

Household Food Waste Survey Template

All questions are optional. Select one answer for each choice question.

Write your answers to the open questions in the space provided.

Think about the past seven days. Here, discarded food means food intended to be eaten that was thrown away or otherwise not eaten, excluding inedible scraps. Answer without guessing quantities.

1. How involved were you in household food shopping or preparation during the past seven days?

- ☐ Not involved
- ☐ A little involved
- ☐ Shared responsibility
- ☐ Mainly responsible
- ☐ Prefer not to say

2. On how many of those days was food intended to be eaten discarded?

- ☐ None
- ☐ One or two
- ☐ Three or four
- ☐ Five to seven
- ☐ Not sure

3. What was the main reason food was discarded?

- ☐ Plans changed
- ☐ Too much prepared
- ☐ Too much purchased
- ☐ Food was no longer considered suitable to eat
- ☐ Another reason
- ☐ No food discarded
- ☐ Not sure

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4. How often did you check what food was available before shopping?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always
- ☐ Did not shop

5. How often did you plan meals before buying food?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always
- ☐ Did not buy food

6. What makes it difficult to avoid unused food in your household?

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7. What kind of practical support would be useful?
