

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

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						

Feedback

Please provide some feedback on the sessions you've attended.

1. What did you enjoy most about the sessions?
2. Would you make any changes on how the sessions were delivered? If yes, what would they be?
3. We would like to encourage everyone to share at least one tip from all the sessions with someone else they know.
 - a. How likely are you to share a tip from one of the sessions (*tick one box*)?

A	Very unlikely	<input type="checkbox"/>
B	Somewhat unlikely	<input type="checkbox"/>
C	Neither likely nor unlikely	<input type="checkbox"/>
D	Somewhat likely	<input type="checkbox"/>
E	Very likely	<input type="checkbox"/>
 - b. If you do share a tip, what tip would you share?