

"What a Waste!": Japanese and American College Students Perceptions on Food Waste and Its Environmental Impacts

Hello! Our names are Alyssa Powell and Judy Kim, both seniors at California State University Monterey Bay (CSUMB). For our senior capstone research, we are conducting a survey related to university students' perceptions of food waste and its effects on the environment.

For this research, we will be asking some questions concerning finances and food accessibility. All responses to this survey will be strictly confidential, so please answer as honestly as possible.

Thank you in advance for your understanding and willingness to take our survey.

Demographic Questions

1. 1. Your academic year?

Mark only one oval.

Freshman

Sophomore

Junior

Senior

Other: _____

2. 2. Your gender?

Mark only one oval.

- Female
- Male
- Non-binary
- Prefer not to say
- Other: _____

3. 3. Who **mainly** provides the finances for everyday food?

Mark only one oval.

- Myself
- My parent(s)
- Family besides my parents
- My partner/significant other
- Other: _____

4. 4. How financially comfortable do you feel regarding purchasing daily food products?

Mark only one oval.

- Very comfortable
- Somewhat comfortable
- Not very comfortable
- Not comfortable at all

5. 5. How many people do you normally cook for in your current living situation ?

Mark only one oval.

- Myself only
- One other besides myself
- Two to three others besides myself
- More than four others besides myself
- I do not cook
- Other: _____

Efforts to Reduce Food Loss at Home and in Your Community

6. 6. When you eat out and have leftovers from eating out, what do you **usually** do with it?

Mark only one oval.

- I take it home; store it and then eat it
- I take it home; store it and throw out
- I leave on plate at eatery
- I don't produce leftovers
- Other: _____

7. 7. How **wasteful** do you feel about throwing away leftovers?

Mark only one oval.

- Very Wasteful
- Wasteful
- A little wasteful
- Not Very Wasteful
- Not Wasteful At All

8. 8. Generally, how often are you **able to eat** all food items bought during grocery shopping before they go bad?

Mark only one oval.

- Always
- Usually
- Sometimes
- Seldom
- Never

9. 9. What types of food do you notice you often throw out? [**Please select only the top three (3) options**]

Check all that apply.

- Leftovers
- Dairy products
- Meat products
- Grain products
- Vegetables
- Fruits
- Frozen foods
- Beverages
- Condiments
- Baking goods
- Other: _____

10. 10. How significantly do expiration dates impact the way you shop for dairy and meat products?

Mark only one oval.

- Very significant impact
- Somewhat significant impact
- Not very significant impact
- I do not notice/check for expiration dates
- I do not consume dairy or meat products
- Other: _____

11. 11. To what extent do you agree with the following statement?:

"Portion sizes in my country are too large to finish eating in one sitting."

Mark only one oval.

- Strongly Agree
- Somewhat Agree
- Neutral
- Disagree
- Strongly Disagree

12. 12. To what extent do you agree with the following statement?:

"Reducing food waste is important for the future of my country."

Mark only one oval.

- Strongly Agree
- Somewhat Agree
- Neutral
- Somewhat Disagree
- Strongly Disagree

13. 13. How responsible do you feel the following groups in your local community are towards reducing food waste?

Mark only one oval per row.

	Very Responsible	Somewhat responsible	Not very responsible	Not responsible at all
Yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grocery stores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restaurants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Popular food companies (E.g. Pepsi, Nestle, Nissin)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The Environmental Impact of Food Loss

14. 14. How aware are you of the effect food waste has on climate change?

Mark only one oval.

- Very
- Somewhat
- Not that much
- Not aware at all

15. 15. How much do you agree with the following statement:

"My own food management habits have a big impact on the greenhouse gas emissions from food waste."

Mark only one oval.

- Strongly Agree
- Somewhat Agree
- Somewhat Disagree
- Strongly Disagree

16. 16. How surprised are you at the following statement:

"The food industry contributes to 20% of the total greenhouse gas emissions."

Mark only one oval.

- Very surprised
- Somewhat surprised
- Not very surprised
- Not surprised at all

17. 17. How often do you use plastic bags while grocery shopping?

(i.e. Plastic bags for produce and groceries.)

Mark only one oval.

- Always
- Often
- Sometimes
- Rarely
- Never

18. 18. How surprised are you by the following statement:

"1.3 billion metric tonnes of food was wasted in 2007, which is the equivalent of one third of the food production for human consumption."

Mark only one oval.

- Very surprised
- Somewhat surprised
- Not very surprised
- Not surprised at all

19. 19. How often do you take any active measures to combat food waste?

(e.g. composting, portioning meals, pickling, etc.)

Mark only one oval.

- Always
- Often
- Sometimes
- Rarely
- Never

20. 20. To what degree are you knowledgeable of how to properly store foods?

(e.g. Storing fruits and vegetables separately as they produce different gas.)

Mark only one oval.

- Very knowledgeable
- Somewhat knowledgeable
- Not very knowledgeable
- Not knowledgeable at all

21. 21. When you're able to, how often do you freeze your food to make it last longer?

(e.g. Freezing bread for later use)

Mark only one oval.

- Always
- Often
- Sometimes
- Rarely
- Never

22. 22. What do you think is the biggest challenge for you that prevents you from eliminating food waste in your personal life / habits?

Mark only one oval.

- Forgetful
- Overbuying food
- Don't have time
- I don't produce food waste
- Other: _____

23. 23. After taking this survey, how important do you feel it is to reduce your own food waste to prevent further negative environmental damage?

Mark only one oval.

- Very Important
- Important
- Somewhat important
- Not at all important

Thank you!

Thank you for your cooperation for this survey! We appreciate your help!

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