



# Questionnaire need analysis

## Summary of results



Co-funded by the  
Erasmus+ Programme  
of the European Union

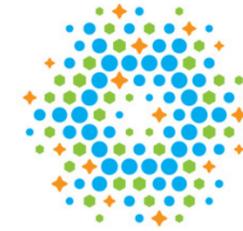
# About the questionnaire...

The questionnaire is part of an Erasmus+ Project, entitled "*ZERO\_WASTE Awareness for reduction of food waste*". The project is started in December 2020, and will be concluded in November 2022, involving a consortium of six organisations from four European countries (Spain, Ireland, Portugal and Romania).

One of the main objectives of the project is to develop a methodological framework to train adult trainers and consumers about the global problem of food waste and generate a proactive attitude towards its reduction and prevention.

The results obtained help us to identify the basic contents and to know the interests and knowledge of the target audience of the training programme.

# ZERO\_WASTE Partners



**esciencia**  
eventos científicos



Instituto Universitario de Investigación Mixto  
Agroalimentario de Aragón  
**Universidad Zaragoza**

# About respondents...



No. questionnaire replies received: 198.  
Delivery procedure: *Google Forms* link.  
Date: 16.02.2021 to 03.04.2021

<https://forms.gle/CyCnQpd7qmtYXVZ3A>

## Gender



Male  
(58)



Female  
(138)



Prefer not to say  
Other  
(2)

## Place of residence



Urban area  
(85)



Rural area  
(111)



Prefer not to say  
Other  
(2)

## Interest in Zero\_Waste



Interested as a  
trainer  
(39)



Interested as a  
consumer  
(133)



Prefer not to say  
Other  
(26)

## Age

18 - 30

From 18 to 30  
years old  
(51)

31 - 45

From 31 to 45  
years old  
(53)

46 - 60

From 46 to 60  
years old  
(41)

+60

More than 60  
years old  
(6)



Prefer not to say  
Other  
(47)

## Country



Ireland  
(15)



Portugal  
(32)



Romania  
(37)



Spain  
(104)



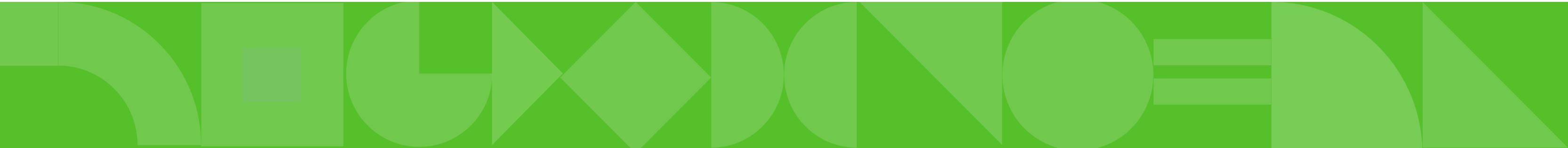
Prefer not to say  
(0)



Other countries: Algeria, Hungary, Kenya, Malawi, Nigeria,  
Turkey, U.K. (10)

