

## S1. Interview Guide

### Eating habits and packaging waste

#### Greeting and Introduction

*Thank you very much for taking the time for the interview. My name is XXX and I work at the Technische Universität Berlin.*

*First of all, let's talk briefly about the general conditions of the interview: The interview will be recorded with a recording device and evaluated anonymously for research purposes. The interview will last about an hour, maybe 10-15 minutes more (do you have any plans after that?). Do you have any questions about the general conditions? [clarify questions if necessary].*

*Good, then I will turn on the recording device now.*

*The interview is about your eating habits and packaging waste. We are interested in how you deal with food and beverages and how you eat - this includes eating, but also shopping and possibly preparing food. By food we mean unprocessed food as well as prepared meals, snacks and ready-made meals.*

*During the conversation I will ask you questions that sometimes sound very similar. Please don't be irritated by this. This does not mean that you have answered a question incorrectly! It is not about right and wrong, but about your personal opinion and perception. If you have the impression that you have already answered the question, please give me a feedback.*

*Good, then we can start now*

#### 1. General Nutrition

10 minutes

##### Nutrition Diary

*First of all, we will talk about your personal nutrition diary. We have received it - thank you for filling it out (completely).*

##### **1.1 How did the filling out work?**

Questions:

*I would like to ask you about the following points (also regarding the additional notes in the diary; exceptional situation - in what way? why?): \_\_\_\_\_*

##### **1.2 Which intervention policies (e.g. home office, contact restrictions, closed stores) during the corona crisis had the strongest influence on your everyday life (and your diet)?**

## Meaning of the organization of nutrition (social identity)

### 1.2 How important is nutrition for you [and your\*n partner / family / children / roommates in your household]?

Optional questions:

- Is there something that is particularly important to you when designing your nutrition?
- How do the other members of your household feel about it? Do they feel connected to you in terms of nutrition?
- Is it something you enjoy doing with people of your household or rather a point of potential conflict?

## 2. Comparison of the current state with the state before the crisis

10 Minutes

In the diary you have described your current eating habits. Now we are facing a special situation due to the Corona crisis, because we spend more time at home, maybe work from home, and possibly take care of children at home.

### 2.1 Please recall a normal weekday before the crisis - how did you organize your diet on a typical weekday? How did the shopping, preparation and washing up used to be?

[Wait 30 seconds to allow the person time for remembering]

Optional question:

What did you do differently before the corona crisis than now you are doing during the corona crisis ...?

#### a) ... prior to the meal (planning , shopping, storage)

optional questions:

- Did you eat other things - give examples? What do you normally eat in the morning, at noon and in the evening and in between?
- Did you plan your shopping differently - did you go shopping more or less often? How does the planning normally proceed?
- Have you shopped in other places? Where do you normally shop? How do you transport your purchases?

#### b) ...during the meal (preparation, consumption)

optional questions:

- Has the content of your meals changed?
- Do you eat alone or together with other people in your household? How often have you prepared your meals yourself on average? How often have you eaten meals prepared by other members of your household?
- Do you eat at other times than usually? Do you have and have had fixed meals? Or do you rather eat snacks in between?
- Did you do anything else during your meal? Has this changed?
- On average, how often did you eat out of the house or on the go - where, for example? In which situations was this done?

c) ...**after the meal** (Washing up, waste disposal)

optional questions:

- How much time did you spend cleaning up after dinner (e.g. putting dishes away, wiping the table, taking out the trash)?

**2.2 Would you say your answers describe your eating habits before and during the crisis quite well and if not, what is still missing?**

**2.3 Have you noticed anything else that has changed that has had, and continues to have, an impact on your eating habits?**

### 3. Evaluation of nutritional routines in the context of space and time

10 minutes

**3.1 How do you think your current dietary routine will change AFTER the corona crisis? Which aspects would be the same as BEFORE the beginning of the crisis - which new routines would you like to keep - would you like to do something completely different?**

Optional question:

- If you imagine an ideal nutritional routine - what would it look like? What would you particularly like about it? Why can't you implement it yet?

**3.2 Compared to other aspects of your everyday life - leisure, family, work - does nutrition take up too much or too little space?**

Optional questions:

- Do you think that nutrition is being given sufficient time in your everyday life? For what would you like to have more time or opportunities?
- If you would get support for your everyday nutrition (in personnel or material form) - what would you use it for?
- What do you dislike doing? What would you like to renounce?

**3.3 How do you evaluate the food supply (e.g. supermarkets, bakeries, snack bars) in your neighborhood and what do you use from this supply? BEFORE the Corona crisis and now?**

**3.4 You have just said that you [frequently/rarely/sometimes/never] eat outside the home. How do you rate the offer for out-of-home food in your neighborhood BEFORE and during the corona crisis?**

Optional questions:

- What do you understand by "eating out"?
- What kind of facilities do you use? Please give a few examples. Do you also use take-away food or fast-food snacks that are offered in disposable cutlery?
- What criteria are particularly important for you when evaluating the offerings?
- Which offers would you like to use (more) but do not exist?

