

## Cultural Probe Booklet

This booklet, provided to each household, contained five activities. It was printed in a 21 cm by 24 cm format and spiral-bound, with a clear plastic cover and a black back page for durability and to protect it when used in the kitchen. Images of the activities are below.

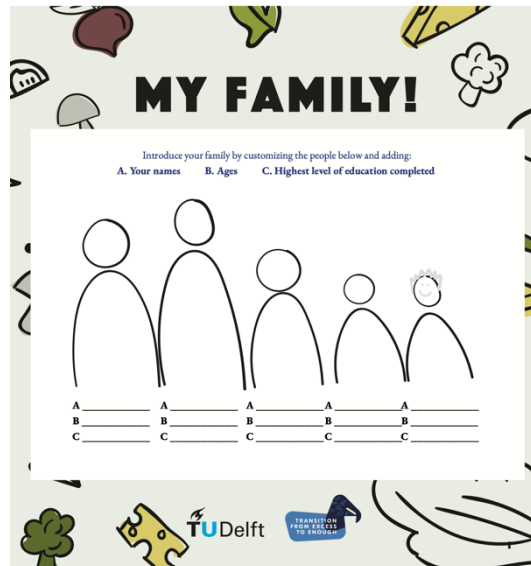


Figure 1: Cover of the booklets.

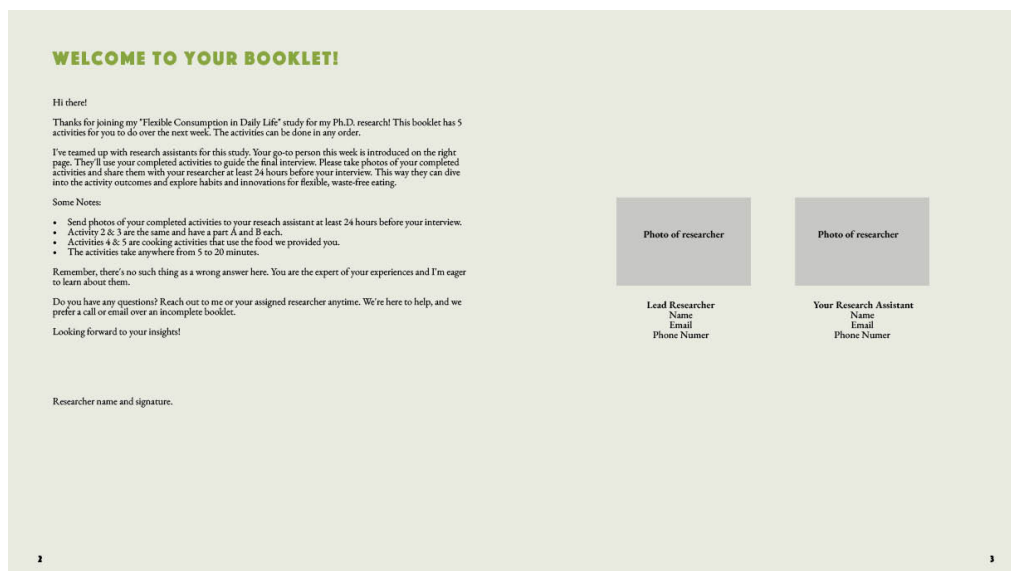


Figure 2: Introduction to the booklets.

## Food waste matters. Staging design to foster societal transitions


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### ACTIVITY 1 | 5 MINUTES FOOD AND YOUR FAMILY


This activity gives us information about your food purchasing and habits.

1. On average our family spends \_\_\_\_\_ euros per week on groceries.

2. Where do you usually buy your groceries? Indicate below with a percentage. The total should add up to 100%.  
(e.g., 80% Online store, and 20% in a food market).

  
**ONLINE**  
 %

  
**IN STORE**  
 %

  
**MARKET**  
 %

**OTHER**  
 %

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3. How often do you do the following:

	NEVER (0 days a week)	RARELY (1-2 days a week)	SOMETIMES (3-4 days a week)	OFTEN (5-6 days a week)	ALWAYS (7+ days a week)
I use animal products in my dinners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use frozen food in my dinners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use canned food in my dinners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use seasonal food in my dinner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use recipes when preparing dinner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Figure 3: Activity 1 in the booklets.

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### ACTIVITY 2 A | 15 MINUTES MY DINNER TONIGHT

This activity has two parts. For part A we want to know what you cooked for dinner tonight and what influenced this decision. For part B we want to know what leftovers you had today.

1. Mark on the timeline below when you decided what to make for dinner.

3 DAYS  
AGO


2 DAYS  
AGO


YESTERDAY


EARLIER  
TODAY


WHEN I STARTED  
COOKING


2. What type of ingredients did you use to make your dinner? Circle all that apply.

  
UNUSED  
INGREDIENTS

  
PARTIALLY USED  
INGREDIENTS


  
CANNED  
INGREDIENTS


  
LEFTOVER  
MEALS


  
FROZEN  
INGREDIENTS


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3. What influenced what you made for dinner? Circle all that apply.

