



B.I.T.E.

Portugal



Agrupamento de Escolas
IBN MUCANA



1. Which of the following descriptions represent you better?

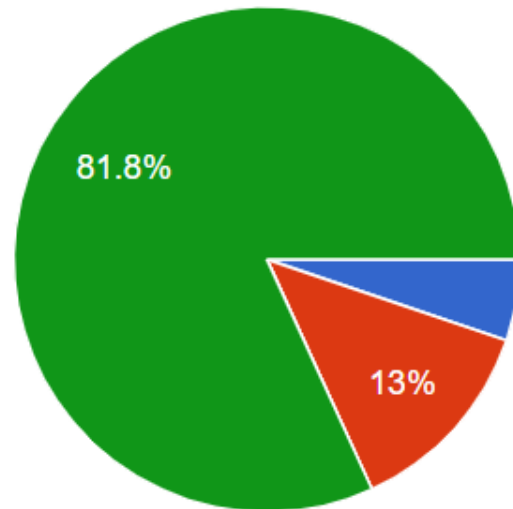
77 responses



The majority of the sample is worried about the food waste and tries to avoid it whenever they can (70, 1%).

2. Where do you generally buy food?

77 responses

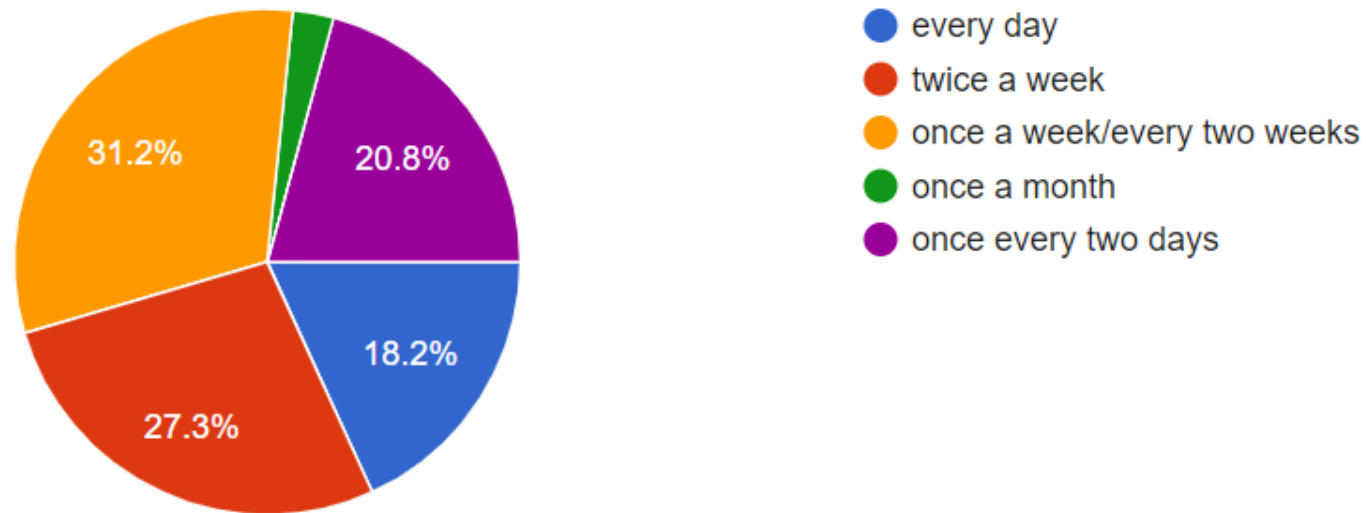


- local independent shops (butcheries, dairies, bakeries,.....)
- at the local market
- restaurants & Takeaways
- hypermarket/supermarket

The majority of the sample generally buys the food in hypermarket/supermarket (81,8%).

