's internalized moral obligations or sense of personal responsibility to act in a certain way, reflecting their beliefs about what is right or appropriate. Personal norms refer to the degree to which individuals feel



morally obliged to act in a certain way, reflecting their beliefs about what is right or appropriate; these norms can be activated following interventions related to social norms (Niu et al., 2023).

Knowledge of Food Storage. It refers to the understanding and practices of storing food safely to prevent spoilage, contamination, and waste. Safe food storage is a fundamental aspect of basic food hygiene practices, ensuring that the ingredients used for cooking are kept in a safe environment. The global cold chain and its infrastructure allow replenishment of fresh and frozen food all year round, and the everyday diet today contains less smoked, salted, and other traditionally preserved foods. (Marshall, 2023).

Efforts Made to Decrease the Amount of Food Waste. It refers to the intentional actions taken to reduce food waste, which can have environmental, economic, and social benefits. Food waste impacts all three dimensions of sustainability environmental, economic, and social—making it a global issue that contributes to climate change; it is estimated that food waste is responsible for one-third of human-caused greenhouse gas emissions and generates 8% of total annual greenhouse gases.

Inventory Management Practices. This refers to the processes and strategies employed to manage stock levels, minimize waste, and optimize operational efficiency in food establishments. Effective inventory management is crucial for balancing stock levels, reducing food waste, and controlling expenses, thereby helping establishments maintain ingredient freshness, meet customer demands,

enhance profitability, and improve menu planning by ensuring key items are readily available while minimizing surplus inventory (Baylen, 2020).

Purchasing Practices. It refers to the methods and decisions used to acquire food and ingredients, which can impact food waste, sustainability, and social responsibility. Research has shown that inadequate purchasing practices can lead to negative human rights impacts, such as when a brand or retailer abruptly cancels an order, which can hinder suppliers' ability to meet payroll on time and may contribute to food waste due to unplanned surplus.

Storage Practices. These refer to the methods and techniques used to store food safely and maintain its quality, nutritional value, and freshness. Proper food storage preserves the quality and nutritional value of purchased foods, maximizing the value of your food dollar by preventing spoilage and reducing waste, while also helping to prevent food-borne illnesses caused by harmful bacteria (Marshall, 2023).

Preparation Practices. These refer to the actions taken to prepare food for consumption, including handling, processing, and cooking. Food preparation involves the actions taken to ensure that food is safe for consumption and has the desired flavor during its assembly; it formally refers to the process of obtaining raw ingredients and preparing them for consumption (Helfer & Muscato, 2023).

Cooking Practices. These refer to the methods and techniques used to cook food, including dry heat, moist heat, and combination cooking. There are three main types of cooking methods: dry heat cooking, moist heat cooking, and combination cooking, each detailing how chefs utilize heat to prepare food and enhance its unique flavors

and textures. Familiarity with these methods enables you to select the most suitable technique for your ingredients, resulting in delicious meals (WebstaurantStore, 2024).

Cooling Practices. These refer to the methods and techniques used to cool food safely and prevent bacterial growth, which can impact food safety and quality. Inadequate food cooling practices are a major contributor to foodborne illnesses, yet there is limited understanding of how restaurants manage food cooling (Marshall, 2023).

Serving Practices. These refer to the methods and techniques used to serve food to customers, including fine dining etiquette and customer service. Fine dining restaurants are recognized for offering exceptional customer service, where guests anticipate an elegant atmosphere, upscale table settings, and a menu with premium pricing. Additionally, they expect servers to adhere to fine dining etiquette. To assist new servers in delivering the most professional service possible, we've created a guide with fine dining etiquette tips (WebstaurantStore, 2024).

Business Growth. These refer to the increase in profitability, customer loyalty, and market share that can result from reducing food waste and implementing sustainable practices. Business growth can be significantly enhanced through food waste reduction initiatives, as minimizing waste not only cuts costs but also improves operational efficiency, boosts brand reputation, and appeals to environmentally conscious consumers, ultimately leading to increased profitability and customer loyalty. Reducing food waste can drive business growth by lowering operational costs, improving supply chain efficiency, and fostering sustainable practices that resonate with Eco-conscious consumers; this not only enhances a company's brand reputation but also opens new revenue opportunities, such as donating surplus food or



creating innovative menu items, ultimately leading to increased profitability and customer loyalty.

Business. Food waste is an escalating, persistent issue worldwide with Earth.org reporting that approximately one-third of all food produced for human consumption is either wasted or lost on a global scale (OkCredit, 2022).

Customer. Understanding consumers' food waste behavior is becoming increasingly important due to its negative effects on sustainability (Pandey, 2023). Pendrill (n.d.) Operating a foodservice business involves numerous tasks, but an often overlooked aspect is how to effectively reduce food waste in restaurants.

Food Handlers. A food handler is responsible for handling food or surfaces that meet food, such as cutlery, plates, and bowls. Their duties may include preparing raw materials, cooking, packing, storing, displaying, serving food, and cleaning utensils (Iacovidou, 2022).

There are three critical factors that are the focus of this study: food waste reduction that thoroughly assess the efficiency of food waste reduction initiatives of the selected D.O.T. recognized establishments across Lanao del Norte such as: avoiding food waste, personal beliefs, environmental sustainability, financial attitudes, perceived behavioral control of food waste, subjective norms, personal norms, knowledge of food storage, and efforts made to decrease the amount of food waste. Hence, Inventory Management Practices will also discuss the six factors which are related to the objective of the study such as: purchasing practices, storage practices, preparation practices, cooking practices, cooling practices, and serving practices.



Lastly, Business Growth will also discuss the three factors that are related to study such as: business, customer, and food handling.

The methodical process of monitoring and managing the acquisition, storage and consumption of food supplies is known as inventory management. Food waste can be reduced through efficient inventory management, which guards against overspending and spoiling. To optimize food consumption and minimize waste and leftovers, portion control entails calculating serving sizes and making the necessary adjustments. Proper food handling, storage, and preparation techniques are covered in staff training, which also focuses on skills development for restaurant staff (Wang, 2021).

A key factor in reducing mistakes that lead to food waste is having employees or staffs that are equipped with proper training; these variables have a significant effect on food waste reduction. (Kwortnick & Thompson, 2021). Added that precise forecasting and efficient stock handling are essential components of effective inventory management, and they are reinforced by comprehensive employee training (Brammer et al. 2020). In turn, adequate staff training improves the capacity to efficiently control portion sizes and inventory. (Bernon, 2021) Accurate portioning of food necessitates both appropriate stock levels and skilled personnel to execute inventory management and staff training have an impact on portion control procedures.



Food Waste Reduction Initiatives

Avoid Food Waste
Personal Beliefs
Environmental Sustainability
Financial Attitudes
Perceived Behavioral Control of Waste
Subject Norms
Personal Norms
Knowledge of Food Storage
Efforts Made to Decrease the amount of Food Waste

Inventory Management Practices

Purchasing Practices
Storage Practices
Preparation Practices
Cooking Practices
Cooling Practices
Serving Practices

Business Growth

Business
Customer
Food Handlers

Figure 1. Schematic Diagram of Study

OBJECTIVES OF THE STUDY

This study sought to explore the significant relationship between food waste reduction, inventory management practices and business growth among selected D.O.T. accredited restaurants. Specifically, this sought to address the following specific objectives:

1. Determine the level of food waste reduction initiatives, among D.O.T. accredited restaurants in terms of *avoid food waste, personal beliefs, environmental sustainability, financial attitudes, perceived behavioral control of food waste, subjective norms, personal norms, knowledge of food storage, and efforts made to decrease the amount of food waste.*
2. Determine the level of inventory management practices among selected D.O.T. accredited restaurants in terms of *purchasing practices, storage practices, preparation practices, cooking practices, cooling practices, and serving practices.*
3. Determine the level of business growth among D.O.T. accredited restaurants in terms of *business, customer, and food handlers.*
4. Explore the significant relationship between food waste reduction among selected D.O.T. accredited restaurants and business growth.

5. Explore the significant relationship between inventory management practices among selected D.O.T. accredited restaurants and business growth.

SIGNIFICANCE OF THE STUDY

Business Owners. The study can benefit business owners by using it as a guide to assess the business' current system of reducing food waste. Also, it can help them identify which aspects to improve on in their current system or perhaps develop a more cost-effective method.

Entrepreneurs. Aspiring entrepreneurs, especially those who want to enter the food industry can use this study as reference on what to consider when putting up their own food business. Entrepreneurs who are engaging in the food business might get an idea on how to reduce their business' food waste with the help of this study.

Local Restaurant Industry. Local Restaurant Industry can use this study to not promote sustainability practices thus providing support to green initiatives and be used as a guide for benchmarking and establishing successful standards in food waste management across the industry.

Local Communities. Local communities can benefit from this study by encouraging community involvement and promoting more sustainable practices in restaurants leading to a reduced environmental impact and less strain on local waste management systems. The Local Government Unit (LGU's) can also benefit from this study by using this study as a reference to organize more food waste awareness programs and reinforce improved food reduction initiatives in the local restaurants.



Other Researchers. Other researchers can gain valuable insight in this study and can use this study as a point of reference for further studies in enhancing their understanding of effective sustainability strategies and as a resource for developing localized policies and initiatives in addressing these issues.

