

Supplementary Materials File S1—Survey questionnaire

1. Are you the person responsible for grocery shopping in your household?

- a) Definitely yes
- b) Rather yes
- c) Sometimes
- d) Rather not
- e) Definitely no

2. When you go shopping, do you prepare a list of needed groceries before you go to the store/market?

- a) Definitely yes
- b) Rather yes
- c) Sometimes
- d) Rather not
- e) Definitely no

3. Before going shopping, do you check what food products are in the house?

- a) Definitely yes
- b) Rather yes
- c) Sometimes
- d) Rather not
- e) Definitely no

4. Do you happen to throw away food?

- a) Definitely yes
- b) Rather yes
- c) Sometimes
- d) Rather not
- e) Definitely no

5. How often do you find yourself throwing food in the trash?

- a) Every day
- b) 2-3 times a week
- c) Once a week
- d) Occasionally
- e) It never happens to me

6. For what reason do you throw food in the trash?

- a) The expiration date is approaching
- b) The expiration date has passed
- c) It has spoiled (you can see mold, smell rancidity)
- d) They are within the date "but not nice looking"
- e) Too much has been bought
- f) Other reason, what? ...

7. Do you happen to buy products with a "short expiration date"?

- a) Definitely yes

- b) Rather yes
- c) Sometimes
- d) Rather not
- e) Definitely not

8. Do you happen to throw away purchased products with a "short expiration date"?

- a) Definitely yes
- b) Rather yes
- c) Sometimes
- d) Rather not
- e) Definitely not

9. Do you take any measures against food waste in your household?

- a) Definitely yes
- b) Rather yes
- c) Sometimes
- d) Rather not
- e) Definitely no

10. What actions do you take against food waste (please mark all answers that apply to you)?

- a) I segregate food by expiration date (I consume first those that have the shortest term)
- b) I buy only the necessary products
- c) I go to the store with a shopping list
- d) I share food with others
- e) I follow the zero waste principle
- f) Other, which ones? ...

11. What do you think are the best ways to prevent food waste?

- a) Buying only food that is necessary
- b) Not buying food to stock up
- c) Buying rationally
- d) Making a shopping list before going to the store
- e) Segregating food by shelf life
- f) Buying products with a short shelf life
- g) Buying damaged products from promotions
- h) Other, which?

Metrics

1. Gender

- a) Female
- b) Male

2. Age

- a) under 18 years of age
- b) 19-25 years old
- c) 26-40 years
- d) 41-65 years old
- e) over 65 years of age

3. Place of living

- a) Rural area
- b) City up to 100 th. residents
- c) City of 100-300 th. residents
- d) City of more than 300 th. residents