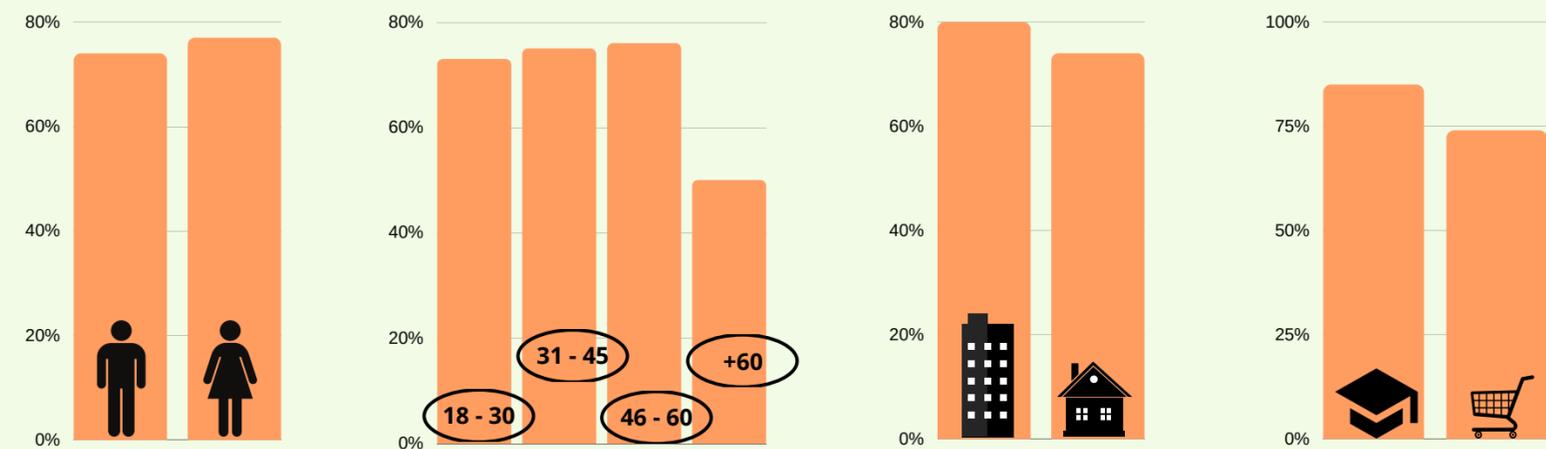
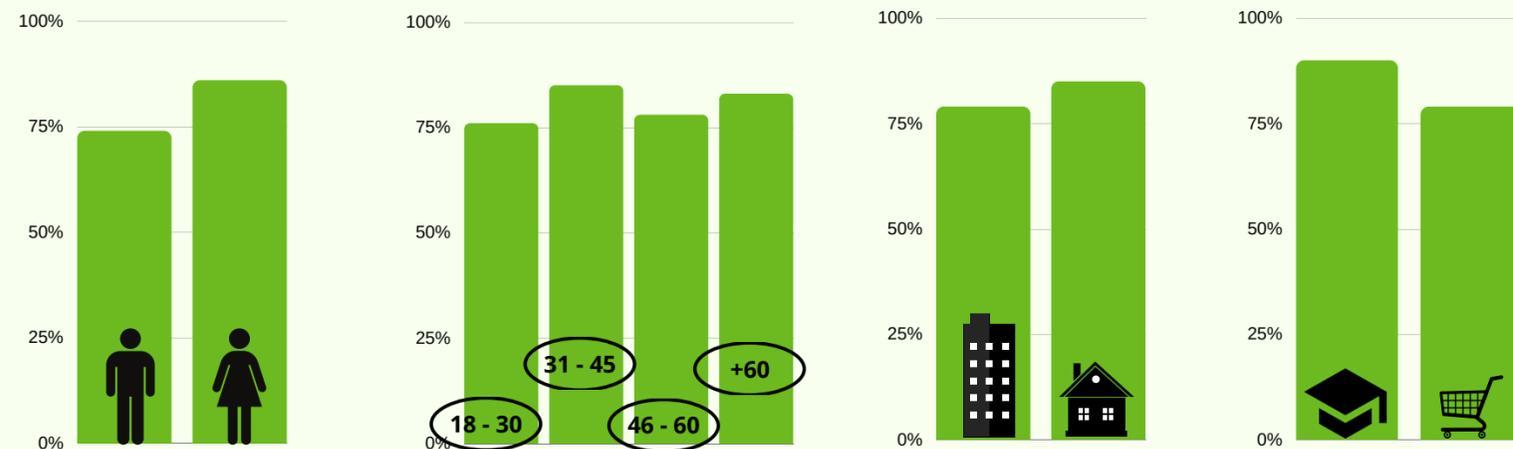
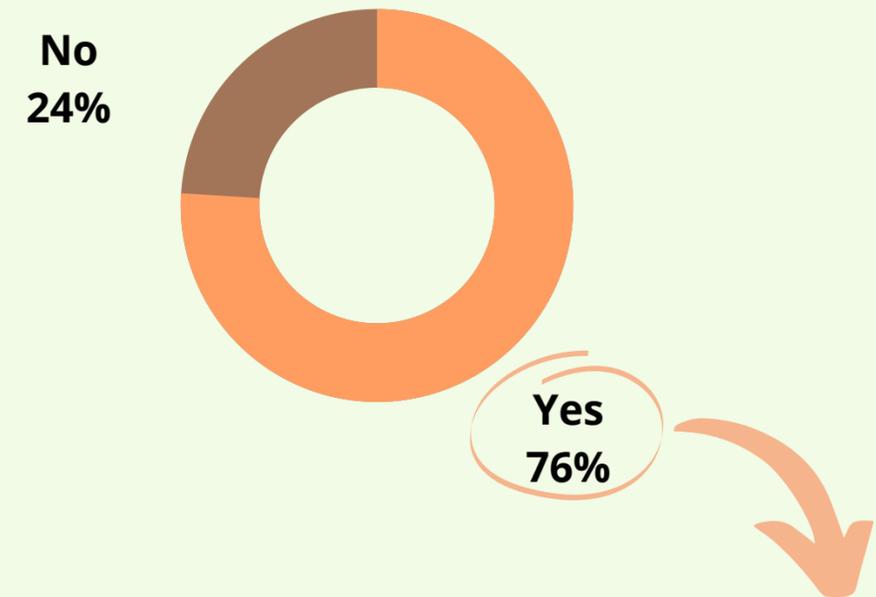
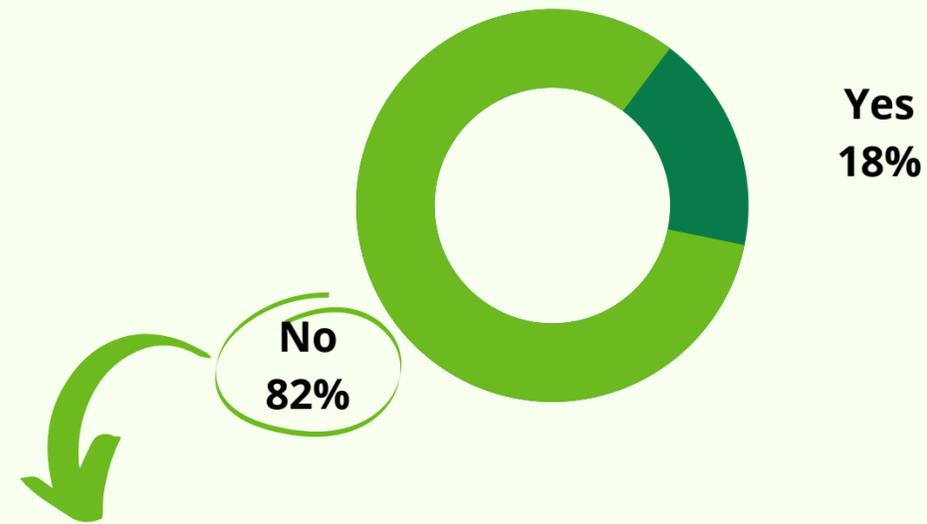


# 1. Knowledge and opinion



# Do you think "food waste" and "food losses" have the same meaning?

# Do you know the difference between "use-by" and "best before" dates?

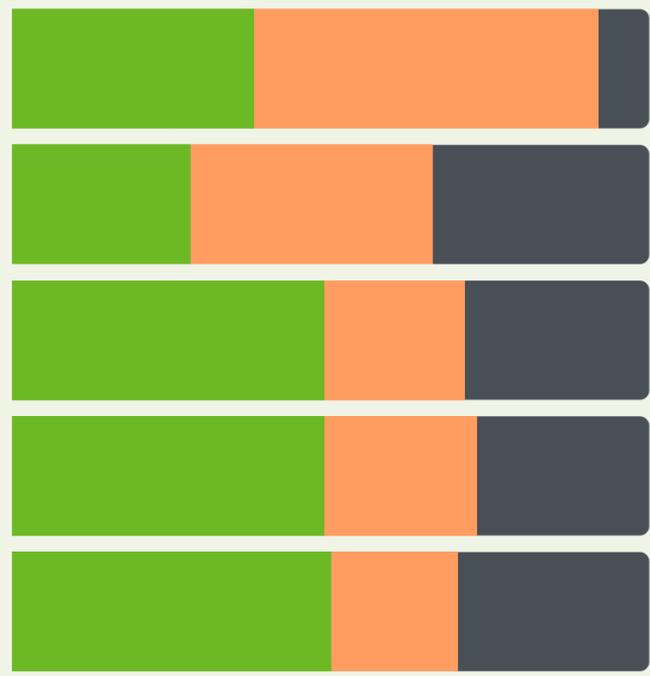
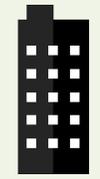
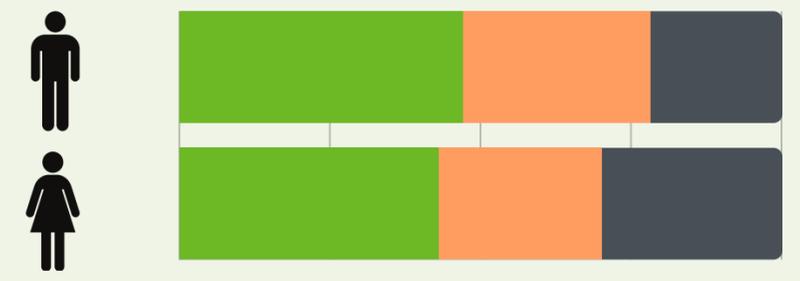
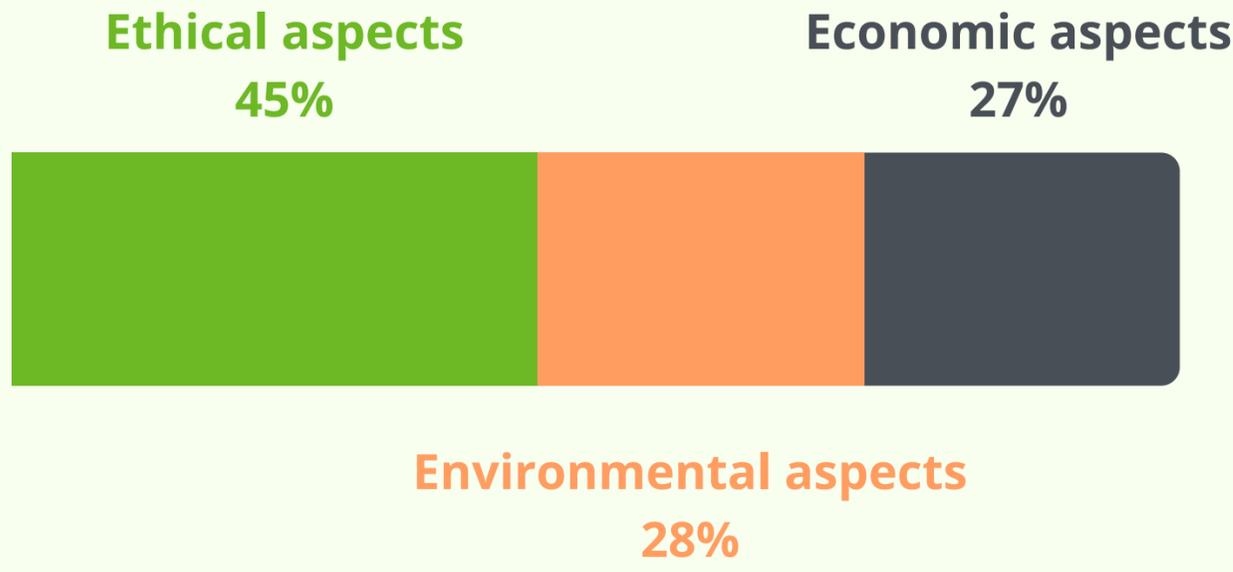