  
TIME

  
TASTE

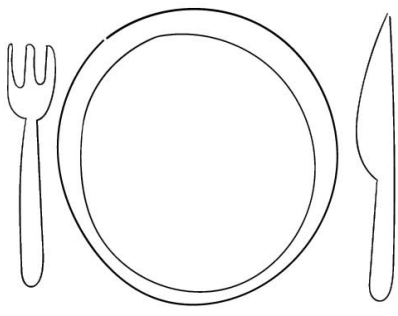
  
SCHEDULE

  
MOOD

OTHER?

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4. Draw or photograph\* what you made for dinner tonight.  
\*text your photograph to XX, with your name.



CONTINUE TO PART B ON THE NEXT PAGE

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### ACTIVITY 2 B | 10 MINUTES MY DINNER TONIGHT


For the second part of Activity 2, we want to learn more about your leftovers. Food leftovers can be categorized as 3 different types:

- Preparation leftovers: Food that was supposed to be prepared for dinner tonight but was not prepared (e.g., having two courgettes but only using one).
- Cooking leftovers: Food that was prepared but not served on a plate so it remained in the pot/pan/bowl (e.g., preparing too much rice).
- Plate leftovers: Food that was left on the plate uneaten.


5. Circle any of the leftover types you had today. Describe what you did with them.

  
**PREPARATION  
LEFTOVERS**

☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_

  
**COOKING  
LEFTOVERS**

☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_

  
**PLATE  
LEFTOVERS**

☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_

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Figure 4: Activity 2 in the booklets.

## Food waste matters. Staging design to foster societal transitions

**ACTIVITY 3 A | 15 MINUTES**

**MY DINNER TONIGHT**

This activity has two parts. For part A we want to know what you cooked for dinner tonight and what influenced this decision. For part B we want to know what leftovers you had today.

1. Mark on the timeline below when you decided what to make for dinner.

← 3 DAYS AGO 3 DAYS AGO YESTERDAY EARLIER TODAY WHEN I STARTED COOKING →

2. What type of ingredients did you use to make your dinner? Circle all that apply.

UNUSED INGREDIENTS
 PARTIALLY USED INGREDIENTS
 CANNED INGREDIENTS
 LEFTOVER MEALS
 FROZEN INGREDIENTS

3. What influenced what you made for dinner? Circle all that apply.

TIME
 TASTE
 SCHEDULE
 MOOD
 OTHER?

4. Draw or photograph\* what you made for dinner tonight.  
\*text your photograph to XX, with your name.

CONTINUE TO PART B ON THE NEXT PAGE

**ACTIVITY 3 B | 10 MINUTES**

**MY DINNER TONIGHT**

For the second part of Activity 3, we want to learn more about your leftovers. Food leftovers can be categorized as 3 different types:

- Preparation leftovers: Food that was supposed to be prepared for dinner tonight but was not prepared (e.g., having two courgettes but only using one).
- Cooking leftovers: Food that was prepared but not served on a plate so it remained in the pot/pan/ bowl (e.g., preparing too much rice).
- Plate leftovers: Food that was left on the plate uneaten.

5. Circle any of the leftover types you had today. Describe what you did with them.

PREPARATION LEFTOVERS \_\_\_\_\_
 COOKING LEFTOVERS \_\_\_\_\_
 PLATE LEFTOVERS \_\_\_\_\_

Figure 5: Activity 3 in the booklets. Activity 2 and 3 are the same.

**ACTIVITY 4 | 10 MINUTES**

**LET'S GET COOKING**

For this activity you need to prepare either soup or curry for dinner. As part of the meal, we would like you to use two of the ingredients we provided you. You are free to add any other ingredients you want to complete the dish.

1. Draw or photograph\* the curry or soup that you made for dinner.  
\*text your photograph to XX, with your name.

CURRY SOUP

2. Below are the ingredients we provided you. Circle any that you used in the meal.

CHICKPEAS
 BELL PEPPERS
 APPLES
 BULGUR

3. How did you experience having to cook a certain type of meal with some of the ingredients we provided?

WE DIDN'T LIKE...
 WE NEITHER LIKED NOR DISLIKED...
 WE LIKED...

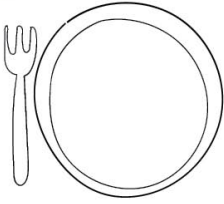
Figure 6: Activity 4 in the booklets.

## Food waste matters. Staging design to foster societal transitions


**ACTIVITY 5 | 10 MINUTES**  
**LET'S GET COOKING**


For this activity we want you to prepare dinner using two of the ingredients we provided you. You are free to choose what you prepare and free to add other ingredients to complete the dish.


1. Draw or photograph\* what you made for dinner.  
\*scan your photograph to XX, with your name.




2. Below are the ingredients we provided you. Circle any that you used in the meal.

**CHICKPEAS**

**BELL PEPPERS**


**APPLES**


**BULGUR**

\_\_\_\_\_

\_\_\_\_\_

3. How did you experience having to cook with some of the ingredients we provided?

  
**WE DIDN'T LIKE...**

  
**WE NEITHER LIKED NOR DISLIKED...**


  
**WE LIKED...**

Figure 7: Activity 5 in the booklets.

**WRAP UP | 5 MINUTES**  
**THANK YOU FOR PARTICIPATING**

Thank you for completing the 5 activities in this booklet. Before your interview:

- Please send photos of each activity to your research assistant. Their number is XX
- Please bring your booklet to the final interview.

1. Do you have any comments or is there anything else you want to share with us?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Figure 8: Final pages of the booklet for participant remarks.