RESEARCH METHODOLOGY

Design

The study employed a descriptive-correlational design utilizing a quantitative approach. Descriptive-correlational studies are useful for identifying the extent to which variables are related, without manipulating any of them, making it ideal for understanding customer perceptions and experiences. This quantitative approach will allow the collection and analysis of numerical data, which can then be used to generalize the results to the broader population. This design was appropriate as it explored the significant relationship between food waste reduction and inventory management practices on the business growth of selected D.O.T. accredited restaurants.

Setting

The study was conducted in Lanao del Norte, Philippines. It is the largest urban center in the province, serving as a key commercial, educational, and cultural hub. The study was conducted in the province of Lanao del Norte, specifically focusing on fast-food establishments and local restaurants. This province, known for its rich cultural diversity and rapidly growing urban areas provides a unique setting for understanding the challenges and opportunities within the local food service industry. Lanao del Norte's vibrant culinary landscape, which includes a mix of



traditional Filipino dishes and modern fast-food chains, offers valuable insights into the dynamics of food consumption, waste management, and sustainability practices in both urban and rural settings. The data gathered from these restaurants, and fast food outlets in Lanao del Norte will help inform strategies for enhancing environmental sustainability while supporting the local food service industry's growth and prosperity.

Respondents of the Study

The respondents of this study were the 104 employees situated in the selected D.O.T. accredited restaurants in Lanao del Norte. The sample size was determined using Raosoft, an online sample size calculator. This calculation is based on a confidence level of 95%, a margin of error of 5%, and an estimated total population of 108 employees. Using Raosoft ensures that the sample size is statistically valid, representative, and capable of capturing diverse perspectives from the student population while remaining practical for data collection and analysis (Raosoft, 2020). The selection of respondents was done through random sampling, a non-probability sampling technique to ensure that employees within target population have an equal chance of being selected as a respondent. The respondents comprise restaurant managers, servers, and kitchen employees since they are the one directly involved in food handling and management procedures that have an impact on food waste

Instrument

The following instruments were used in gathering data from the respondents:

- A) *Food Waste Reduction Initiatives Questionnaire*. This is a 4-point Likert scale that was adapted and modified questionnaire (Mabaso & Hewson, 2018). It consists of nine (9) constructs: avoid food waste, personal beliefs,



environmental sustainability, financial attitudes, perceived behavioral control, subjective norms, personal norms, knowledge of food storage, and efforts made to decrease the amount of food waste. It has a total of thirty (30) indicators.

In determining the level of food waste reduction, the following scale was used:

Responses	Continuum	Interpretation
4- Strongly Agree (SA)	3.25-4.0	Very High (VH)
3- Agree (A)	2.50-3.24	High (H)
2- Disagree (D)	1.75-2.49	Low (L)
1- Strongly Disagree (SD)	1.00-1.74	Very Low (VL)

B) *Inventory Management Practices Questionnaire*. This is a 4-point Likert scale adapted and modified questionnaire (Alzharani & Shatwan, 2024). It has six (6) constructs namely: purchasing practices, storage practices, preparation practices, cooking practices, cooling practices, and serving practices. It has a total of twenty-six (26) indicators.

In determining the level of inventory management practice, the following scale was used:

Responses	Continuum	Interpretation
4- Strongly Agree (SA)	3.25-4.0	Very High (VH)
3- Agree (A)	2.50-3.24	High (H)

2- Disagree (D)	1.75-2.49	Low (L)
1- Strongly Disagree (SD)	1.00-1.74	Very Low (VL)

C) *Business Growth Questionnaire*. This is a 4-point Likert scale adapted and modified questionnaire (Alzharani & Shatwan, 2024). It has three (3) constructs: business, customer, and food handling.. It has a total of fourteen (14) indicators.

In determining the level of business growth, the following scale was used:

Data Gathering	Responses	Continuum	Interpretation
Procedure	4- Strongly Agree (SA)	3.25-4.0	Very High (VH)
Before	3- Agree (A)	2.50-3.24	High (H)
conducting the study,	2- Disagree (D)	1.75-2.49	Low (L)
the researcher sought	1- Strongly Disagree (SD)	1.00-1.74	Very Low (VL)

approval from the Dean

of the College of Business and Management and was conferred with thesis adviser conduct the study. Afterward, the researchers sent a request letter of approval to each of the D.O.T. accredited restaurants in Lanao del Norte to ask permission to conduct the study and gather data with the respondents by answering the survey questionnaire. This study prioritized ethical considerations, ensuring the confidentiality and anonymity of participants. Informed consent was obtained from all respondents, who were assured that their data would be used solely for research purposes. By doing so, the research aimed to provide valuable insights into food waste reduction practices in D.O.T. accredited restaurants in Lanao del Norte.



Data Analysis

The following statistical tools were used in analyzing and interpreting the data collected in this study:

Mean and Standard Deviation were used in analyzing the level of perceived waste reduction initiatives inventory management practices, and the level of business growth among D.O.T. accredited restaurants.

Pearson product moment correlation coefficient was used to explore the significant relationship between food waste reduction inventory management practices on business growth among selected D.O.T. accredited restaurants.

Ethical Considerations

This study followed ethical principles outlined by Bryman and Bell (2015), which prioritizes the protection of respondents' rights and upholding the highest ethical standards. Respondents were informed about the study's purpose, scope, and procedures, and participation was voluntary. Confidentiality and anonymity were also strictly enforced to safeguard the privacy of the respondents, with no personally identifiable information gathered or disclosed to third parties. Data from questionnaires were used exclusively for academic purposes. Respondents' responses were kept confidential and accessible only to the members of the research group members. The study upheld the principle of integrity in research; transparent and truthful handling of the data was ensured. The data were also securely disposed of to preserve anonymity, enforcing the credibility and ethical rigor of the research process.



RESULTS AND DISCUSSIONS

Level of Perceived Food Waste Reduction

Table 1 shows the level of perceived food waste reduction initiatives of different accredited D.O.T. restaurants. The overall result shows a very high rating ($M= 3.781$; $SD= 0.1872$). It indicated that respondents consistently perceive their restaurants as highly proactive and effective in minimizing food waste. Employees recognized the significant importance and positive impact of food waste reduction practices on both environmental sustainability and business performance.

When it comes to each construct, the Efforts to Decrease Food Waste were rated as very high ($M= 3.841$; $SD= 0.2857$). The restaurants provide effective cutting down on food waste through mandatory staff training in effective waste segregation practices. They also encourage proactive participation in implementing food waste reduction initiatives in their restaurants. In the quest to cut down on food waste the endeavors known as Efforts to Decrease Food Waste, eateries are diving into actions like giving away extra food they don't need, composting leftovers and keeping an eye on waste through tracking systems. Proactive efforts including technological interventions and staff training are effective in reducing food waste in restaurants (Richards and Hamilton, 2021). All the high marks in every area show that restaurants with D.O.T. accredited knows cutting down on food waste matters a lot and they're really doing something about it.

Similarly, a very high rating of Avoiding Food Waste is evident ($M= 3.817$; $SD= 0.2991$). It can be that food waste has become embedded in the operational culture of these respondents; this aligns with the nudge theory where positive attitudes towards sustainability encourage eco-friendly behaviors.



Regarding Perceived Behavioral Control ($M= 3.813$; $SD= 0.2795$), it seems that those working in restaurants are pretty sure they can tackle and cut down on food waste. It is likely that this belief comes from having good systems and methods at work. According to the Theory of Planned Behavior, one is more likely to carry out an action if they believe they have strong control over it as Ajzen pointed out in 1991.

Followed by Knowledge of Food Storage ($M= 3.802$; $SD= 0.2541$), it reflects that staff are well-versed in practices like proper storage and handling to prevent spoilage. Knowledge of food handling and storage is essential for minimizing food waste in food service establishments (Yoon and Lee, 2022).

The scores for Personal Norms ($M= 3.798$; $SD= 0.2739$) and Subjective Norms ($M= 3.750$; $SD= 0.3129$) indicate how much people's actions in reducing food waste are shaped by what society expects of them and what they believe is right. The way people feel about what others think, and their own moral compass plays a big role in how they handle food waste. They believe that if we all start valuing the importance of cutting down on waste, it will lead to better habits (Worthington, 2021). Thus, it can be inferred that D.O.T. accredited restaurants have cultivated a strong culture of food waste reduction, supported by effective operational practices and positive staff attitudes. It can be inferred that respondents' perceptions of food waste reduction initiatives are largely influenced by their belief system and cultural values, as wastefulness is a trait that is viewed negatively by the community due to its environmental, social, and personal impacts. This positions these establishments as leaders in sustainable hospitality management, which is reflected in the high rating given by respondents and demonstrated through their practices of proper waste segregation, proper waste management, and active participation in food waste



reduction policies of their restaurants. Thus, it is recommended that restaurants reinforce food waste reduction initiatives through ongoing staff training, regular monitoring of waste, and the integration of innovative practices such as food donation programs and composting systems. Strengthening the personal commitment of staff through awareness campaigns and recognition for sustainable behavior may further enhance food waste reduction efforts and reinforce the culture of sustainability within the organization.