- "Food waste is what we throw away and wasted and food loss is what goes off and we can't eat it."
- "Food waste can be after processing or cooking food and loss waste could be due to crop losses."
- "If we are wasting food we are losing food."
- "Losses are referred to the food value chain whereas waste occurs in the consumption phase / discarded instead of being used."

- "Stable products are best-before date. Highly perishable products are use-by date."
- "Consume until is a deadline, while before the date is an indicative date"
- "The expiration date means when the product is not good for consumption anymore."
- "Use-by indicate the expiry date, best before indicate the quality loss date of the food"



# Regarding food waste at home, which aspect are you most concerned about?

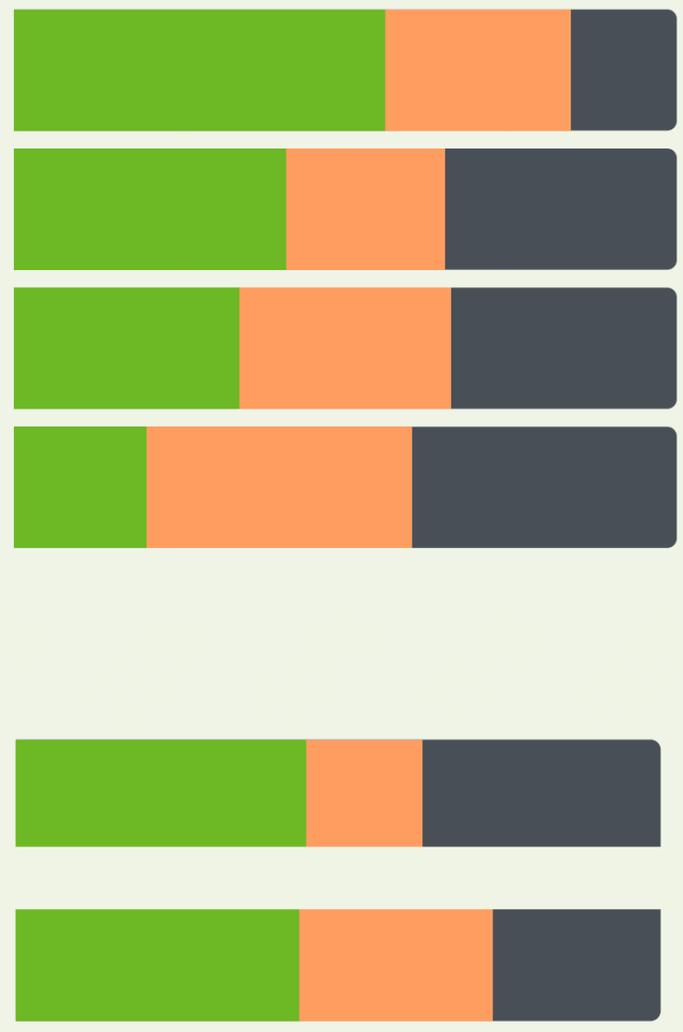


18 - 30

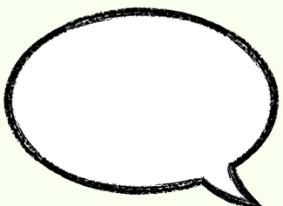
31 - 45

46 - 60

+60



# When you buy food, what aspects do you take into account?



## Any other aspects that you take into account when you buy food:

**Quality.**  
**Taste.**  
**Freshness.**  
**Organic food.**  
**Seasonal products.**  
**Healthy ingredients.**

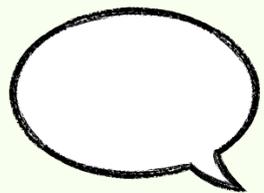
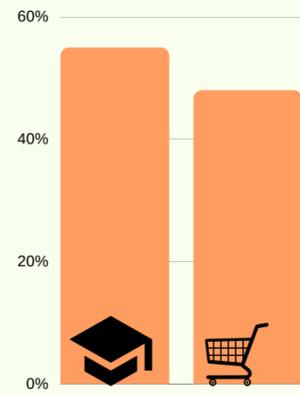
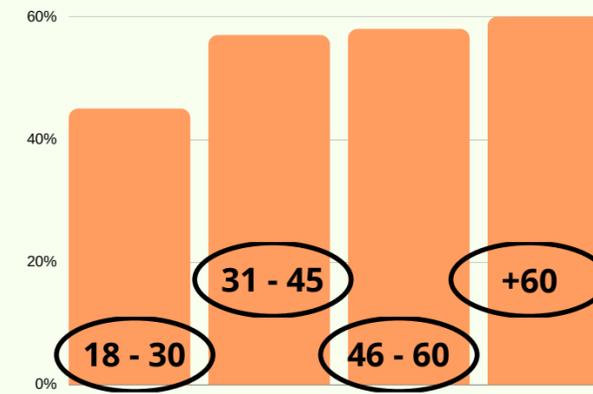
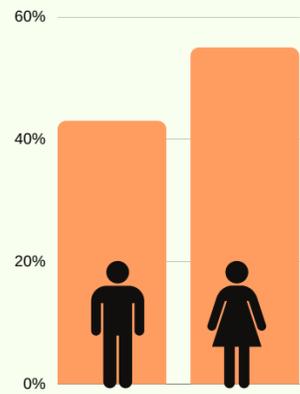
**Quantity/price.**  
**Discounts.**  
**Food labelling.**  
**Longer expiration dates.**  
**Country of origin/place of provenance.**  
**Design, logo.**

