Motivation

In my daily life, I try very actively to avoid food waste.

I think throwing away food is very irresponsible.

I feel bad (e.g., guilty) when I throw away food.

Abilities

We always think carefully about how much exactly we need to prepare so that everything gets eaten.

We often use tools (e.g. scale, measuring cup) to prepare just the right amount/ portion size per person.

We always make sure to first use the food that is in danger of expiring/about to expire.

We always make sure that leftover ingredients from a previous meal (e.g. previously cut vegetables, half a packet of minced meat) are still used for a later meal.

Before we go to the store, meals are always planned for several days.

Before going to the store, we always check the food stock at home (e.g. in the refrigerator, pantry).

Before we go to the store, we always make a shopping list.

Household Food Waste Frequency Index

Completely unused foods with long shelf life: disposed food, which was not used at all (e.g., a bag of crisps, a cookie package).

Partly used foods with long shelf life (e.g. half a cookie package).

Completely unused perishable foods (e.g., an entire package of pre-packed lettuce, an apple, etc.).

Partially used perishable foods (e.g. half a package of salad, half an apple).

Leftover ingredients (e.g. half an onion or leek, from which the other half was used to cook a meal).

Meal leftovers that were left on the plates, pots or pans immediately after meals.

Meal leftovers after they were temporarily stored.