



Waste Less, Eat Well

Pre-Survey

Your Journey toward a Waste Free Kitchen

Name _____ County _____

Section 1: Knowledge & Awareness

- How familiar are you with the concept of food waste?**
 Not at all familiar Somewhat familiar Very familiar
- What does the “Best By” date on a food label typically mean?**
 The date food becomes unsafe
 The date food is at its best quality
 I don’t know
- Which of the following are effective strategies to reduce food waste at home? (Check all that apply)**
 Meal planning
 Freezing leftovers
 Buying in bulk without a plan
 Composting
- On average, how much food do Americans waste per person per year?**
 Less than 50 pounds 100–150 pounds Over 200 pounds I’m not sure

Section 2: Attitudes & Beliefs

- Wasting food is a major concern for me.**
 Strongly agree Agree Neutral Disagree Strongly disagree
- I believe food waste contributes to environmental issues.**
 Strongly agree Agree Neutral Disagree Strongly disagree
- Healthy eating and reducing food waste can go hand in hand.**
 Strongly agree Agree Neutral Disagree Strongly disagree

Section 3: Current Behaviors

- How often do you throw away leftovers?**
 Daily Weekly Rarely Never
- Do you check your fridge or pantry before going grocery shopping?**
 Always Sometimes Rarely Never
- Do you currently compost food scraps?**
 Yes No I don’t know what composting is
- How often do you plan meals before shopping?**
 Always Sometimes Rarely Never

Section 4: Intentions & Confidence

- After participating in this program, how confident are you in your ability to reduce food waste at home?**
 Not confident Somewhat confident Very confident
- How likely are you to share what you’ve learned with family or friends?**
 Very likely Somewhat likely Not likely
- How likely are you to use labels like “Best By” and “Use By” correctly after this program?**
 Very likely Somewhat likely Not likely
- What is one thing you plan to change at home to reduce food waste?**