**List of additives.**  
**Low in sugar, salt and fat. High in protein.**  
**I avoid ultra-processed food.**  
**Free of pesticides and not GMO.**  
**Animal welfare.**  
**Use of less packaging and recyclable packaging.**

# Do you think that the lockdown and the COVID-19 pandemic current situation has changed the way you manage food at home?



Yes  
52%

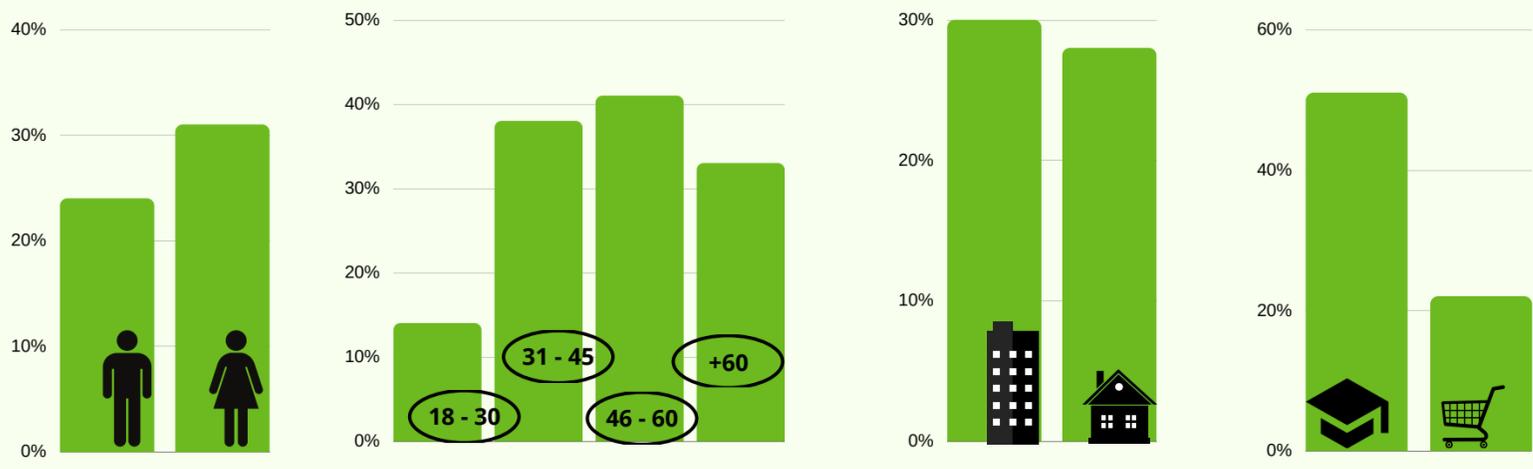
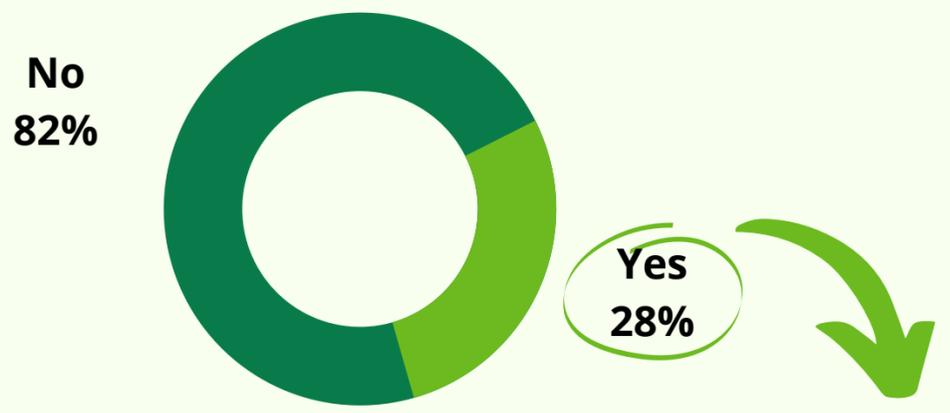


## How has it changed?

- Better planning and management to avoid superfluous trips to the supermarket: weekly menus, stocking more, rationing of meals, ensuring efficient refrigeration storage, cooking the quantity of food enough for the family.
- Eating routines have changed as children are not going to school.
- Lower consumption in restaurants and bistros, but higher consumption of prepared food, take away food.
- More time to cook: creative recipes, homemade recipes (pasta, cakes, bread), starting to cook for the first time, healthy diets.
- More awareness of responsible consumption. Preference for local consumption.
- "It hasn't changed in any way".
- "I bought more than I needed".

# Do you know any initiative or strategy at international, European or national level, directly or indirectly related to food waste?

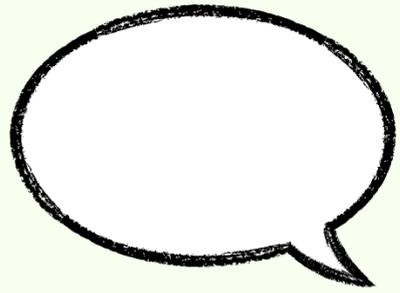
# Do you know any local initiative related to prevent or reduce food waste in your area?



- None.
- The Food and Agriculture Organization (FAO).
- Green Deal.
- EU Platform on Food Losses and Food Waste.
- Sustainable Development Goals (SDGs).
- International Awareness Day on Losses and Food Waste.
- Fruta Feia, GoodAfter.com, Zero desperdício, Too Good to Go, Magic Boxes
- Food banks.



- Limerick City Council, St. Vincent De Paul Food Appeal.
- Refood Viana do Castelo.
- Zero waste Csikszereda.
- #ZGZnotiracomida
- Promoting Food Waste Action Week (Oxfordshire Council).



## Some strategies of respondents to reduce food waste at home:

### Planning and management at home:

- "Monitoring use-by dates and planning and cooking accordingly."
- "Eating all the served portions."
- "Suitable handling and storage."
- "Ingredients not used according to the recipe are always kept and used later."
- "Cooking what is enough for the family, eating all the served portions, storage of leftovers and reheating and eating them."
- "Planning week meals and make a list before going shopping."
- "Freeze what is not consumed."