Restaurants encourages staff to always mind keeping a tight check on stock and not giving out too much food on a plate. How companies operate can play a big role in lessening the amount of food that gets thrown away in places like hotels and restaurants (Filimonau, 2021). It is clear that what people believe deeply affects their plans for action. When people start to see the good side of minimizing food waste, they are more likely to act in places like restaurants (Worthington, 2021). In the realm of cutting down on food waste, the hospitality sector finds itself driven by a dual focus: an eye on the Financial Attitudes ($M= 3.738$; $SD= 0.3638$) and a keen awareness of Environmental Sustainability ($M= 3.738$; $SD= 3.108$). This reveals a balanced motivation rooted in caring for the planet and managing expenses effectively. It shines a light on the fact that the hospitality industry is propelled by two main forces when it comes to minimizing food waste: a deep-seated concern for the environment coupled with the allure of saving on costs (Filimonau et al., 2021). Pointing out the care for the environment and financial matters at the same time shows that saving food helps our planet and their wallets. A small difference in how people view things hints at a chance to better boost how much each person wants to cut down on wasting food. Efforts to strengthen the sense of each person's duty and



how much their own choices matter might do some good. Lorenz and their team, in the 2017 study, found that if you work on what people believe, you can really cut down on how much food gets tossed out. (Lorenz et al, 2017).

The construct with the lowest average score is Personal Beliefs ($M = 3.734$; $SD = 0.3180$), which indicates staff have recognized their belief that wasting food is practically and morally wrong as food waste can still be reused or repurposed, though there is a slight variability in the depth of this conviction. Research shows restaurants with D.O.T. approval are really stepping up their game when it comes to cutting down on food waste.

Table 1 Level of Perceived Food Waste Reduction

Constructs	M	SD	Interpretation
Avoid Food Waste	3.817	0.2991	Very High
Personal Beliefs	3.734	0.3180	Very High
Environmental Sustainability	3.738	0.3108	Very High
Financial Attitudes	3.738	0.3638	Very High
Perceived Behavioral Control	3.813	0.2795	Very High
Subjective Norms	3.750	0.3129	Very High
Personal Norms	3.798	0.2739	Very High
Knowledge of Food Storage	3.802	0.2541	Very High
Efforts to Decrease Food Waste	3.841	0.2857	Very High
Perceived Food Waste Reduction	3.781	0.1872	Very High

Note: Interpretation: 3.25-4.0 (Very High); 2.50-3.24 (High); 1.75-2.49 (Low); 1.0-1.74 (Very Low)



Level of Inventory Management Practices

Table 2 presents the mean scores and standard deviation for various constructs tied to inventory management practices among D.O.T. accredited restaurants. The constructs assessed include purchasing practices, storage practices, preparation practices, cooking practices, cooling practices, and serving practices. The overall mean score for inventory management practices was ($M=3.783$; $SD=0.1693$), which falls within the "very high" range, pointing to respondents discern their establishments as highly effective in managing inventory across all stages of the food handling process. All constructs are rated "very high", suggesting a strong and consistent commitment to optimal inventory management practices. Each construct delve into how these establishments go about buying supplies, storing them, getting them ready for cooking, the cooking process itself cooling things down and finally serving them.

Preparation Practices received the highest score ($M=3.839$; $SD=0.2474$), showing a solid commitment to top-notch food preparation methods. It also indicates solid adherence to practices, including forecasting ingredient demand, minimizing over-preparation, and ensuring proper storage of prepared items. Employees prioritize the commitment of proper food preparation as they significantly influence daily operations. Meticulous preparation practices significantly reduce food waste and enhance operational efficiency (Lai, 2023). This shows that restaurants put a lot of care into how they get their food ready by being careful in the amount of ingredients they use, cutting down on what they throw away and making sure they cook everything, ensuring quality even in a large quantity of orders.



Serving Practices ($M= 3.827$; $SD= 0.2125$) reveal that restaurants pay close attention to how they serve food, focusing on how much they serve and how it looks. Effective serving practices, including appropriate portion sizes, can significantly reduce plate waste in restaurants (Baldwin, 2021). This attention plays a big role in how happy customers are and how much food gets thrown away.

The construct that followed is Purchasing Practices ($M= 3.821$; $SD=0.3105$), showing that restaurants are diligent in sourcing ingredients from reputable suppliers, inspecting deliveries, and applying FIFO (First-in, First-Out) principles. Respondents believe that inspection upon delivery assures the utmost quality. Effective purchasing practices are essential for minimizing food waste and controlling costs in the hospitality industry (Tomaszewska, 2022). This also shows that restaurants are doing a good job at handling how they buy what they need. They're good at predicting what they'll need, figuring out just the right amount to order and picking suppliers they can count on.

Cooking practices ($M=3.795$; $SD= 0.2749$) reveal restaurants are attentive and mindful of safe cooking temperatures, monitoring ingredient quality, and avoiding overcooking. Sustainable cooking practices are vital for reducing the environmental impact of food service operations (Wang, 2021). It indicates that restaurants pay close attention to how they cook in a way that uses resources wisely, effectively cutting down on their waste, adopting methods such as cooking in batches and smartly using what's left from ingredients helps in keeping practices green. Sustainable cooking practices are vital for reducing the environmental impact of food service operations (Wang, 2021).



Storage Practices (M: 3.786; SD= 0.2876) came in next, revealing that when it comes to keeping food items in the right way, so they stay fresh and safe to use, restaurants are doing a good job. Keeping things stored correctly makes sure the food can be used for a longer time and stays safe to eat, a vital step for anyone running a food service (Marshall, 2023).

Cooling Practices scored the lowest (M=3.628; SD=0.4616) yet still rated as "Very High". This score along with the highest standard deviation among constructs, suggests some variability in how cooling procedures are implemented on what is suitable. Some respondents would prefer to put cooked raw products in shallow containers to speed up cooling process; others would prefer to stuff raw products in a refrigerator to help thaw products. There is a critical role of proper cooling in food safety and waste prevention. Inconsistent cooling process can result to foodborne illnesses and increased spoilage (Badeenzhad et al, 2024). Despite the difference in opinion regarding how each restaurant implements their cooling practice, research shows that restaurants with D.O.T. approval are good at keeping track of their stock in every area they were checked on. Their dedication shows up clearly through the scores they got, which were mostly high and didn't change much from one to the next.

Every construct are showing high ratings coming to the conclusion that restaurants with D.O.T. accreditation takes their inventory management practices seriously. Their dedication goes beyond just making operations smooth; it plays a significant role in cutting down on food waste and pushing forward the agenda of sustainability. Storage Practices (M= 3.786; SD= 0.2876) and Serving Practices (M=3.827; SD= 0.2125) further reflect the strong compliance with food safety and



inventory protocols. Respondents acknowledged cleanliness and safe packaging as it demonstrates the importance of proper storage and serving in maintaining food quality and reducing spoilage. (Marshall et al, 2023).

A drop in scores and more ups and downs in how Cooling Practices are done point out a chance to make things better. Teaching people better ways to cool things down and making sure they stick to the rules for keeping food safe might help even things out. In examining the findings of the research, it becomes evident that eateries with D.O.T. approval are adept at handling their stocks through each phase, starting with acquisition and ending at the point of service. Establishments showcasing a strong commitment to top-notch operational methods and sustainability are highlighted by their significant conformity to optimal practices. Looking ahead, efforts might zero in on making cooling methods more uniform. This way, there's a steady approach to improving how food stays safe and cutting down on how much gets thrown away.

Consistent high scores across all constructs coupled with low variability, besides cooling, underscores the strong commitment of D.O.T. accredited restaurants to inventory management. This commitment not only supports smooth operations but also significantly contributes to food waste reduction and sustainability goals. These finding indicate that D.O.T. accredited restaurants have established highly effective inventory management practices across all key stages, form purchasing to serving. Their strong adherence to best practices, as evidenced by both high mean scores and low variability makes them as leaders in operational excellence and sustainability in the hospitality sector.



It is recommended that restaurants may continue to reinforce inventory management practices thorough regular staff training, strict adherence to established protocols, and targeted improvements in areas with greater variability, such as cooling. Sharing best practices and standardizing cooling procedures may further enhance food safety and reduce waste.

Table Level 2 of Inventory Management Practices

Constructs	M	SD	Interpretation
Purchasing Practices	3.821	0.3105	Very High
Storage Practices	3.786	0.2876	Very High
Preparation Practices	3.839	0.2474	Very High
Cooking Practices	3.795	0.2749	Very High
Cooling Practices	3.628	0.4616	Very High
Serving Practices	3.827	0.2125	Very High
Inventory Management Practices	3.783	0.1693	Very High

Note: Interpretation: 3.25-4.0 (Very High); 2.50-3.24 (High); 1.75-2.49 (Low); 1.0-1.74 (Very Low)

Legend: 3.25-4.0 (Very High); 2.50-3.24 (High); 1.75-2.49 (Low); 1.0-1.74 (Very Low)

Level of Business Growth

Table 3 shows the level of business growth among D.O.T. accredited restaurants. The overall scores for business growth were (M= 3.752; SD= 0.2257), within the 'Very High' range. Respondents consistently perceive their businesses are experiencing robust growth, reflected by their strong agreement to establishing food safety plans, their acknowledgement of their responsibility of ensuring customer food safety, and their maintenance of hygiene and food safety protocols in the workplace.



Every construct landed in the "Very High" category suggesting that the respondents recognize the critical roles of effective business management, customer satisfaction, and skilled food handling in promoting business growth. The construct receiving the highest score was Food Handling ($M= 3.836$; $SD= 0.2155$), which suggests that respondents view skilled and safety-conscious food handlers as pivotal to business success. This is likely because of food quality and safety directly affecting overall customer satisfaction and restaurant reputation (Shamah et al., 2018). This also indicates a widespread belief that those who handle food play a crucial role in the expansion of a business. The expertise they bring to the table, their commitment to keeping food safe and the caliber of service they offer have a direct effect on how happy customers are and how well-regarded the restaurant is. (Glion, 2023) Well-trained food handlers enhance the dining experience, leading to repeat patronage and positive word-of-mouth (Xie, 2023). The impressive marks in every category show that restaurants with D.O.T. accreditation understand how crucial different elements are for their business to grow.