3. How frequently do you buy food?

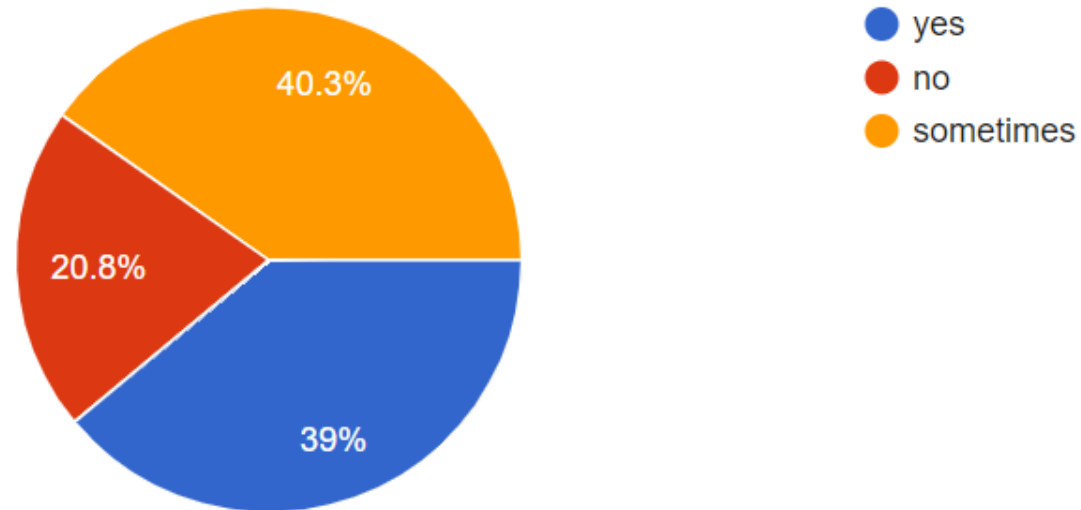
77 responses



The majority of the sample buys food once a week (31,2%) or twice a week (27,3%). The sample presents a residual value who buys food once a month.

4. When buying food, do you use a list?

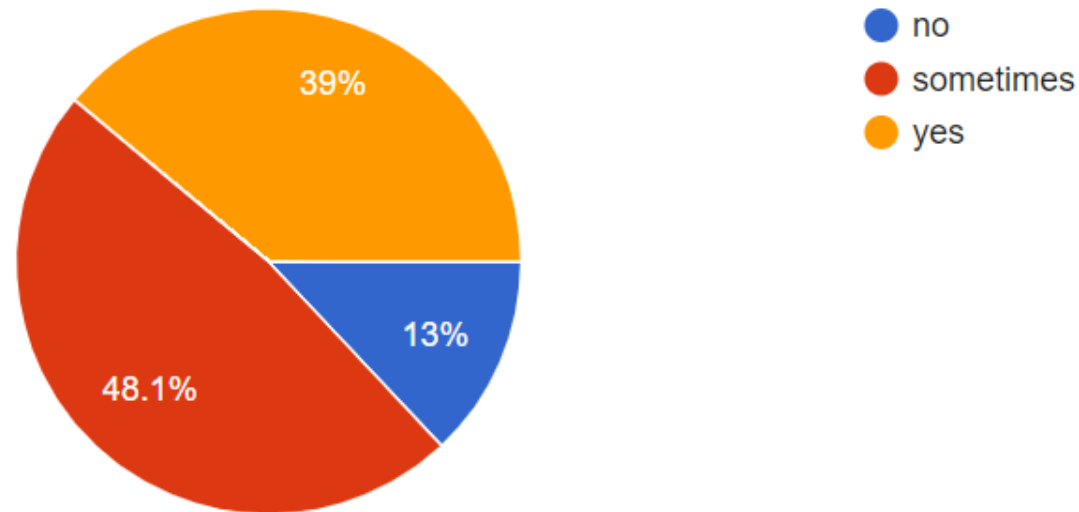
77 responses



Most of the sample sometimes uses a list when buying food (40,3%) or always uses the list (39%).