### Education and engagement:

- "Make sure the children are aware of food waste and try to prevent it."
- "Environmental and social concerns."

### Other applications:

- "Feeding domestic animals."
- "Compost."

### Responsible purchasing and consumption:

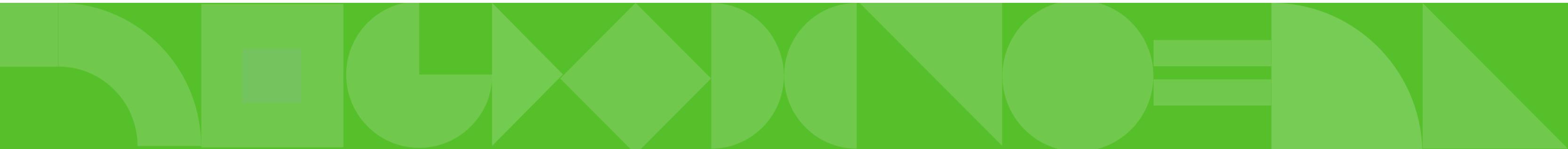
- "Buy less food."
- "Buy several times a week according to household needs."
- "Ensure you buy exactly your need of fresh food."
- "Buy in smaller shops instead of large Kaufland's/supermarkets."
- "Self-control: I don't get everything off the shelf that is appealing to my eyes, but what I need."
- "Shopping list before going to the supermarket."

### Recipes:

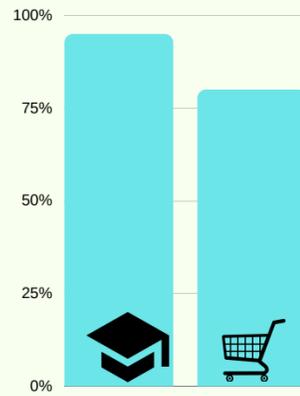
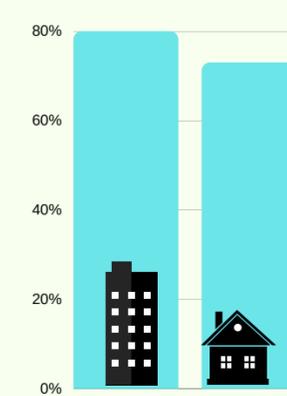
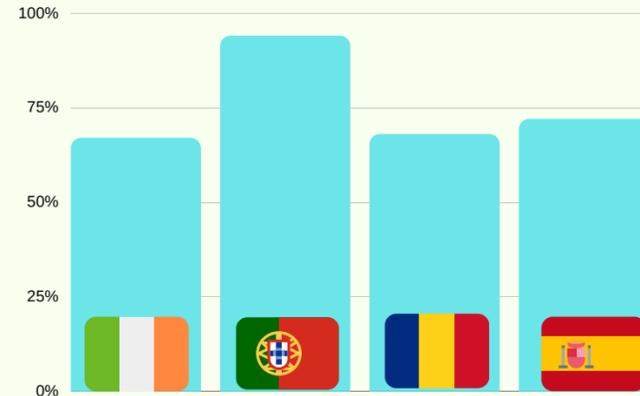
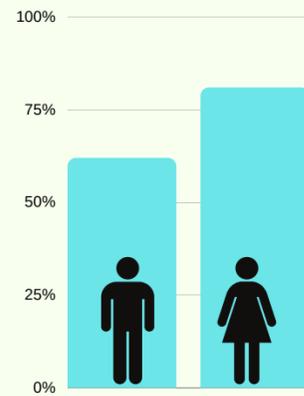
- "Creativity in recipes to be able to use food waste."
- "Trash cooking."
- "Take advantage of the cooking water of the vegetables for soups and / or stews."
- "Leftovers are reused within another dish (rice, vegetables reused)."
- "Re-cooking and warming of leftover food."
- "Purée, soup, croquettes, marmalade, smoothies,...."

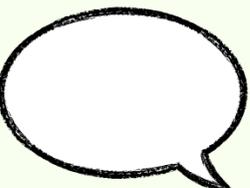


## 2. Interest in training on food waste prevention



# Would you be interested in training on food waste prevention?



- 
- "Training is an appropriate tool to raise awareness."
  - "Huge need to make people aware of the issue."
  - "I want to influence my community to understand the seriousness of food waste."
  - "My current research is food loss along the value chain."
  - "We must constantly update ourselves, and acquiring more and better knowledge is always an asset."
  - "Learning best practices would be important in order to change habits."
  - "I would like to deepen my knowledge of how to reduce food waste"
  - "It would be of good use and big help in my everyday life as well."
  - "I am not interested. I don't have enough time for that."

In a training programme on food waste, how would you value the following modules?