Following the construct with the highest score would be Business ($M= 3.732$; $SD= 0.2975$). This illustrates the common belief that for a business to grow effectively, managing how it runs is crucial. Key elements such as managing well making smart plans and being efficient in everyday tasks are included in this. It is important to note robust business operations as a key to succeeding in the hospitality sector (Filimonau, 2021).

The construct with the lowest score among the three would be Customer ($M= 3.688$; $SD= 0.4438$), still within the very high range but showing great variability. This indicates that perception in this area are less uniform suggesting an opportunity



for restaurants to further personalize and enhance customer engagement to achieve higher satisfaction and loyalty. It comes to how much the answers varied, most of them didn't stray far from each other, showing that people generally agreed except in this particular construct. It shows that they think keeping customers satisfied and dedicated is key to growing a business. Things like how good the service is, what the customer goes through and how they give feedback are important for keeping customers around and bringing in new people. It is vital for a business to understand the importance of grasping and satisfying the demands of customers as a crucial element for the enduring success of a business. (Bouarar, 2021)

Results shown on the tables make it clear that restaurants with D.O.T. accreditation see how they run their business, what their customers think, and the efforts of those who handle food as big factors in growing their business. Intangible assets such as customer relationships and reputation are strategic resources that help contribute to sustaining competitive advantage; the Resource-Based View framework supports this idea (Sehnem et al., 2022). Thus, it can be inferred that restaurants that are recognized by the D.O.T. consider each factor evaluated to be a major driver in the growth of their business.

The fact that so many people agree shows there's a solid agreement on what makes a business in the hospitality world do well. Looking ahead the plan may involve building stronger connections with customers and ensuring that those who handle food get on-going training. This will help keep quality at its peak and encourage steady progress. Restaurants are encouraged to continue to invest in food handler training and maintaining rigorous food safety standards, as this area is most strongly associated with growth. Targeted efforts to improve customer experience and



engagement-such as personalized service and responsive feedback mechanisms should prioritized to sustain long term-business growth.

Table 3 Level of Business Growth

Constructs	M	SD	Interpretation
Business	3.732	0.2975	Very High
Customer	3.688	0.4438	Very High
Food Handler's Contribution	3.836	0.2155	Very High
Business Growth	3.752	0.2257	Very High

Note: Interpretation: 3.25-4.0 (Very High); 2.50-3.24 (High); 1.75-2.49 (Low); 1.0-1.74 (Very Low)

Significant Relationship Between Food Waste Reduction Among Selected D.O.T Accredited Restaurants and Business Growth

The findings from Table 4 reveal the significant relationships between food waste reduction constructs and business growth among D.O.T. accredited restaurants, emphasizing the critical role of sustainable practices in the hospitality industry. Constructs such as Avoid Food Waste, Financial Attitudes, Personal Norms, Knowledge of Food Storage, Efforts to Decrease Food Waste, and Overall Perceived Food Waste Reduction demonstrated moderate positive correlations with business growth. These results indicate that initiatives to minimize food waste, driven by strong financial awareness, ethical standards, and practical knowledge of storage, significantly enhance business performance. Proactive strategies, including waste tracking and staff training, further underscore the connection between sustainability

and operational efficiency, highlighting the dual benefits of ecological responsibility and profitability (Marshal, 2023).

The results indicate that Avoid Food Waste ($r = 0.289$; $p < 0.01$) showed a highly significant, moderate positive correlation with business growth. This aligns with findings by Filimonau (2021), who emphasized that reducing food waste contributes to cost savings, improved efficiency, and a better reputation. Similarly, the result for Financial Attitudes ($r = 0.246$; $p < 0.01$) showed a highly significant, moderate positive correlation with business growth. Based on the study conducted by Wang et al. (2021), these findings suggest that recognizing the financial benefits of food waste reduction leads to better resource allocation and profitability. Personal Norms (PN) ($r = 0.294$; $p < 0.01$) were also identified as highly significant, moderate positive correlation with business growth. This finding suggested that the construct is influential and noted that strong ethical standards among employees encourage sustainable practices that enhance overall performance. Knowledge of Food Storage (KFS) ($r = 0.272$; $p < 0.01$) also shows a highly significant, moderate positive correlation regarding business growth, which suggests that knowing how to store food further supports business growth by reducing spoilage and improving food quality (Xie, 2023). The relationship between business growth and Efforts to Decrease Food Waste ($r = 0.255$; $p < 0.01$) demonstrated a highly significant, moderate positive correlation, underscoring the importance of active waste reduction measures, such as tracking systems and employee training (Smith, 2023). Lastly, Overall Perceived Food Waste Reduction ($r = 0.289$; $p < 0.01$) and business growth showed a highly significant, moderate positive correlation, reflecting the comprehensive impact

of sustainability practices on improving a company's competitiveness and image (Wang, 2021).

Conversely, constructs like Personal Beliefs ($r = 0.173$; $p > 0.05$), Environmental Sustainability ($r = 0.009$; $p > 0.05$), Perceived Behavioral Control ($r = 0.124$; $p > 0.05$), and Subjective Norms ($r = 0.127$; $p > 0.05$) indicate that statistically, they did not show significant correlations with business growth. This finding aligns with the literature suggesting that while these factors are crucial for behavior change, their direct influence on business metrics may be limited or mediated by other variables (Ryan & Worthington, 2021).

From these findings, it can be inferred that food waste reduction initiatives, particularly those rooted on financial awareness, ethical responsibility, and practical knowledge can significantly contribute to business growth among D.O.T. accredited restaurants. This implies that operationalizing sustainability through actionable knowledge, ethical commitment, and financial motivation is key to leveraging food waste reduction as a driver of business growth. The significant correlations imply that D.O.T. accredited restaurants are more inclined to prioritize initiatives that provide tangible economic benefits. In contrast, constructs emphasizing environmental or subjective influences showed no correlation to business growth. It can be said that the influence of social and environmental values is secondary to personal norms and the financial and operational value which may be a priority or of focus for restaurants.

Thus, it can be inferred that food waste reduction initiatives can contribute significantly to D.O.T accredited restaurants as they can optimize their operations while fostering a culture of sustainability. Accredited restaurants may continue to

make operational costs effective by streamlining processes and continue to prioritize training for food waste to ensure its compliance and operational business success.

Table 4 Significant Relationship between Food Waste Reduction among Selected D.O.T Accredited Restaurants and Business Growth

Business Growth	r-value	p-value	Interpretation
Avoid Food Waste	0.289**	0.008	Moderate Positive Correlation/Highly Significant
Personal Beliefs	0.173	0.116	No Significant Relationship
Environmental Sustainability	0.009	0.938	No Significant Relationship
Financial Attitudes	0.246*	0.024	Moderate Positive Correlation/Highly Significant
Perceived Behavioral Control	0.124	0.261	No Significant Relationship
Subjective Norms	0.168	0.127	No Significant Relationship
Personal Norms	0.294**	0.007	Moderate Positive Correlation/Highly Significant
Knowledge of Food Storage	0.272*	0.012	Moderate Positive Correlation/Highly Significant
Efforts to Decrease Food Waste	0.255*	0.019	Moderate Positive Correlation/Highly Significant
Perceived Food Waste Reduction	0.289**	0.008	Moderate Positive Correlation/Highly Significant

Note: 1). Perfect Negative Correlation (-0.61 to -1.00), Strong Negative Correlation (-0.31 to -0.60), Moderate Negative Correlation (-0.11 to -0.30), No Correlation (0.00), Weak Positive Correlation (0.01 to 0.10), Moderate Positive Correlation (0.11 to 0.30), Strong Positive Correlation (0.31 to 0.60), and Perfect Positive Correlation (0.61 to 1.00)

*2). ** $p < 0.01$ (Highly Significant); * $p < 0.05$ (Significant); $p > 0.05$ (Not Significant)*

Significant Relationship Between Inventory Management Practices Among Selected D.O.T Accredited Restaurants and Business Growth

Table 5 shows the relationship between inventory management practices and business growth among D.O.T. accredited restaurants, with a focus on specific practices such as cooking and cooling. Both Cooking Practices and Cooling Practices ($r = 0.248$; $p < 0.01$) demonstrated a highly significant, moderate positive correlations with business growth. It indicated that proper cooking practices, as part of inventory management, positively affect the growth of accredited D.O.T. restaurants. Cooking meals in correct options using ingredients wisely and reducing waste help control costs and improve efficiency. Restaurant managers shared the following standardized recipes and proper storage that reduces spoilage and maintains food quality while supporting better inventory planning and avoiding overstocking shortages.

Cooking Practices emerged as a significant contributor to business growth, aligning with the findings which emphasized that effective cooking techniques enhance food quality, reduce waste, and improve customer satisfaction (Wang, 2021). Proper cooking processes optimize resource use and increase operational efficiency, directly impacting profitability and customer loyalty. Similarly, Cooling Practices demonstrated a moderate positive correlation, underscoring the importance of maintaining food safety and extending the shelf life of perishable items (Badeenezhad et al., 2024). By minimizing spoilage and reducing foodborne illness risks, proper cooling techniques not only enhance a restaurant's reputation but also decrease operational costs associated with waste (Xie, 2023). The results reinforce the pivotal roles of Cooking and Cooling Practices in achieving business growth. Effective cooking methods not only improve the taste and nutritional value of dishes, attracting



customers (Tomaszewska et al., 2022), but also enable differentiation in competitive markets through innovative techniques. Cooling Practices, on the other hand, ensure food safety by preventing bacterial growth (Badeenezhad et al., 2024). These practices also align with regulatory compliance requirements, avoiding potential legal and financial repercussions (Uyar et al., 2021).