5. Do you feel attracted to the special offers when you buy food (i.e. buy one get one free, half price,...)?

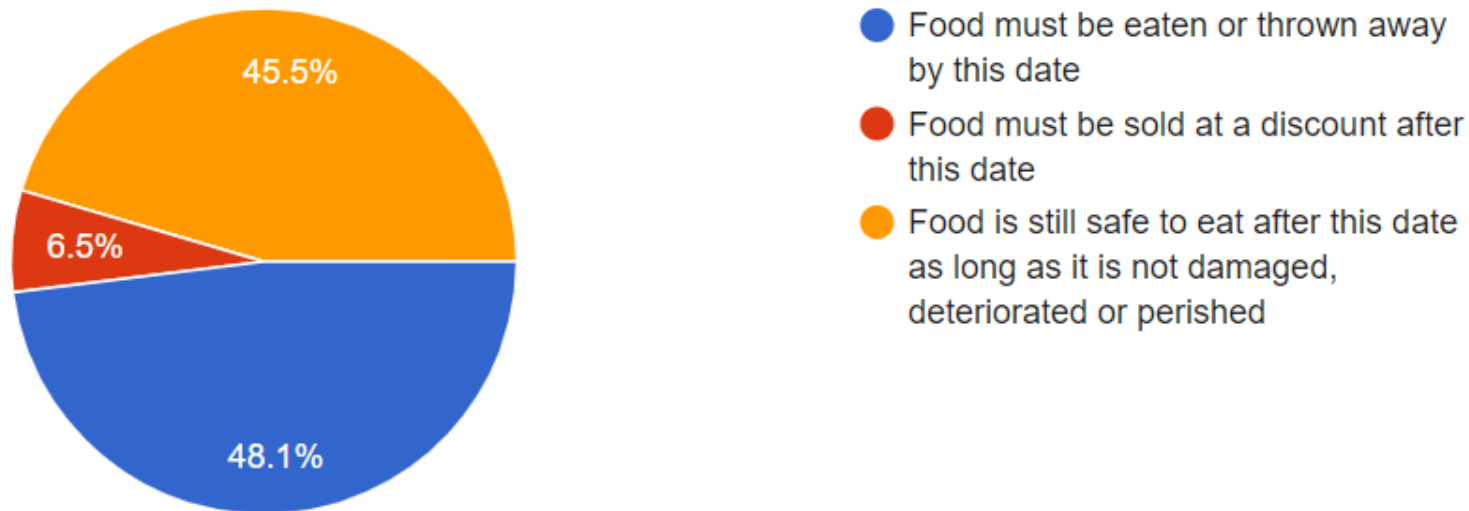
77 responses



The majority of the sample sometimes feels attracted to the special offers (48,1%) and 39% always feel attracted.

6. In regard to food labels, which of the following do you think best describes what is meant by the "use by" date? (choose one answer)

77 responses

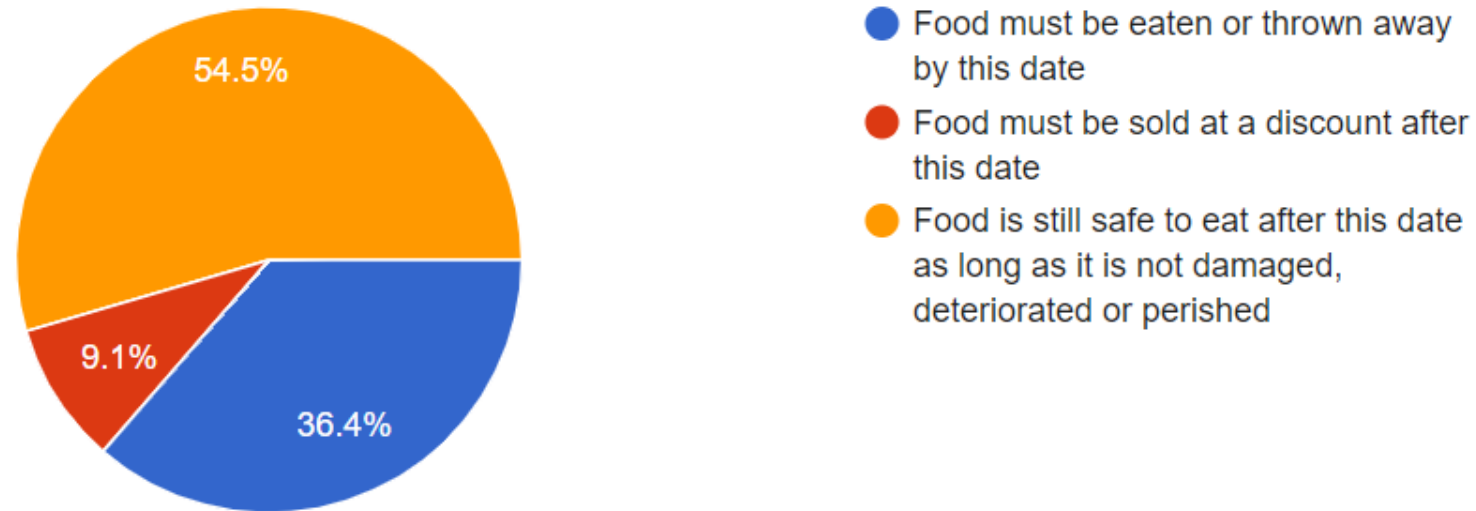


48,1% of the sample describes what is meant by the expression “use by” date as food that must be eaten or thrown away by the date.