**AWARENESS MODULE**

8.6 / 10 ✓

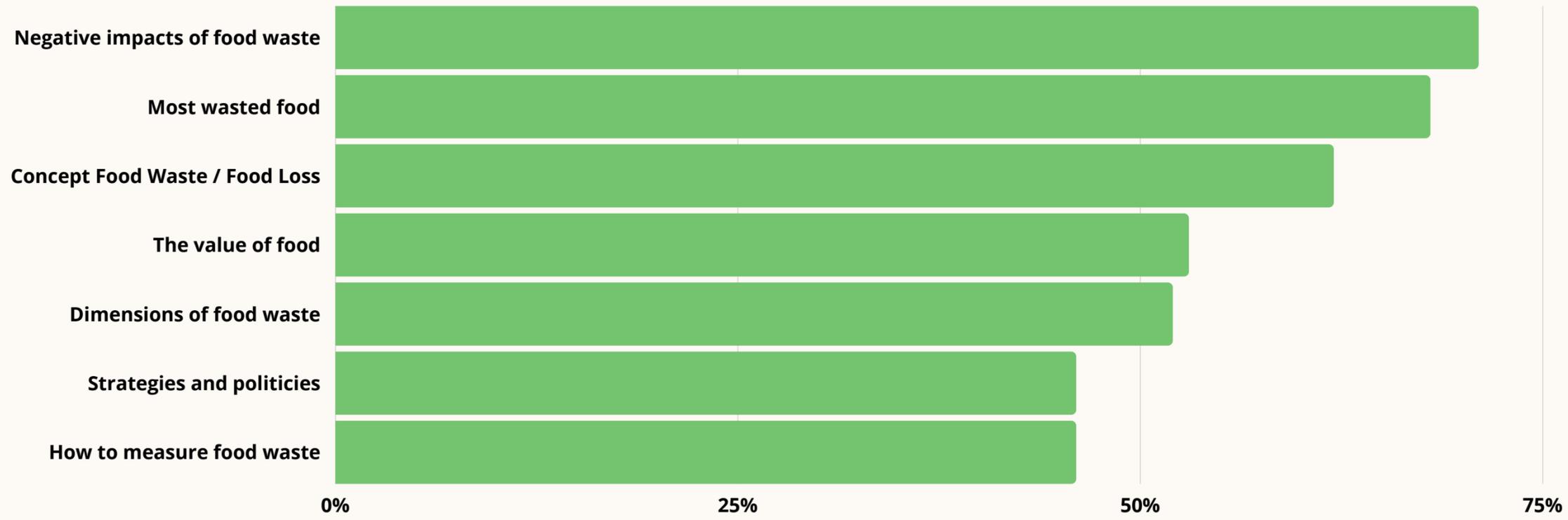
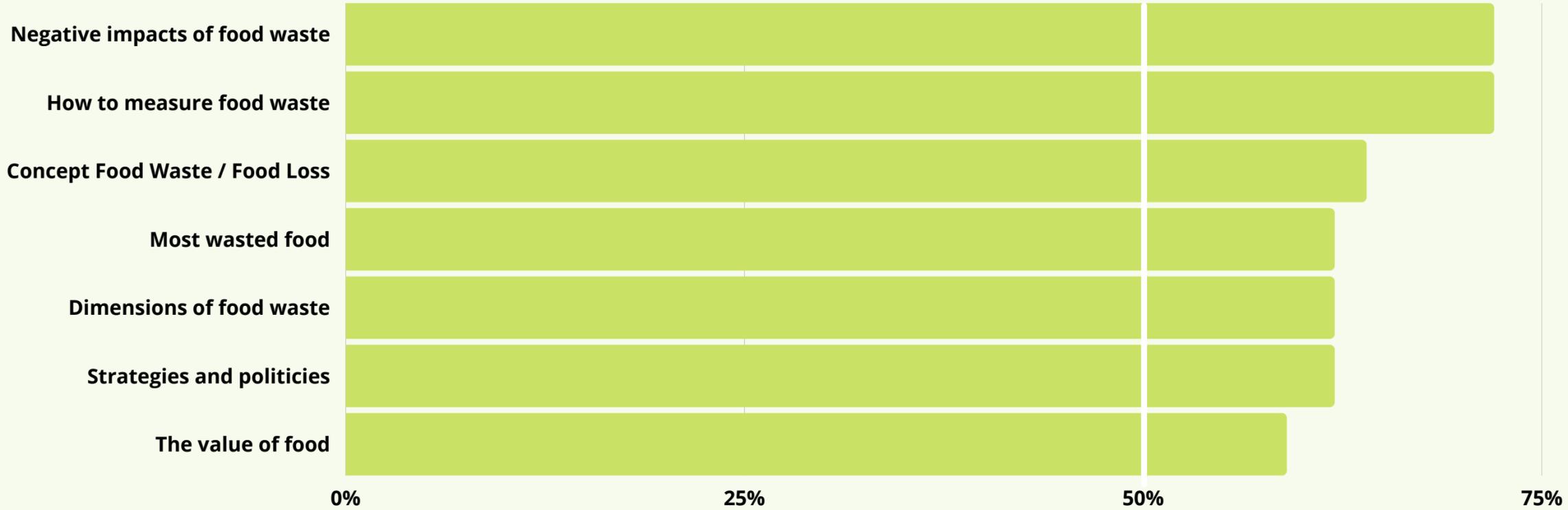
**KNOWLEDGE MODULE**

8.2 / 10 ✓

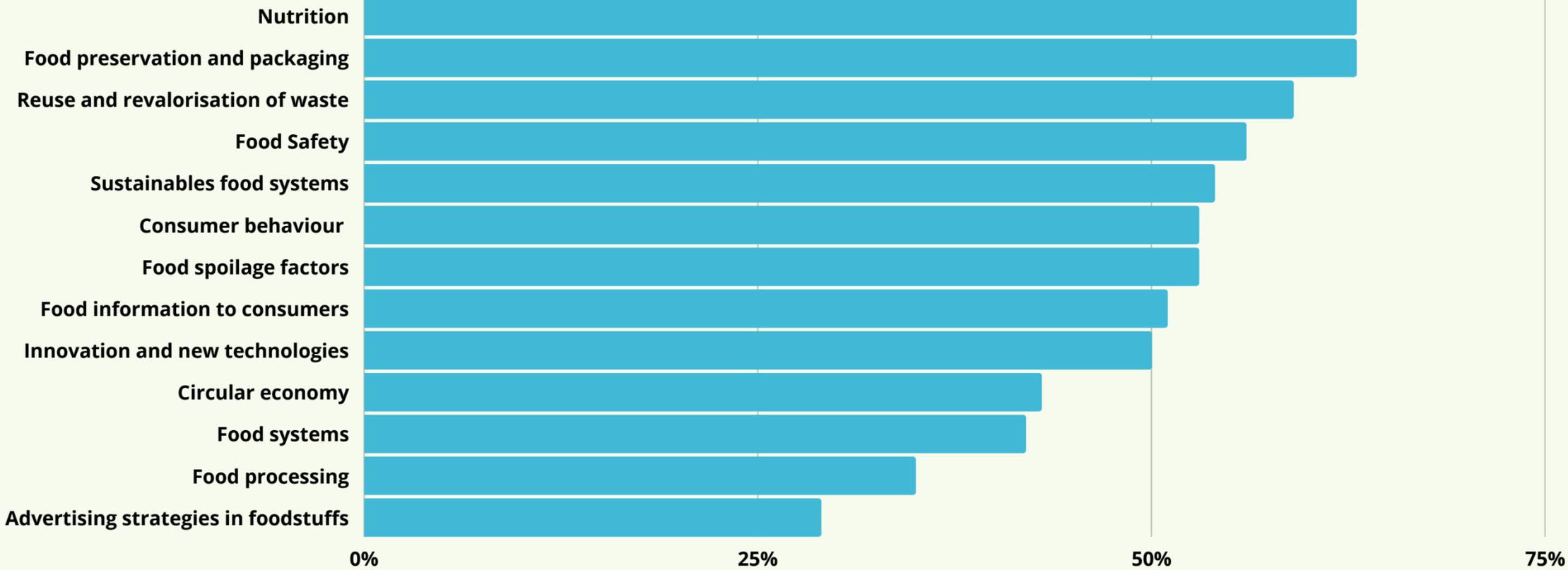
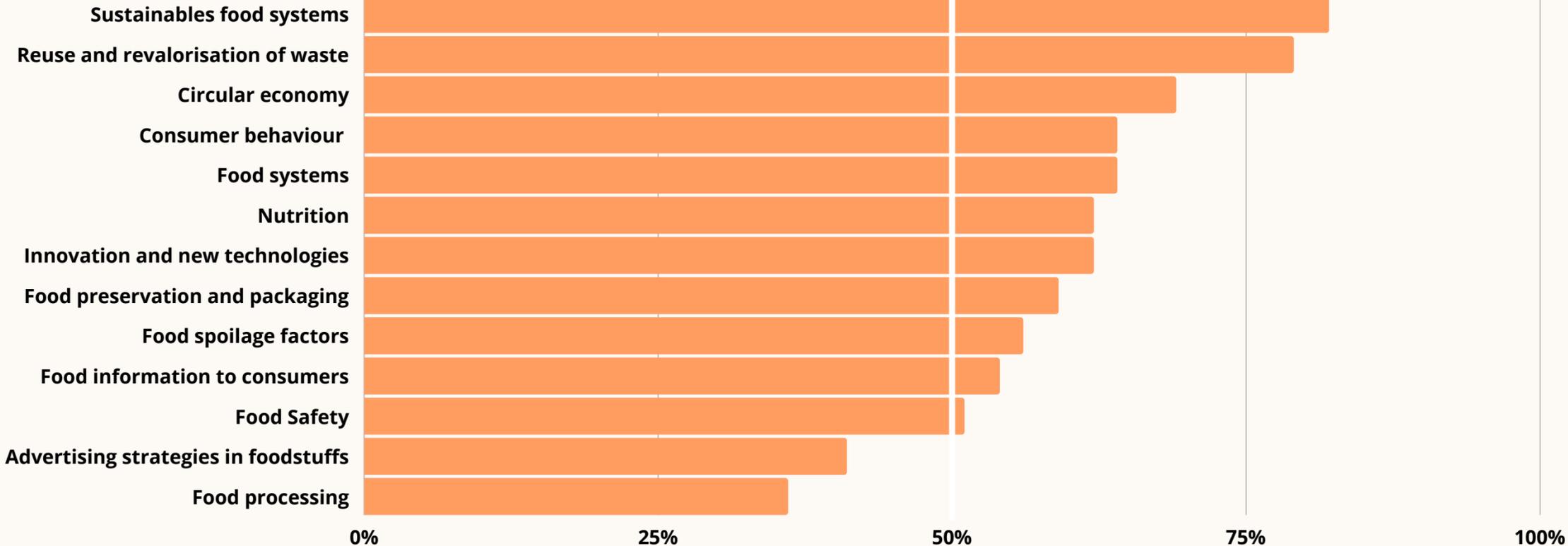
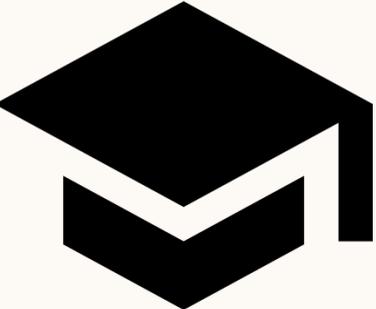
**GOOD PRACTICE MODULE**