Conversely, Purchasing Practices ($r = 0.024$; $p > 0.05$) and Storage Practices ($r = 0.097$; $p > 0.05$), while essential for controlling costs and ensuring food safety, did not exhibit a significant relationship with business growth. Standard purchasing procedures might reduce variability but do not necessarily drive growth (Attiq et al., 2021). Adherence to safety protocols is a regulatory baseline rather than a differentiator (Badeenezhad et al., 2024). Similarly, Preparation Practices ($r = 0.086$; $p > 0.05$) and Serving Practices ($r = 0.034$; $p > 0.05$), though critical for operational efficiency and customer satisfaction, may exert only indirect effects on business growth (Dermody et al., 2020).

Thus, it can be inferred that D.O.T. accredited restaurants that invest in refining their cooking and cooling processes are more likely to experience tangible business growth. The indicators addressing these practices included questions on following standardized cooking procedures, use of temperature controls, monitoring and logging of cooling times, and staff training on food safety. The prioritized action of critical control points helps to ensure that food is cooked at the right temperature and cooled promptly, as it not only improves food quality and safety but also reduces waste and operational costs. In contrast, practices such as purchasing, storage, and preparation, while necessary for baseline operations, may not provide a competitive edge unless integrated with innovative or efficiency-driven approaches. The

restaurants that seek to enhance business growth may consider shifting their focus on optimizing their cooking and cooling systems, as these are the practices most strongly linked to improved outcomes based on both empirical data and industry literature.

Table 5 Significant Relationship between Inventory Management Practices among Selected D.O.T Accredited Restaurants and Business Growth

Business Growth	r-value	p-value	Interpretation
Purchasing Practices	0.024	0.830	No Significant Relationship
Storage Practices	0.097	0.378	No Significant Relationship
Preparation Practices	0.086	0.439	No Significant Relationship
Cooking Practices	0.248*	0.023	Moderate Positive Correlation/Highly Significant
Cooling Practices	0.248*	0.023	Moderate Positive Correlation/Highly Significant
Serving Practices	0.034	0.759	No Significant Relationship
Inventory Management Practices	0.204	0.062	No Significant Relationship

Note: 1). Perfect Negative Correlation (-0.61 to -1.00), Strong Negative Correlation (-0.31 to -0.60), Moderate Negative Correlation (-0.11 to -0.30), No Correlation (0.00), Weak Positive Correlation (0.01 to 0.10), Moderate Positive Correlation (0.11 to 0.30), Strong Positive Correlation (0.31 to 0.60), and Perfect Positive Correlation (0.61 to 1.00)

*2). ** $p < 0.01$ (Highly Significant); * $p < 0.05$ (Significant); $p > 0.05$ (Not Significant)*

SUMMARY, FINDINGS, CONCLUSIONS, RECOMMENDATIONS

Summary

This study sought to explore the significant relationship between waste reduction and inventory management practices and the business growth of selected



D.O.T. accredited restaurants. The primary objectives of the research were to determine: (1) determine the level of food waste reduction initiatives, among D.O.T. accredited restaurants in terms of avoiding food waste, personal beliefs, environmental sustainability, financial attitudes, perceived behavioral control of food waste, subjective norms, personal norms, knowledge of food storage, and efforts made to decrease the amount of food waste; (2) determine the level of inventory management practices among selected D.O.T. accredited restaurants in terms of purchasing practices, storage practices, preparation practices, cooking practices, cooling practices, and serving practices; (3) determine the level of business growth among D.O.T. accredited restaurants in terms of business, customer, and food handlers; and (4) the significance of relationships between food waste reduction among selected D.O.T. accredited restaurants on business growth.

The study utilized a descriptive-correlational research design to examine the dynamics among the variables. Data were collected using adapted-modified structured questionnaires validated through expert review and pilot testing. Statistical tools employed included Mean and Standard Deviation for determining levels and Pearson Product-Moment Correlation Coefficient for identifying significant relationships between variables.

Findings

The study yielded the following findings:



1. The perceived food waste reduction received a very high rating in all its constructs, with the Efforts to Decrease Food Waste scoring the highest, followed by the Avoid Food Waste, and Personal Beliefs scoring the lowest.
2. Inventory management practices have a very high rating in all its constructs, with the Preparation Practices scoring the highest and the Cooling Practices scoring the lowest.
3. Business growth has a very high rating in all its constructs, with the Food Handler's Contribution scoring the highest, followed by the Business and Costumer.
4. There is a significant relationship between food waste reduction constructs and business growth among D.O.T. accredited restaurants.
5. There is no significant relationship between inventory management practices constructs and business growth among D.O.T. accredited restaurants.

Conclusions

Based on the generated findings, the following conclusions were drawn:



1. The D.O.T. accredited restaurants in perceiving food waste reduction excel in avoid food waste, personal beliefs, environmental sustainability, financial attitudes, perceived behavioral control of food waste, subjective norms, personal norms, knowledge of food storage, and efforts made to decrease the amount of food waste.
2. The D.O.T. accredited restaurants showcasing strong commitment of inventory management practices seriously.
3. The D.O.T. accredited restaurants sees the customers satisfaction, and acknowledge the efforts of those who handle food as a big factors in growing the business.
4. The initiative in D.O.T. accredited restaurants to minimize food waste—driven by strong financial awareness, ethical standards, and practical knowledge of storage—significantly enhances business performance.
5. The inventory management practices among D.O.T. accredited restaurants remain foundational; focusing on critical areas offers practical opportunities for restaurants to optimize performance and achieve sustained success.

Recommendations

Based on the findings of this study, the following recommendations are proposed to enhance the Perceived Food Waste Reduction, Inventory Management Practices, and Business Growth among D.O.T. accredited restaurants in Lanao del Norte:

1. Misamis University could use the study's discoveries to improve its educational offerings, focusing especially on courses related to hospitality and tourism management. By adding lessons about cutting down food waste and managing supplies in a way that lasts, the university could prepare its students with the crucial abilities they need to put these good methods into action in the real world. By promoting projects that blend different fields of study with a keen eye on sustainable practices within the hospitality sector, the university can instill an ethos of environmental care in its students.
2. For the restaurants, the proponents urge them to keep up and enhance their efforts to cut down on food waste and better manage their stocks. Businesses will see their growth skyrocket if they invest in regular training for their employees. This training should zero in on how to keep things going for the long haul. It's crucial to teach the team why it matters to each of them personally and to make sure they know the ins and outs of keeping food fresh. By bringing in better ways to cook and chill food, these places can make their meals even tastier and their customers even happier and safer.
3. For future researchers, the proponents' advice is to dig deeper into how cutting down on wasted food and keeping a tight ship with inventory can help a business bloom over time. Looking into different factors, like how tech plays



a part in handling waste or what people think about efforts to be more eco-friendly, might give us a better understanding. By broadening the study to cover more varied types of eateries or by looking at the differences between city and country places, we could make our results more widely applicable. To deepen their grasp of the complexities and driving forces that influence the adoption of eco-friendly methods in the hotel sector, one might suggest that scholars pay more attention to qualitative research techniques.

4. For the community, the proponents encourage people living in the area to see the great advantages from supporting restaurants focusing on green initiatives which might result in less harm to the environment and better availability of food. It's beneficial for those living nearby to back places that put a strong emphasis on cutting down on food waste and sticking to sustainable ways. By launching educational campaigns and setting up community programs, it becomes possible to enlighten people on why cutting down on food waste matters and the way each person's efforts can make a big difference in achieving environmental targets



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APPENDICES

APPENDIX A

Survey Questionnaire

PERCEIVED FOOD WASTE REDUCTION INITIATIVES
QUESTIONNAIRE

Adapted and Modified (Mabaso & Hewson, 2018)

Indicators		Response		
A. Avoid Food Waste		4	3	2
1. I try not to waste food during my work shifts.				
2. I only take portions of food that I can consume to minimize waste.				
3. I make an effort that very little food waste is generated in my area.				
B. Control of Food Waste				
1. My restaurant provides training to help staff understand the importance of reducing food waste.				
2. I believe that I can effectively manage food waste.				
3. It upsets me when unused products are thrown away.				
3. I feel confident in my ability to control and minimize the amount of food waste.				
C. Environmental Sustainability				
4. I can make choices that lead to less food waste in my household.				
D. Financial Attitudes				
2. I believe that reducing food waste is important to my business.				
1. I think my colleagues and I should make individual efforts to decrease food waste.				
2. I believe that my company's efforts can assist in alleviating world hunger.				
3. I think the management of food waste influences my business.				
4. I believe that my family and friends encourage responsible food consumption to reduce waste.				
E. Perceived Behavior				
3. I am motivated to reduce food waste to help my community.				
1. I feel bad when I throw food away.				
2. I feel a moral obligation to avoid wasting food.				
3. I was raised to believe that food should not be wasted, and I still live according to the principle.				
F. Subjective Norms				
4. I believe that what guests pay for their food covers the cost of what is thrown away.				
G. Personal Norms				
1. I am knowledgeable about proper food storage practices to prevent spoilage.				
H. Knowledge of Food Storage				

2. I understand that leftovers from warm meals should be cooled down before they are put in the refrigerator or freezer.				
3. I make sure food is stored at the right temperature to avoid waste.				
I. Efforts made to Decrease the Amount of Food Waste				
1. I consistently separate food waste from other waste materials.				
2. I actively participate in my restaurant's food waste reduction initiatives.				
3. I believe all staff should receive training on minimizing food waste.				