45,5% of the sample says the food is still safe to eat after this date as long as it is not damaged, deteriorate or perished.

7. In regard to food labels, which of the following do you think best describes what is meant by the "best before" date? (choose one answer)

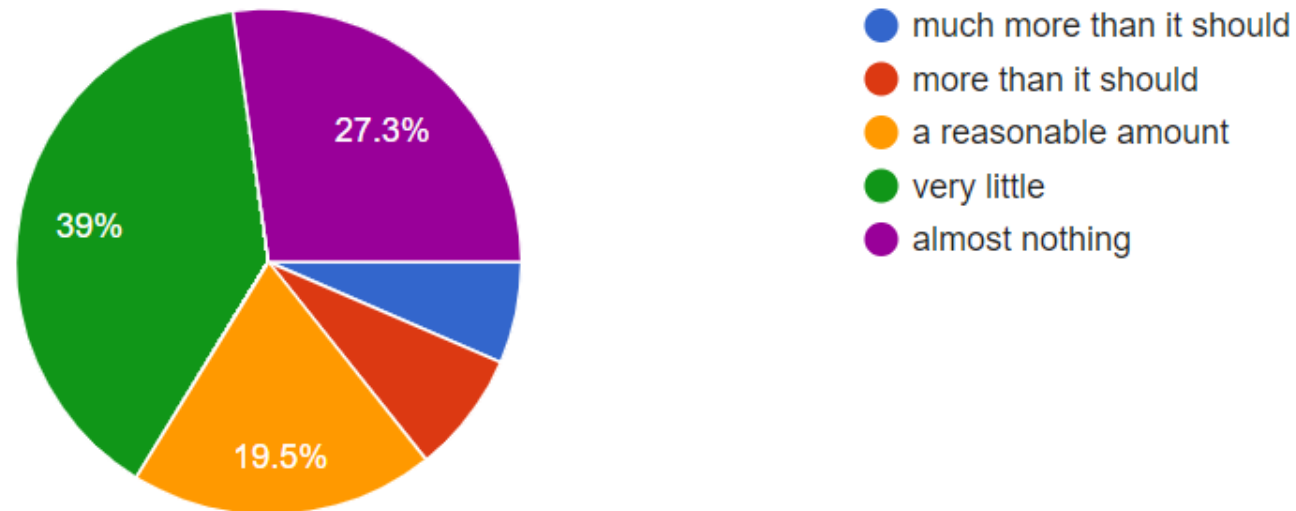
77 responses



The majority of the sample says the meaning of “best before” is that the food is still safe to eat after this date as long as it is not damaged, deteriorated or perished (54,5%).