9.0 / 10 ✓

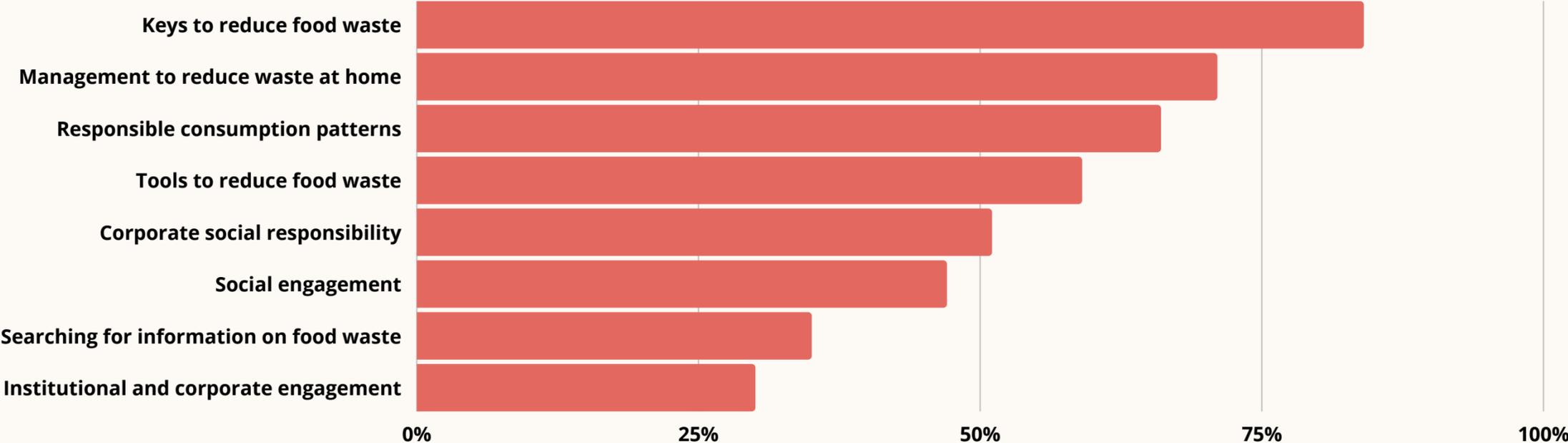
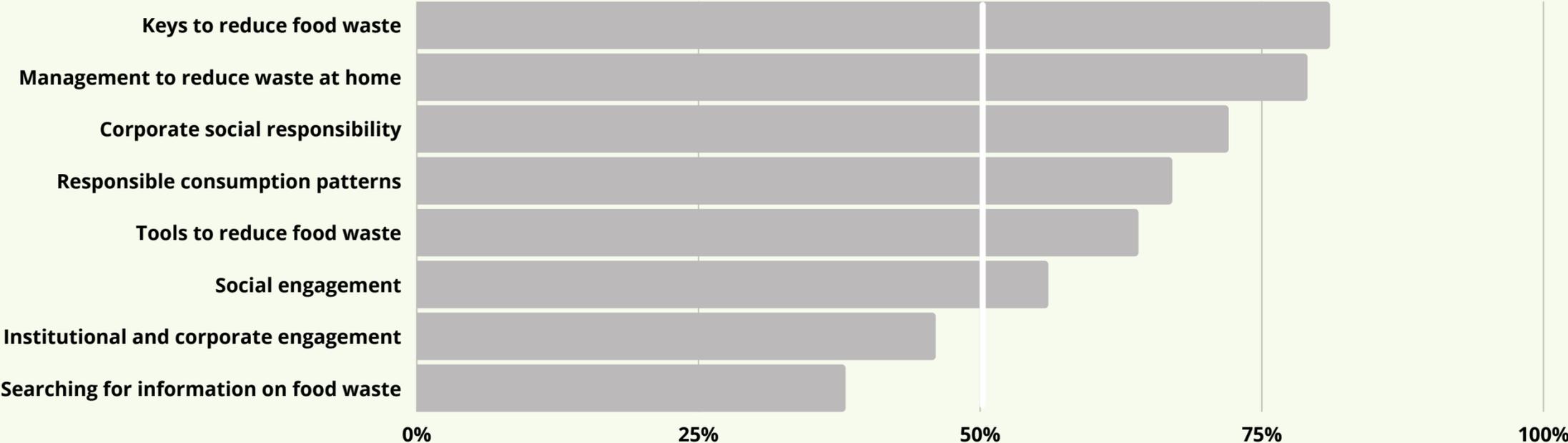
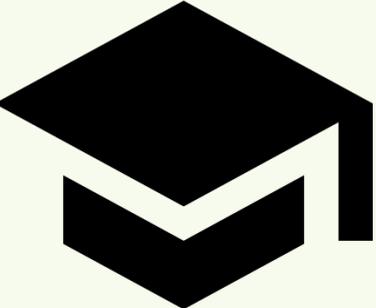
# AWARENESS MODULE: interests