INVENTORY MANAGEMENT PRACTICES QUESTIONNAIRE
Adapted and Modified (Alzharani & Shatwan, 2024)

Indicators	Response s			
	4	3	2	1
A. Purchasing Practices				
1. I purchase raw ingredients (e.g., tea leaves, sweetener, powders, ice, tapioca pearl, milk, cream cheese, nata de coco, and other sinkers) from reputable suppliers that have sanitary permits and business permits and are approved by the Food and Drug Administration of the Philippines.				
2. I ensure purchased raw ingredients (e.g., tea leaves, sweetener, powders, ice, tapioca pearl, milk, cream cheese, nata de coco, and other sinkers) that are properly sealed and labelled with production date, expiration date, etc				
3. I inspect raw materials the upon delivery to assure utmost quality and using FIFO (first in, first out) must be utilized for all products to assure proper rotation.				
4. I only purchase packaging materials (e.g, cups, lids, and straws) are from reputable suppliers that have sanitary permit, business permit, and approved by Food and Drug Administration of the Philippines.				
5. I only purchase raw materials that are fresh and do not show any signs of decomposition, alteration, tampering, or spoilage.				
B. Storage Practices				

1. I consistently follow the FIFO (First-In-First-Out) principle, e.g., use date and time coding to show the storage time.				
2. I do not use ingredients beyond its expiry date or expected shelf life.				
3. I use a separate refrigerator or freezer to store uncooked food to prevent contamination.				
C. Preparation Practices				
1. I do not use dedicated and cleaned storage (e.g., tongs, cans, containers, etc.) when handling raw materials.				
2. I keep all packaging materials (drinking straws or tubes, plastic bags, etc.) inside the equipment to prevent pest infestation and to protect from before and after food preparation.				
3. I forecast the demand for ingredients to avoid over-preparation and minimize food waste.				
4. I make sure to properly store all prepared food items until they are served.				
D. Cooking Practices				
1. I make sure to follow safe cooking temperature guidelines to ensure food safety.				
2. I check the expiration date of the raw materials before cooking them.				
3. I avoid overcooking food and regularly monitor the quality during the cooking process.				
4. I immediately discard any cooked food that has not been stored at the proper temperature.				
E. Cooling Practices				
1. I use potable water to cool/rinse the raw products.				
2. I, soak the raw products for about 30 minutes after cooking.				
3. I put cooked raw products into shallow containers to speed up the cooling process.				
4. I put cooked raw products in the refrigerator to speed up the cooling process.				
F. Serving Practices				
1. I wash hands and change into a new pair of gloves after touching anything that may contaminate hands and when serving food and beverages.				
2. I follow proper personal hygiene when serving (e.g., clean uniform, PPE, washed hands, no coughing or sneezing when serving food etc.)				
3. I ensure food is served immediately using clean, safe packaging.				
4. I avoid touching my nose, mouth, eyes, hair, and any part of my body before cooking and cleaning.				

BUSINESS GROWTH QUESTIONNAIRE
Adapted and Modified (Alzharani & Shatwan, 2024)

APPENDIX B

**Sample of the
Filled-Out
Questionnaire**

PERCEIVED FOOD WASTE REDUCTION INITIATIVES QUESTIONNAIRE

Adapted and Modified (Mabaso & Hewson, 2019)

Directions: The following are statements about the perceived food waste reduction questionnaire. Please indicate the extent to which each statement is true for your learning environment by checking the appropriate response.

4 – Strongly Agree, 3 – Agree, 2 – Disagree, 1 – Strongly Disagree

Indicators		Responses		
A. Business		4	3	2
1. I believe businesses should establish food safety risk management and control procedures.				
2. I believe businesses should have a food safety plan.				
3. I understand that businesses should comply with the requirements (e.g., sanitary permit, business permit, health card of the employees, etc.) for the customers' safety.				
4. I think businesses should avoid complying with requirements because it is difficult and expensive.				
B. Customer				
1. I understand that basic food safety will have a huge impact on the daily running of the business.				
2. I believe customer food safety is essential in my job.				
3. I believe all food handlers should have basic food safety training to ensure customer safety.				
4. I believe adherence to the Food Safety Act of 2013 will reduce the occurrence of customer food poisoning.				
5. I believe proper labeling of food containers and ingredients in preparing.				
C. Food handling				
1. I maintain a clean and sanitized work area at all times.				
2. I always wash hands before working.				
3. I think an apron should be used as a towel to clean hands.				
4. I believe jewelry such as watches, necklaces, rings, and bracelets cannot be worn while handling food.				
5. I believe food handlers should not rub their hands on their face, hair and body while working.				
A. Avoid Food Waste				
1. I try not to waste food during my work shifts.				
2. I only take portions of food that I can consume to minimize waste.				
3. I make an effort that very little food waste is generated in my area.	/			
B. Personal Beliefs				
1. I believe wasting food is unnecessary as it can be reused or repurposed.	/			
2. I believe that wasting food is morally wrong.		/		
3. It upsets me when unused products are thrown away.		/		



E. Perceived Behavioral Control of Food Waste

1. My restaurant provides training to help staff understand the importance of reducing food waste.	☒	☐	☐	☐
2. I believe that I can effectively manage and reduce my food waste.	☒	☐	☐	☐
3. I feel confident in my ability to control and minimize the amount of food waste.	☐	☒	☐	☐
4. I can make choices that lead to less food waste in my household.	☒	☐	☐	☐

F. Subjective Norms

1. I think my colleagues find my efforts to reduce the amount of food wasted unnecessary.	☒	☐	☐	☐
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C. Preparation Practices

1. I use dedicated and cleaned utensils (e.g., tongs, scoops, spoons, small cups) when handling ready-to-eat materials.	/			
2. I clean and sanitize the equipment surfaces, utensils and working area before and after food preparation.		/		
3. I forecast the demand for ingredients to avoid over-preparation and minimize food waste.	/			
4. I make sure to properly store all prepared food items until they are served.	/			

D. Cooking Practices

1. I make sure to follow safe cooking temperature guidelines to ensure food safety.	2			
2. I check the expiration date of the raw materials before cooking them.		1		
3. I avoid overcooking food and regularly monitor the quality during the cooking process.	/			
4. I immediately discard any cooked food that has not been stored at the proper temperature.	1			

E. Cooling Practices

1. I use potable water to cool/rinse the raw products.	/			
2. I, soak the raw products for about 30 minutes after cooking.				
3. I put cooked raw products into shallow containers to speed up the cooling process.	/			
4. I put cooked raw products in the refrigerator to speed up the cooling process.	/			

F. Serving Practices

1. I wash hands and change into a new pair of gloves after touching anything that may contaminate hands and when serving food and beverages.	/			
2. I follow proper personal hygiene when serving (e.g., clean uniform, PPE, washed hands, no coughing or sneezing when serving food etc.)	/			
3. I ensure food is served immediately using clean, safe packaging.	/			
4. I avoid touching my nose, mouth, eyes, hair, and any part of my body before cooking and cleaning.	/			

BUSINESS GROWTH QUESTIONNAIRE

Adapted and Modified (Alzharani & Shatwan, 2024)

Directions: The following are statements about the level of business growth. Please indicate the extent to which each statement characterizes your learning environment by checking the appropriate response

4 – Strongly Agree, 3 – Agree, 2 – Disagree, 1 – Strongly Disagree.

Indicators	Responses			
	4	3	2	1
A. Business				
1. I believe businesses should establish food safety risk management and control procedures.	/			
2. I believe businesses should have a food safety plan.	/			
3. I understand that businesses should comply with the requirements (e.g., sanitary permit, business permit, health card of the employees, etc.) for the customers' safety.			/	
4. I think businesses should avoid complying with requirements because it is difficult and expensive.			/	
B. Customer				
1. I understand that basic food safety will have a huge impact on the daily running of the business.	/			
2. I believe customer food safety is essential in my job.	/			
3. I believe all food handlers should have basic food safety training to ensure customer safety.	/			
4. I believe adherence to the Food Safety Act of 2013 will reduce chances of customer food poisoning occurrence through proper labeling of food containers and ingredients in preparing.		/		
5. I understand that as a food handler, my job to ensure the Customers' food safety.				
C. Food Handling				
1. I maintain a clean and sanitized work area at all times.	/			
2. I always wash hands before working.	/			
3. I think an apron cannot be used as a towel to clean hands.		/		
4. I believe jewelry such as watches, necklaces, rings, and bracelets cannot be worn while handling food.	/			
5. I believe food handlers should not rub their hands on their face, hair and body while working.	/			

APPENDIX C

Sampling Computation

 Raosoft®	
What margin of error can you accept? 5% is a common choice	5 %
What confidence level do you need? Typical choices are 90%, 95%, or 99%	95 %
What is the population size? If you don't know, use 20000	141
What is the response distribution? Leave this as 50%	50 %
Your recommended sample size is	104

APPENDIX D

Request Letter to Adapt the Instrument



MISAMIS UNIVERSITY
OZAMIZ CITY

October 20, 2024

CYNTHIA HLENGIWA MABASO
Author – College of Business and Economics
University of Johannesburg
Johannesburg, South Africa

Dear Ms. MABASO,

Greetings!