8. In general, how much of uneaten food your household usually throws away?

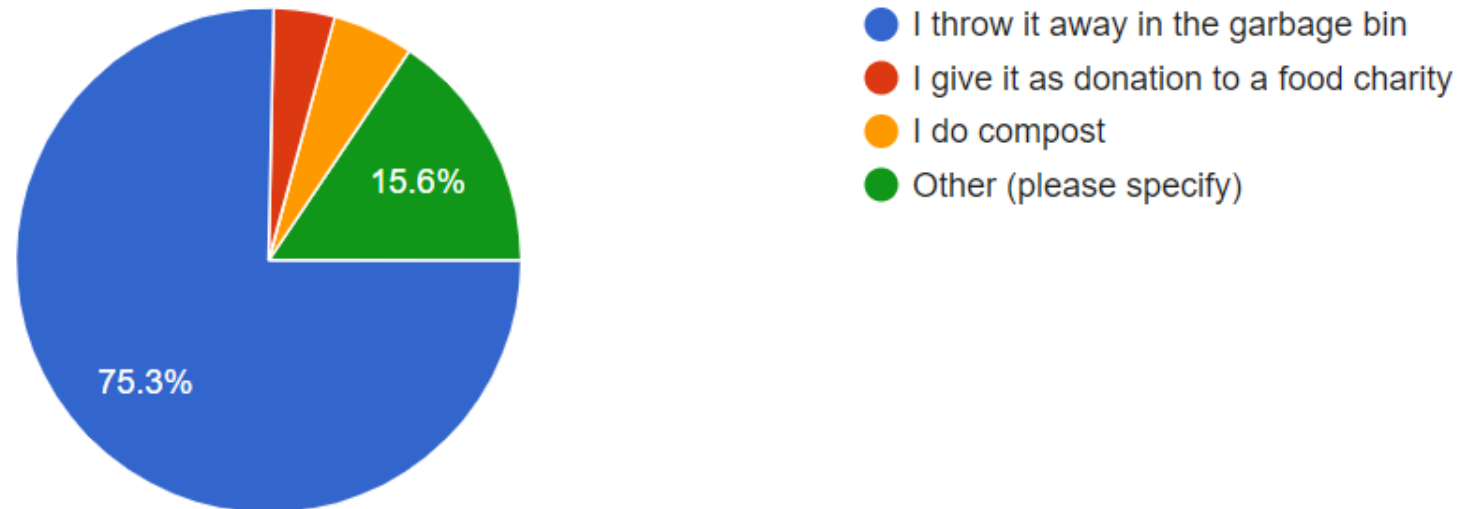
77 responses



The majority of the sample, 39% throws away very little uneaten food and 27,3% almost nothing.

9. If you waste food, what process do you use to manage food waste?

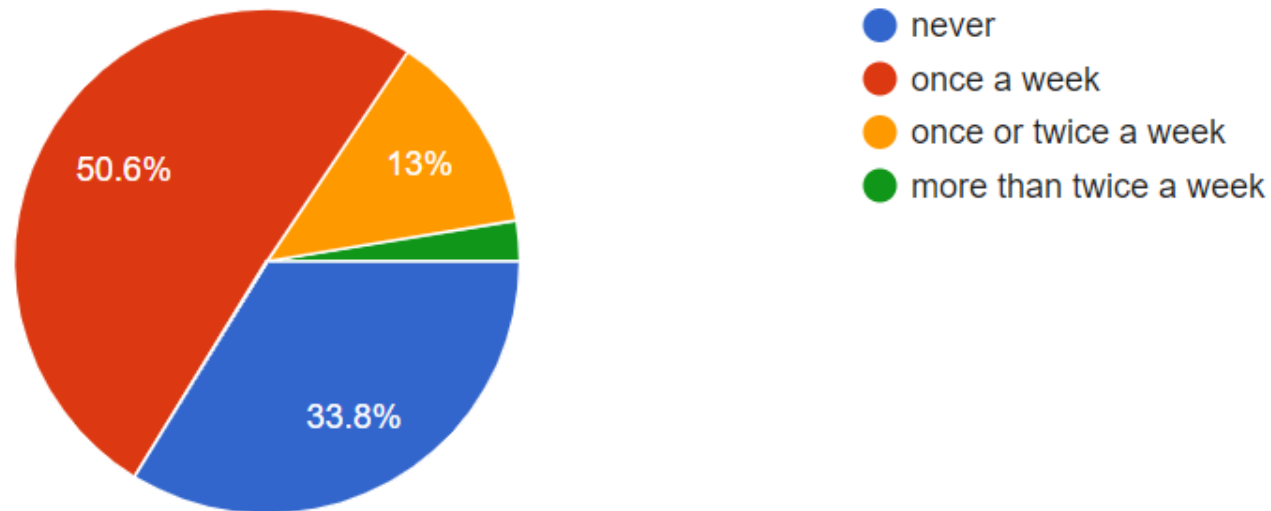
77 responses



The majority of the sample puts the uneaten food in the garbage bin (75,3%).

