

# SMALL CHANGE BIG DIFFERENCE



To help us see if our community workshops help make a difference we need to ask you a few questions today and at the end of the series of workshops.

The following questionnaire should take less than 10 minutes

Name:.....

N.B. Your name will only be used to match pre and post questionnaires this is important for the analysis of the information. Your names will not be kept attached to this information by Groundwork after this point and will not be sent to any other organisation or individual. By putting your name on this questionnaire, you are agreeing only to this use of your personal information.

**1. In your household, are you wholly or partly responsible for buying, preparing or disposing of food?**  
(please tick the options that apply to you):

|                             | All me | Mostly me | Shared responsibility | Mostly someone else | All someone else |
|-----------------------------|--------|-----------|-----------------------|---------------------|------------------|
| Deciding what food to buy   |        |           |                       |                     |                  |
| Deciding what meals to make |        |           |                       |                     |                  |
| Preparing meals             |        |           |                       |                     |                  |
| Disposing of kitchen waste  |        |           |                       |                     |                  |

**2. In the last fortnight – so approximately 14 days – on roughly how many days did you:** (Please estimate between 0 and 14 days for each of the following)

|   | number of days           |
|---|--------------------------|
| <b>A</b> Eat 5 or more portions of fruit or vegetables      | <input type="checkbox"/> |
| <b>B</b> Eat no meat at all i.e. have a meat-free day       | <input type="checkbox"/> |
| <b>C</b> Eat processed meat (e.g. sausages, bacon, burgers) | <input type="checkbox"/> |
| <b>D</b> Eat pulses (e.g. lentils, peas and beans)          | <input type="checkbox"/> |
| <b>E</b> Eat or drink something high in sugar               | <input type="checkbox"/> |

**3. To what extent do you take the following into account when buying food?**

|  | Always | Often | Sometimes | Rarely | Never |
|--|--------|-------|-----------|--------|-------|
| Calorie content  |        |       |           |        |       |
| Sugar content  |        |       |           |        |       |
| Fibre content  |        |       |           |        |       |
| Animal and plant origin of food                                  |        |       |           |        |       |
| Making sure I buy the right amount given the plans for the week  |        |       |           |        |       |
| How easy / difficult it is to prepare (i.e. ease of preparation) |        |       |           |        |       |
| Environmental impact, such as carbon and water footprint         |        |       |           |        |       |
| Whether or not it is grown/manufactured locally or in season     |        |       |           |        |       |

4. Below are a list of statements. Please indicate whether you think each statement is true or false

|  | True | False | Don't know |
|--|------|-------|------------|
| Fresh vegetables are always healthier than frozen vegetables     |      |       |            |
| Beans and pulses are high in protein and fibre                   |      |       |            |
| There is no difference between 'use by' and 'best before' labels |      |       |            |
| Fibre can be found in chicken and milk                           |      |       |            |
| Skipping meals is healthy  |      |       |            |
| Reducing how much meat we eat is good for the environment        |      |       |            |

5. Thinking about the last time you did a main grocery shop, which of the following describe what you did beforehand? (Please tick all that apply):

- A I kept a "running list" during the week of things I needed to buy
- B I made a list to take to the shop with me
- C I had a very clear list in my head
- D I had some idea of the kind of things I wanted to buy
- E I shop online, and I used my list of favourites to help me remember what to buy
- F None of the above
- G Don't know / can't remember

6. What do you understand the term 'use by date' on a food product to mean? (Please tick one option):

- A It depends on the food
- B It will be at its best quality before this date but is not necessarily unsafe
- C It will be safe to eat up to this date, but should not be eaten past this date
- D It's not relevant to me – I can ignore it

7. What do you understand the term 'best before date' on a food product to mean? (Please tick one option):

- A It depends on the food
- B It will be at its best quality before this date but is not necessarily unsafe
- C It will be safe to eat up to this date, but should not be eaten past this date
- D It's not relevant to me – I can ignore it

8. Thinking about times in the last month where you bought the following, how did you store them when you got home? Please indicate for each food stuff.

|                       | Fruit bowl | Cup-board | Shelf | Worktop | Fridge | Freezer | Don't buy | Other – Please state? |
|-----------------------|------------|-----------|-------|---------|--------|---------|-----------|-----------------------|
| Potatoes              |            |           |       |         |        |         |           |                       |
| Apples                |            |           |       |         |        |         |           |                       |
| Bananas               |            |           |       |         |        |         |           |                       |
| Bread                 |            |           |       |         |        |         |           |                       |
| Fresh bakery products |            |           |       |         |        |         |           |                       |

9. Thinking about the last time you had leftovers or made more food than was needed, what happened to those leftovers? (You can select more than one answer).

- A Used as part of another meal
- B Used as a meal in themselves
- C Didn't get used and were recycled
- D Didn't get used and were thrown away immediately
- E Stored the but weren't used in the end and were recycled
- F Stored them but weren't used in the end and were thrown away
- G Froze leftovers for later use
- H Other—Please specify
- I Don't know / Cant remember

10. To what extent do any of the following encourage you to try to minimise the amount of food that your household throws away (into the bin, compost bin or council collection)? (tick one for each statement)

|   | A great deal | A fair amount | A little | Not very much | Not at all | Don't know |
|---|--------------|---------------|----------|---------------|------------|------------|
| A desire to reduce my impact on the environment                     |              |               |          |               |            |            |
| People going hungry in the UK and around the world                  |              |               |          |               |            |            |
| The possibility of saving money                                     |              |               |          |               |            |            |
| Wanting to manage my home efficiently                               |              |               |          |               |            |            |
| Feelings of guilt when I throw food away that could have been eaten |              |               |          |               |            |            |

11. Do you have a council food waste collection (i.e. a council service that collects food waste to be recycled from your kerbside or estate, either on its own or with garden waste)? (Please tick one option).

- A Yes
- B No
- C Yes, but I do not have a food waste caddy
- D Don't know

12. If you answered yes to question 11. Do you use this service? (if no – have they ever used it?)

- A Yes I do use and put a minimal amount of food in the rubbish / residual waste bin
- B Yes I do use though only for certain food
- C I use irregularly / for a small proportion of food waste
- D No - I do not have a food waste caddy
- E No - I used to use it but not any more
- F No - they provide one but I've never used it

13. We know from previous research that food waste sometimes goes in the general rubbish, even where people recycle some of their food waste. How often do each of the following tend to go in your general refuse / rubbish?

|  | always | Often | Sometimes | rarely | Never | Don't ever have this |
|--|--------|-------|-----------|--------|-------|----------------------|
| Plate scrapings after a meal /general leftovers                    |        |       |           |        |       |                      |
| Fruit and veg peelings   |        |       |           |        |       |                      |
| Bones  |        |       |           |        |       |                      |
| Used tea bags or coffee grounds                                    |        |       |           |        |       |                      |
| Cooked meat or fish that is past its expiry date                   |        |       |           |        |       |                      |
| Raw meat or fish that is past its expiry date                      |        |       |           |        |       |                      |
| Fruit or veg that are past their best                              |        |       |           |        |       |                      |
| Bakery items, such as bread or cake that are past their best       |        |       |           |        |       |                      |
| Mouldy, gone off or smelly food                                    |        |       |           |        |       |                      |
| Other unopened food, still in its packaging, that is past its best |        |       |           |        |       |                      |