#### 4. Meaning of food packaging in everyday nutrition

10 minutes

Now we would like to take a closer look at the topic of packaging.

##### Understanding of food packaging.

##### **4.1 When you think of packaging in the food sector, what do you have in mind?**

Optional questions:

- Please give some examples of typical food packaging.
- What could be your personal definition of food packaging?

##### **4.2 Is there any packaging for food that you find particularly practical or particularly annoying - and if so, why?**

Optional questions:

- What benefits do you personally derive from packaging?
- Does packaging play a certain role in shopping, eating and washing up, or other points we have discussed? For example, do you buy certain products because of the packaging or the function it performs?
- Is there any food packaging that you do not want to go without under any circumstances?

##### Packaging pictures

##### **4.3 If you look at the waste photos you took for your nutritional diary - what do you think?**

Optional questions:

- When do you normally dispose of the packaging? Are there differences in products and if so, why? How long do products normally remain within the packaging?
- Did it surprise you, e.g. in terms of quantity or materials (e.g. glass, plastic, aluminum, paper)? Do you consider it a lot or a small amount?
- Is there anything that strikes you that could be characteristic of your waste?

#### 5. Reduction of packaging waste

10 minutes

##### Understanding of packaging reduction

##### **5.1 What do you understand under the avoidance or reduction of packaging waste? Have you ever consciously tried to avoid packaging?**

[Note Filter Question]

If yes:

**5.2a What exactly did you do? What kind of packaging did you avoid? How did you manage to avoid packaging?**

Optional questions:

- What was easy? What was difficult?
- What motivated you to avoid packaging?
- What helped you to avoid packaging?
- How did you manage to avoid packaging when shopping? (e.g. certain strategies)
- What do you think, for what reasons have you managed to avoid packaging?
- Who helped you avoid packaging? What role did your family, friends or colleagues play for you? Was it important for you to do such an experiment or to approve of it?
- How important are rules and laws for you?
- Did this change anything in your everyday life? What has changed in your everyday life? Why has it changed?
- Did something change in your diet, i.e. in planning, shopping and eating, so that you could succeed? Was ist Ihnen leichtgefallen? Was war schwierig?

**If NO:**

**5.2b Imagine that you would (completely) avoid packaging for a certain time. Do you think it would work? In what way? What kind of packaging would you avoid?**

Optional questions:

- What would you consider easy? What would be difficult?
- What would motivate you to avoid packaging?
- What would help you to avoid packaging?
- What do you think, under which circumstances could you succeed in avoiding packaging?
- Who could help you avoid packaging? What role do you think your family, friends or colleagues would play? Would it be important for you that they also do such an experiment or to approve of it?
- How important are rules and laws for you?
- Would this change your everyday life? What would it change in your everyday life? Why would it change?
- Would you change something in your diet, i.e. in planning, shopping and eating, so that it could succeed? What would change? Was würde Ihnen leichtgefallen? Was wäre schwierig?

**5.3 Has your attitude and approach towards food packaging changed since the beginning of the Corona crisis?**

**6. Change in everyday organization as a result of packaging reduction**

**10 minutes**

Now we have reached the last section. I will now show you a total of three pictures of reusable solutions for packaging reduced food consumption.

[video interview: Show pictures one by one and describe verbally. telephone interview: Describe pictures verbally only]

**Alternative 1: Returnable cups for beverages**

Multi reusable cup for coffee or tea for the usage of which one receives a discount when buying a coffee or tea.

**Alternative 2: Vegetable crate**

Vegetable crate which is filled by the farmer with seasonal fruit and vegetables and then returned for reuse.

**Alternative 3: Large yogurt in a deposit jar**

Yoghurt in a large deposit jar, and not in small portioned units, which are returned to the store after use for a deposit.

**6.1 Would you use these packaging systems?**

**If YES:**

**6.2a Why do you use it? In what context do you use it? (e.g. time of day, food situation, setting) Under which conditions would you use it? What would it depend on if you used it?**

**If NO:**

**6.2b Why don't you use it? What would have to change in your personal routines or the general conditions for you to use it?**

**7. Conclusion**

We are at the end of the interview. Now, for the final question:

**7.1 Is there something that is still important to you regarding the topic, but you have not yet said?**

Thank you very much for the interview! Finally, I wanted to check one of your details from the application [Clarify uncertainties: highest educational level].

I am now switching off the recording device. **Would you be available for another survey in about half a year?**