10. How often do you throw away food that you consider not good?

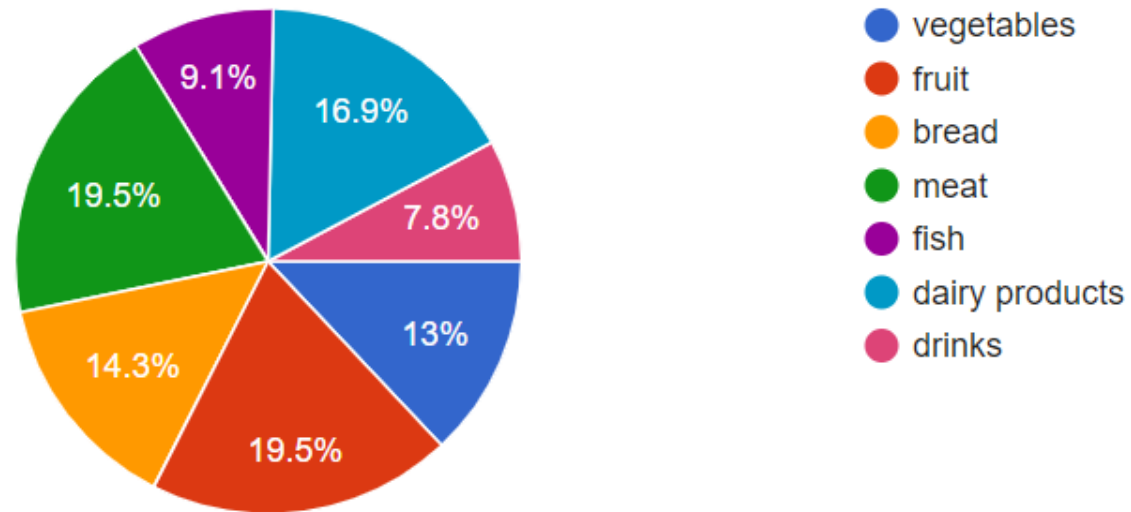
77 responses



50,6% of the sample throws food away once a week and 33,8% never throws food away.

11. If you waste food, what types of food do you waste?

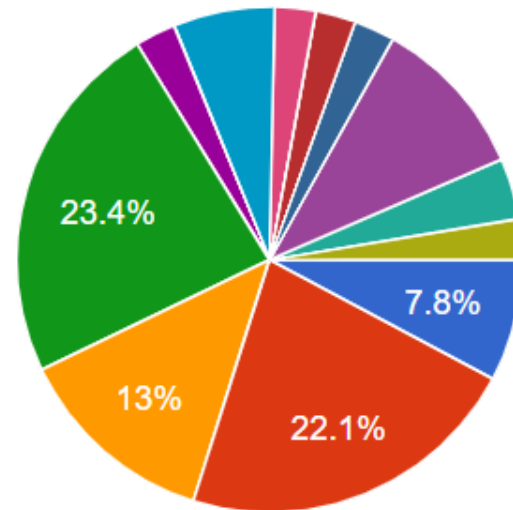
77 responses



The waste food is undifferentiated. 19,5% waste fruit and meat.