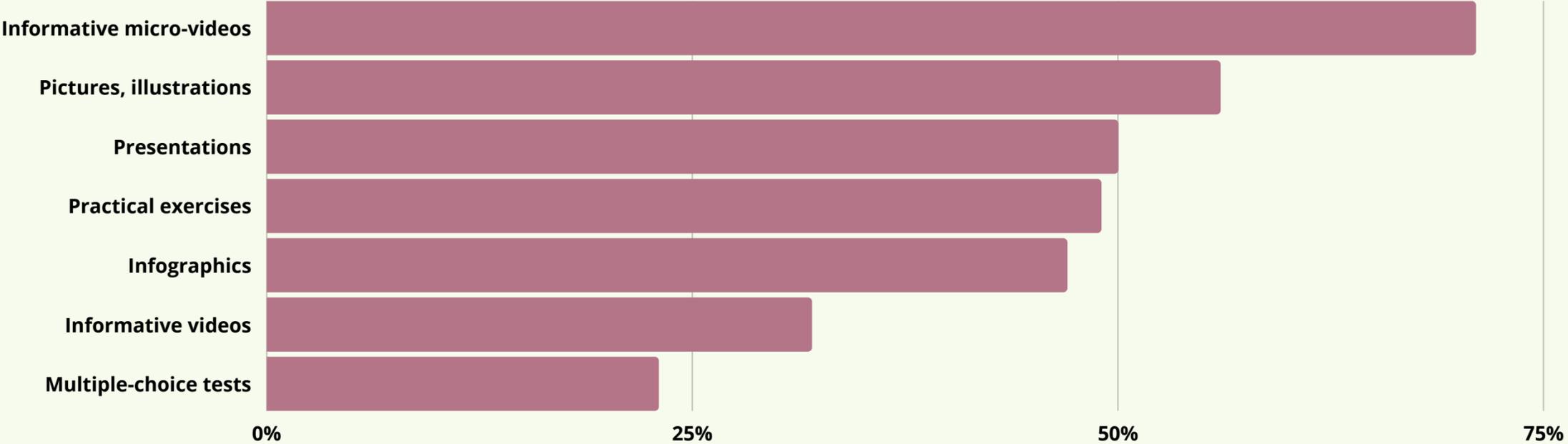
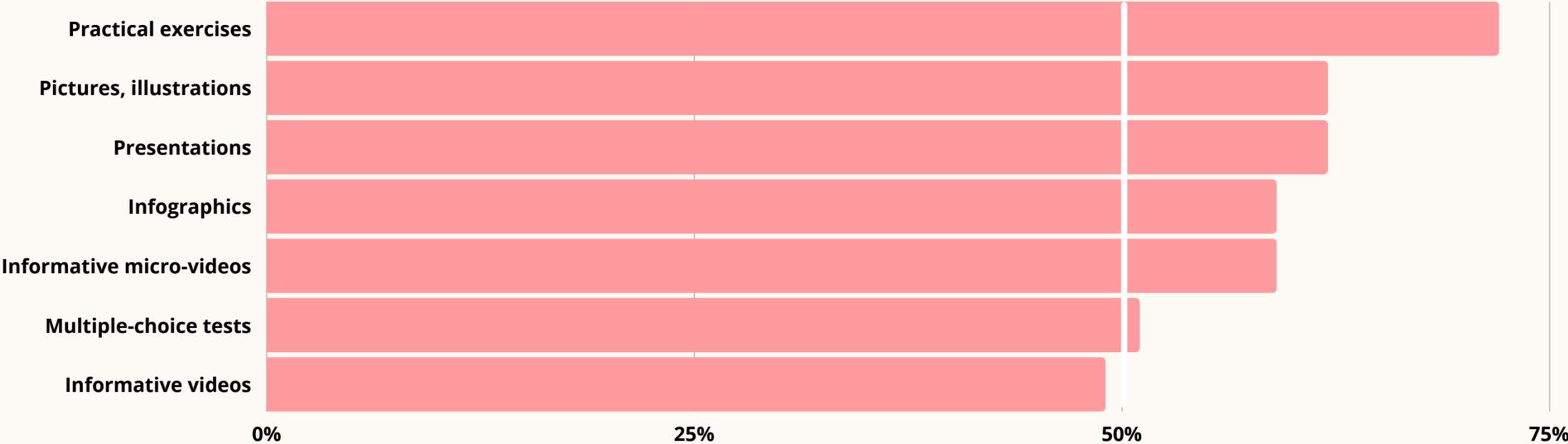
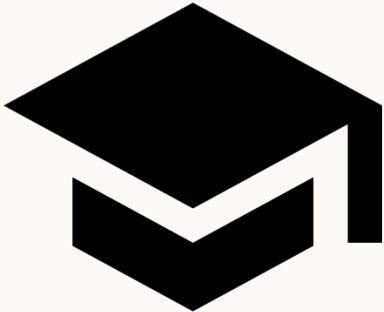
# KNOWLEDGE MODULE: interests

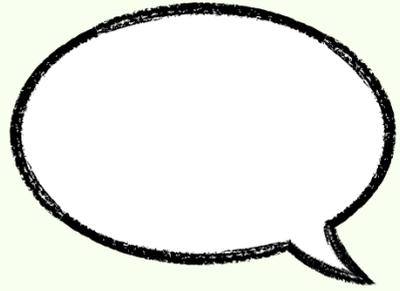


# GOOD PRACTICE MODULE: interests



# Interest in support tools for a training course on food waste?





**Respondents'  
content suggestions  
for the training  
programme:**

- "Taking care of the environment."
- "Impact on society."
- "How to preserve food (raw or frozen) or domestic compost."
- "Full use of food."
- "Knowing how to choose the best products on a trip to the supermarket."
- "The after life of leftovers, food of the needy/homeless - how to cope with that."
- "Modules on attitudes and policy."
- "How to effect change more structurally."
- "Behavior change: what is mean conscious consumption today? ."
- "Innovative communication strategies and examples."
- "How to process leftover food at home."
- "How I can cook more healthy, tips and tricks.."
- "Waste management in general."
- "Packaging."
- "Impact images of food being thrown away in our immediate context."
- "How to transform leftover food at home into new dishes or other products that can be used at home (cleaning products, cosmetics, aroma, etc.)."



Co-funded by the  
Erasmus+ Programme  
of the European Union

**This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.**