We are 4th year students of the Bachelor of Science in Hospitality Management (BSHM) in Misamis University undertaking thesis writing having the research entitled: **“PERCEIVED FOOD WASTE REDUCTION, INVENTORY MANAGEMENT PRACTICES AND BUSINESS GROWTH AMONG SELECTED D.O.T. ACCREDITED RESTAURANTS”**.

The purpose of our study is to explore the relationship between food waste reduction, inventory management practices, and business growth in the hospitality sector. Our research aims to provide insights that will help restaurant managers, policymakers, and future researchers develop more effective strategies for sustainable operations and business expansion.

With this, we humbly seek your approval to allow us to adapt and utilize the research instrument developed in your study.

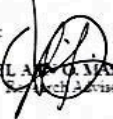
Rest assured that all data gathered using your instrument will be treated with the utmost confidentiality and used solely for academic and research purposes. Your work will be properly cited and acknowledged in our thesis and related outputs.

We sincerely look forward to your positive approval and would greatly appreciate your permission to use your questionnaire in our study.

Thank you for your time and consideration.

Respectfully,

Princess Jane G. Pepito
Klint Jhulian G. Rojas
Shanaley Dyrefel B. Uriarte
BSHM Student Researchers

Noted by:

CHRISSEL A. G. MARIBOJOC
School Adviser

Received and Approved by:
CYNTHIA HLENGIWA MABASO
Author

College of Business and Management
Misamis University
Ozamiz City, Misamis Occidental, Philippines
(088)-521-0367 / (088)-521-0431
www.msu.edu.ph





MISAMIS UNIVERSITY
OZAMIZ CITY

October 20, 2024

AHMED ALZHARANI
Author – College of Business and Economics
King Saud University
Riyadh, Saudi Arabia

Dear Mr. ALZHARANI,

Greetings!

We are 4th year students of the Bachelor of Science in Hospitality Management (BSHM) in Misamis University undertaking thesis writing having the research entitled: **"PERCEIVED FOOD WASTE REDUCTION, INVENTORY MANAGEMENT PRACTICES AND BUSINESS GROWTH AMONG SELECTED D.O.T. ACCREDITED RESTAURANTS"**.

The purpose of our study is to explore the relationship between food waste reduction, inventory management practices, and business growth in the hospitality sector. Our research aims to provide insights that will help restaurant managers, policymakers, and future researchers develop more effective strategies for sustainable operations and business expansion.

With this, we humbly seek your approval to allow us to adapt and utilize the research instrument developed in your study.

Rest assured that all data gathered using your instrument will be treated with the utmost confidentiality and used solely for academic and research purposes. Your work will be properly cited and acknowledged in our thesis and related outputs.

We sincerely look forward to your positive approval and would greatly appreciate your permission to use your questionnaire in our study.

Thank you for your time and consideration.

Respectfully,

Princess Jane G. Pepito
Klint Jhulian G. Rojas
Shanaley Dyrefel B. Uriarte
BSHM Student Researchers

Noted by:

CHRISCEL A. D. MARIBOJOC
Research Adviser

Received and Approved by:
AHMED ALZHARANI
Author

College of Business and Management
Misamis University
Ozamiz City, Misamis Occidental, Philippines
(085)-521-0367 / (085)-521-0431
www.msu.edu.ph



APPENDIX E

Informed Consent Form

**APPENDIX A****RESEARCH QUESTIONNAIRE**

Misamis University – Ozamiz City
Bachelor of Science in Hospitality and Management

Dear Respondents,

We are presently conducting a study entitled ““Perceived Food Waste Reduction, Inventory Management Practices and Business Growth among Selected D.O.T. Accredited Restaurants””. This is a requirement for the program of Bachelor of Science in Hospitality Management at Misamis University Ozamiz City Philippines. With this, we would like to ask for cooperation to gather data and information from you by answering the survey questionnaires below.

In accordance with RA 10173 of the Data Privacy Act of 2012, all personal and /or sensitive information solicited and disclosed from the questionnaire shall only be used for the study alone. Rest assured that your responses to this instrument will be kept confidential.

Thank you for taking time to complete this questionnaire.

Respectfully yours,

Princess Jane G. Pepito

Klint Jhulian G. Rejas

Shanaley Dyrefel B. Uriarte
4th Year BSHM Student Researchers

APPENDIX F**Approved Letter of Intent/Letter of Consent**



MISAMIS UNIVERSITY
OZAMIZ CITY

October 14, 2024

General Manager
Maigo Food House & Kambingan
Maigo, Lanao del Norte

Dear General Manager,

Greetings!

We are 4th year students of the Bachelor of Science in Hospitality Management (BSHM) in Misamis University undertaking thesis writing having the research entitled: **"PERCEIVED FOOD WASTE REDUCTION, INVENTORY MANAGEMENT PRACTICES AND BUSINESS GROWTH AMONG SELECTED D.O.T. ACCREDITED RESTAURANTS"**.

In this regard, we would like to humbly ask permission to conduct our study in your esteemed establishment. Moreover, we also kindly ask the total number of employees currently working in the establishment to help in determining the sample size for our research. The study aims to explore the significant influence of food waste reduction, inventory management practices towards business growth among selected D.O.T accredited restaurants. As an output of the study, the researcher will propose actionable insights on how to improve inventory management, portion control, and staff training, ultimately enhancing sustainability and operational efficiency.

The target respondents will be employees currently working under your establishment, selected through purposive sampling. We will use questionnaires in gathering the data. Please be rest assured that all the information obtained will only be used solely research purposes and will be treated with utmost confidentiality.

Should you have any concerns regarding this query, here are my contact details: **+639279868739** and email address **uriarteshanaley@gmail.com**

We sincerely hope for your kind approval to proceed with this study in your establishment.

Thank you for your time and consideration.

Respectfully,

Princess Jane G. Pepito
Klint Jhulian G. Rejas
Shanaley Dyrefel B. Uriarte
BSHM Student Researchers

Noted by:

CHRISCEL A. D. MARIBOJOC
BSHM Student Researcher

College of Business and Management
Misamis University
Ozamiz City, Misamis Occidental, Philippines
(088)-521-0367 / (088)-521-0431
www.mu.edu.ph



APPENDIX G

Statistical Computations

Objectives of the Study

This study will seek to explore the significant influence of food waste reduction, inventory management practices towards business growth among selected D.O.T accredited restaurants. Specifically, this will seek to address the following specific objectives:

Identify the demographic profile of the respondents in terms of age, sex, type of restaurant they are employed in, their role or position in the establishment, and their length of size.

Determine the level of food waste reduction initiatives, among D.O.T accredited restaurants in terms of: (a) avoid food waste, (b) personal beliefs, (c) environmental sustainability, (d) financial attitudes, (e) perceived behavioral control of food waste, (f) subjective norms, (g) personal norms, (h) knowledge of food storage, and (i) efforts made to decrease the amount of food waste.



Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
AVF	84	2.7	4.0	3.817	.2991
PerB	84	3.0	4.0	3.734	.3180
ES	84	3.0	4.0	3.738	.3108
FA	84	2.5	4.0	3.738	.3638
PBC	84	3.0	4.0	3.813	.2795
SN	84	2.3	4.0	3.750	.3129
PN	84	3.0	4.0	3.798	.2739
KFS	84	3.0	4.0	3.802	.2541
ED	84	3.0	4.0	3.841	.2857
Perceived Food Waste Reduction	84	3.1	4.0	3.781	.1872
Valid N (listwise)	84				

Constructs	M	SD	Interpretation
AVF	3.817	.2991	Very High
PerB	3.734	.3180	Very High
ES	3.738	.3108	Very High
FA	3.738	.3638	Very High
PBC	3.813	.2795	Very High
SN	3.750	.3129	Very High
PN	3.798	.2739	Very High
KFS	3.802	.2541	Very High

Determine the level of business growth among D.O.T accredited restaurants in terms of: (a) business, (b) customer, and (d) food handlers.

Descriptive Statistics

Determine the level of inventory management practices among selected D.O.T accredited restaurants in terms of: (a) purchasing practices, (b) storage practices, (c) preparation practices, (d) cooking practices, (e) cooling practices, and (d) serving practices.

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
PurP	84	2.2	4.0	3.821	.3105
SP	84	2.6	4.0	3.786	.2876
Prep	84	2.5	4.0	3.839	.2474
CP	84	3.0	4.0	3.795	.2749
CL	84	1.8	4.0	3.628	.4616
SerP	84	3.0	4.0	3.827	.2125
Inventory Management Practices	84	3.2	4.0	3.783	.1693
Valid N (listwise)	84				



Constructs	M	SD	Interpretation
PurP	3.821	.3105	Very High
SP	3.786	.2876	Very High
Prep	3.839	.2474	Very High
CP	3.795	.2749	Very High
CL	3.628	.4616	Very High
SerP	3.827	.2125	Very High
Inventory Management Practices	3.783	.1693	Very High

Note: Interpretation: 3.25-4.0 (Very High); 2.50-3.24 (High); 1.75-2.49 (Low); 1.0-1.74 (Very Low)

Explore the significant relationships between food waste reduction among selected D.O.T accredited restaurants and business growth.



