Waste Less, Eat Well

Post-Survey

Your Journey toward a Waste Free Kitchen

Name_____ **County** _____

Section 1: Knowledge & Awareness

1. **How familiar are you with the concept of food waste?**
   ☐ Not at all familiar ☐ Somewhat familiar ☐ Very familiar
2. **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
3. **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
4. **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

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

Section 3: Current Behaviors

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

Section 4: Intentions & Confidence

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