12. Among the reasons listed below, which are the main ones contributing to the waste of food at your home

77 responses

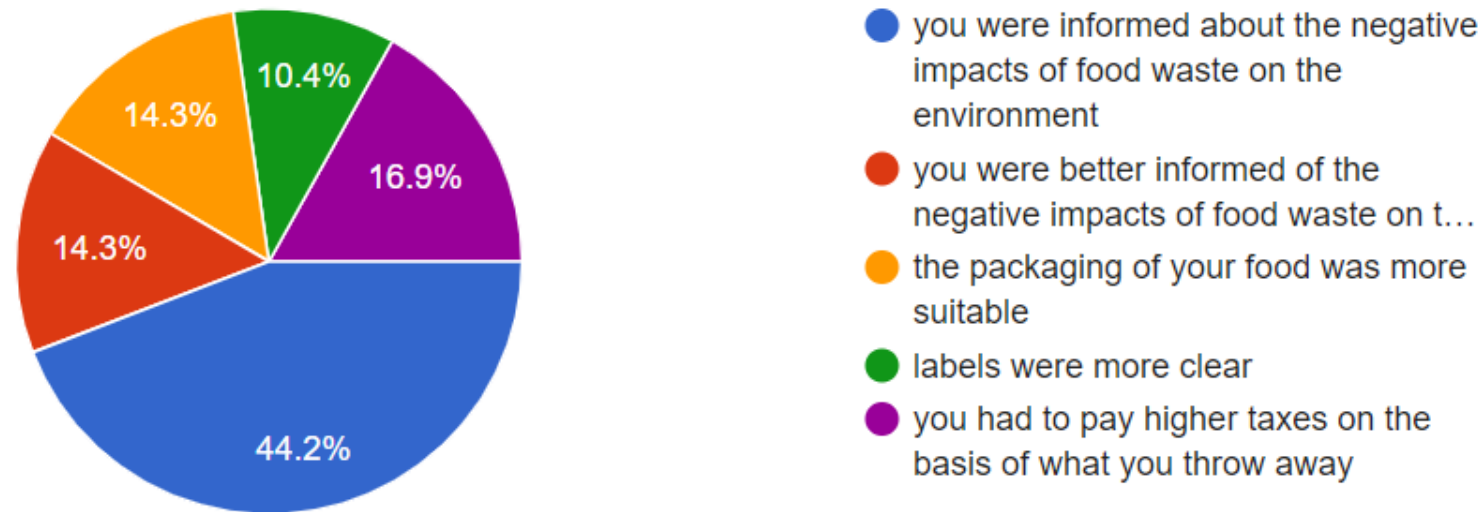


- food does not look good
- food is expired
- food has mold
- food does not have a good smell or...
- labeling generates confusion
- food is left in the fridge for too long
- there was an error in meal planning/...
- packaging was not the proper size
- poor cooking skills
- wrong preservation
- leftovers
- portions at home are too abundant
- I did not like the food or ingredients

23,4 % of the sample wastes food because it doesn't have a good smell and 22,1% because the food is expired.

13. You would waste less food if (choose one or more answers)

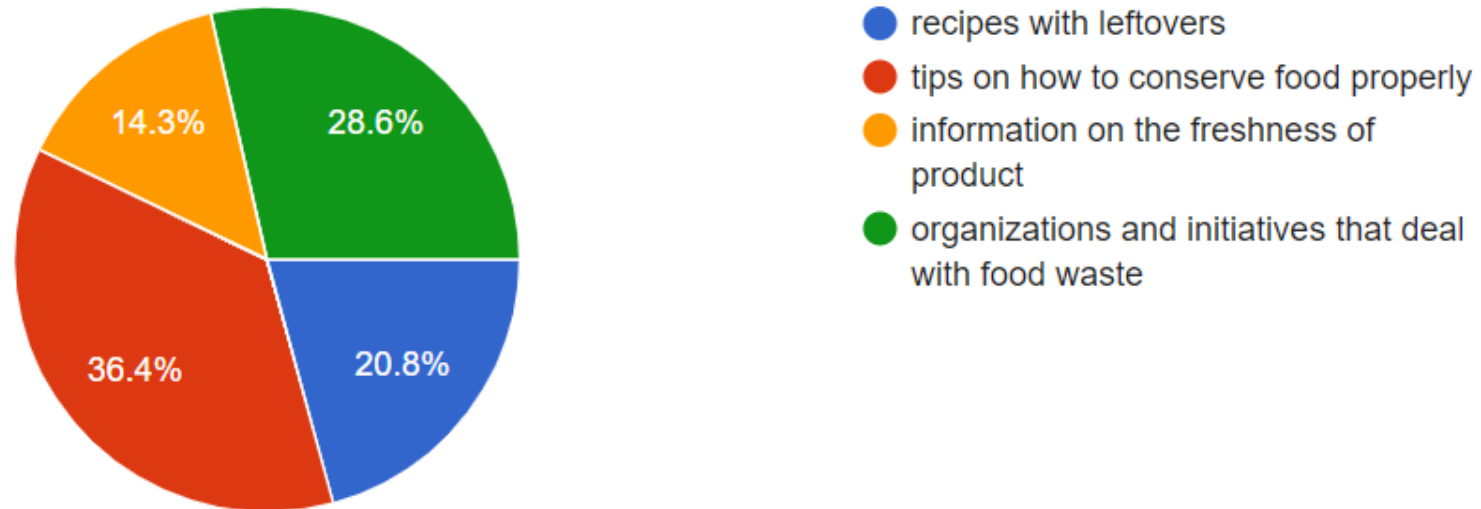
77 responses



The majority of the sample would waste less food if they were informed about the negative impacts of food waste on the environment (44,2%).

14. Which information do you need in order to reduce food waste?

77 responses



36,4% of the sample needs information about how to conserve food properly and 28,6 % needs information about organizations and initiatives that deal with food waste.



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