		Correlations											
		AVF	PerB	ES	FA	PBC	SN	PN	KFS	ED	Perceived Food Waste Reduction	Business Growth	
Spearman's rho AVF	Correlation Coefficient	1.000	.404 ^{**}	.199	.278 [*]	.325 ^{**}	.333 ^{**}	.406 ^{**}	.435 ^{**}	.410 ^{**}	.637 ^{**}	.289 ^{**}	
	Sig. (2-tailed)		.000	.069	.010	.003	.002	.000	.000	.000	.000	.008	
	N	84	84	84	84	84	84	84	84	84	84	84	
PerB	Correlation Coefficient	.404 ^{**}	1.000	.311 ^{**}	.224 [*]	.405 ^{**}	.295 ^{**}	.532 ^{**}	.564 ^{**}	.359 ^{**}	.727 ^{**}	.173	
	Sig. (2-tailed)	.000		.004	.040	.000	.006	.000	.000	.001	.000	.116	
	N	84	84	84	84	84	84	84	84	84	84	84	
ES	Correlation Coefficient	.199	.311 ^{**}	1.000	.182	.244 [*]	.203	.169	.403 ^{**}	.377 ^{**}	.527 ^{**}	.009	
	Sig. (2-tailed)	.069	.004		.098	.025	.064	.125	.000	.000	.000	.938	
	N	84	84	84	84	84	84	84	84	84	84	84	
FA	Correlation Coefficient	.278 [*]	.224 [*]	.182	1.000	.088	.198	.175	.285 ^{**}	.214	.461 ^{**}	.246 [*]	
	Sig. (2-tailed)	.010	.040	.098		.429	.071	.112	.009	.051	.000	.024	
	N	84	84	84	84	84	84	84	84	84	84	84	
PBC	Correlation Coefficient	.325 ^{**}	.405 ^{**}	.244 [*]	.088	1.000	.422 ^{**}	.329 ^{**}	.273 [*]	.263 [*]	.522 ^{**}	.124	
	Sig. (2-tailed)	.003	.000	.025	.429		.000	.002	.012	.016	.000	.261	
	N	84	84	84	84	84	84	84	84	84	84	84	
SN	Correlation Coefficient	.333 ^{**}	.295 ^{**}	.203	.198	.422 ^{**}	1.000	.302 ^{**}	.268 [*]	.336 ^{**}	.576 ^{**}	.168	
	Sig. (2-tailed)	.002	.006	.064	.071	.000		.005	.014	.002	.000	.127	
	N	84	84	84	84	84	84	84	84	84	84	84	
PN	Correlation Coefficient	.406 ^{**}	.532 ^{**}	.169	.175	.329 ^{**}	.302 ^{**}	1.000	.445 ^{**}	.643 ^{**}	.667 ^{**}	.294 ^{**}	
	Sig. (2-tailed)	.000	.000	.125	.112	.002	.005		.000	.000	.000	.007	
	N	84	84	84	84	84	84	84	84	84	84	84	
KFS	Correlation Coefficient	.435 ^{**}	.564 ^{**}	.403 ^{**}	.285 ^{**}	.273 [*]	.268 [*]	.445 ^{**}	1.000	.456 ^{**}	.717 ^{**}	.272 [*]	
	Sig. (2-tailed)	.000	.000	.000	.009	.012	.014	.000		.000	.000	.012	
	N	84	84	84	84	84	84	84	84	84	84	84	
ED	Correlation Coefficient	.410 ^{**}	.359 ^{**}	.377 ^{**}	.214	.263 [*]	.336 ^{**}	.643 ^{**}	.456 ^{**}	1.000	.649 ^{**}	.255 [*]	
	Sig. (2-tailed)	.000	.001	.000	.051	.016	.002	.000	.000		.000	.019	
	N	84	84	84	84	84	84	84	84	84	84	84	
Perceived Food Waste Reduction	Correlation Coefficient	.637 ^{**}	.727 ^{**}	.527 ^{**}	.461 ^{**}	.522 ^{**}	.576 ^{**}	.667 ^{**}	.717 ^{**}	.649 ^{**}	1.000	.289 ^{**}	
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000		.008	
	N	84	84	84	84	84	84	84	84	84	84	84	
Business Growth	Correlation Coefficient	.289 ^{**}	.173	.009	.246 [*]	.124	.168	.294 ^{**}	.272 [*]	.255 [*]	.289 ^{**}	1.000	
	Sig. (2-tailed)	.008	.116	.938	.024	.261	.127	.007	.012	.019	.008		
	N	84	84	84	84	84	84	84	84	84	84	84	

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Business Growth	r-value	p-value	Interpretation
AVF	.289 ^{**}	.008	Moderate Positive Correlation/Highly Significant
PerB	.173	.116	No Significant Relationship
ES	.009	.938	No Significant Relationship
FA	.246 [*]	.024	Moderate Positive Correlation/Highly Significant
PBC	.124	.261	No Significant Relationship
SN	.168	.127	No Significant Relationship
PN	.294 ^{**}	.007	Moderate Positive Correlation/Highly Significant
KFS	.272 [*]	.012	Moderate Positive Correlation/Highly Significant
ED	.255 [*]	.019	Moderate Positive Correlation/Highly Significant
Perceived Food Waste Reduction	.289 ^{**}	.008	Moderate Positive Correlation/Highly Significant

Note: 1). Perfect Negative Correlation (-0.61 to -1.00), Strong Negative Correlation (-0.31 to -0.60), Moderate Negative Correlation (-0.11 to -0.30), No Correlation (0.00), Weak Correlation (0.01 to 0.10), Moderate Positive Correlation (0.11 to 0.30), Strong Positive Correlation (0.31 to 0.60), and Perfect Positive Correlation (0.61 to 1.00)
2). **p<0.01 (Highly Significant); *p<0.05 (Significant); p>0.05 (Not Significant)

Explore the significant relationships between inventory management practices among selected D.O.T accredited restaurants and business growth.



Correlations									
			Purp	SP	Prep	CP	CL	SerP	Inventory Management Practices
Spearman's rho	Purp	Correlation Coefficient	1.000	.420**	.179	.327**	.129	.124	.538**
		Sig. (2-tailed)	.	.000	.104	.002	.244	.261	.000
		N	84	84	84	84	84	84	84
	SP	Correlation Coefficient	.420**	1.000	.119	.341**	.360**	.028	.654**
		Sig. (2-tailed)	.000	.	.282	.001	.001	.803	.000
		N	84	84	84	84	84	84	84
	Prep	Correlation Coefficient	.179	.119	1.000	.425**	.019	.227*	.427**
		Sig. (2-tailed)	.104	.282	.	.000	.862	.038	.000
		N	84	84	84	84	84	84	84
	CP	Correlation Coefficient	.327**	.341**	.425**	1.000	.268*	.122	.638**
		Sig. (2-tailed)	.002	.001	.000	.	.014	.267	.000
		N	84	84	84	84	84	84	84
	CL	Correlation Coefficient	.129	.360**	.019	.268*	1.000	.117	.686**
		Sig. (2-tailed)	.244	.001	.862	.014	.	.290	.000
		N	84	84	84	84	84	84	84
	SerP	Correlation Coefficient	.124	.028	.227*	.122	.117	1.000	.339**
		Sig. (2-tailed)	.261	.803	.038	.267	.290	.	.002
		N	84	84	84	84	84	84	84
	Inventory Management Practices	Correlation Coefficient	.538**	.654**	.427**	.638**	.686**	.339**	1.000
		Sig. (2-tailed)	.000	.000	.000	.000	.000	.002	.
		N	84	84	84	84	84	84	84
	Business Growth	Correlation Coefficient	.024	.097	.086	.248*	.248*	.034	.204
		Sig. (2-tailed)	.830	.378	.439	.023	.023	.759	.062

APPENDIX H

Documentations

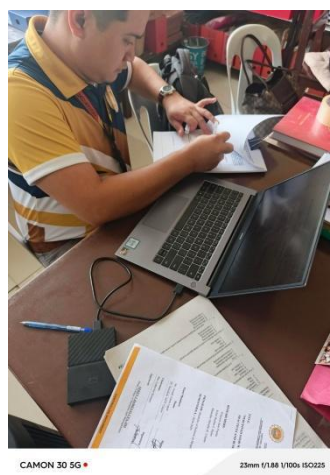
Proposal Defense



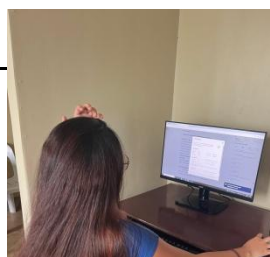
Final Defense



Checking the Revised Papers with our Research Coordinator and Adviser



Grammarly Testing



Data Gathering



APPENDIX I

Plagiarism Test Result

APPENDIX J

Grammarly Test Result

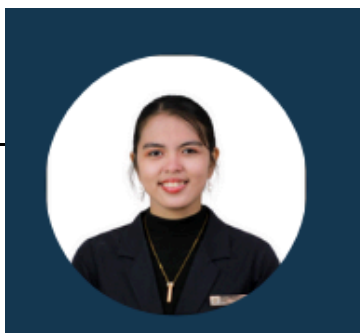
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BSHM_PaperGroup_0



APPENDIX K

CURRICULUM VITAE



**SHANALEY DYREFEL
B. URIARTE**





CONTACT

0908 248 1841

**KLINT JHULIAN G.
REJAS**

PERSONAL INFORMATION

Religion:

Roman Catholic



**PRINCESS JANE G. PEPITO**

Food & Beverage Service

Profile

Passionate Hospitality Management student with a strong academic background and to attentive interest in the hospitality industry. Seeking opportunities to gain practical experience and contribute meaningfully to a dynamic team in the hospitality industry.

 09512877409

