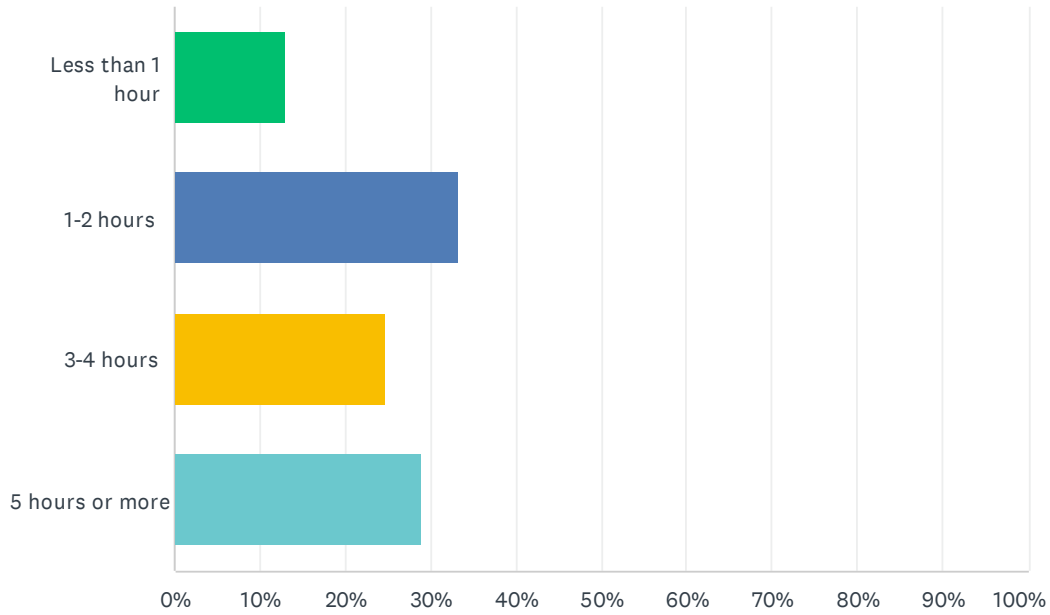


# Q1 How many hours a day do you watch TV, movies or sit and play video/ computer games?

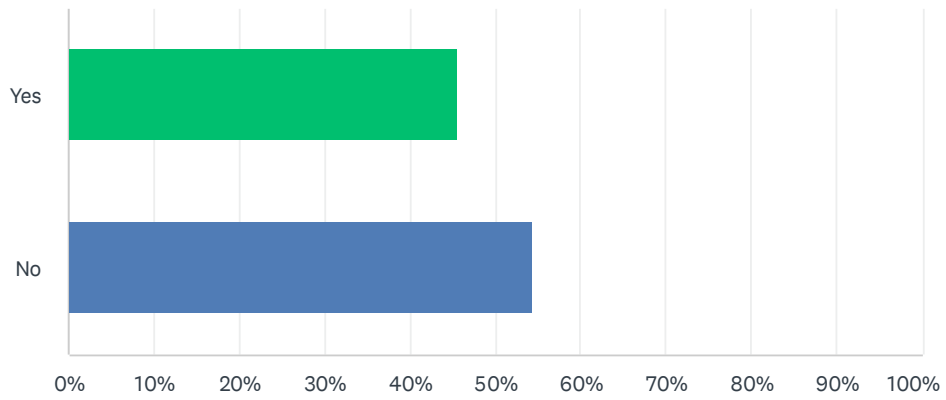
Answered: 69 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 1 hour	13.04%	9
1-2 hours	33.33%	23
3-4 hours	24.64%	17
5 hours or more	28.99%	20
TOTAL		69

## Q2 Do you have a TV in the room where you sleep?

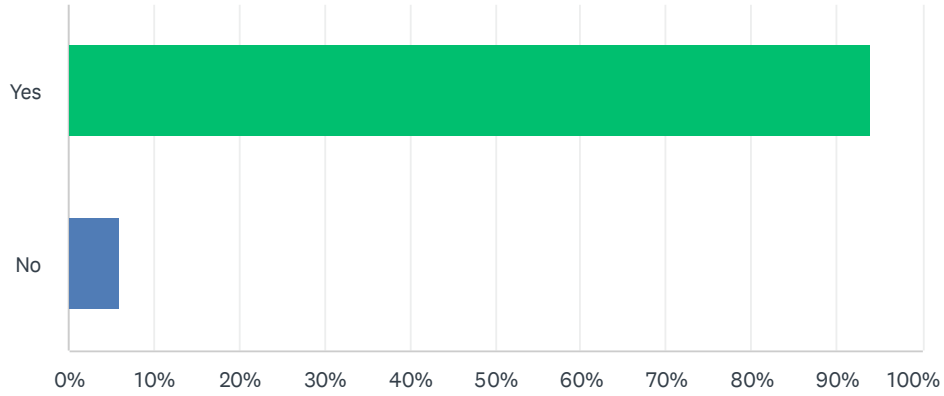
Answered: 68 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	45.59%	31
No	54.41%	37
TOTAL		68

### Q3 Do you have a computer or any other electronic devices in the room where you sleep?

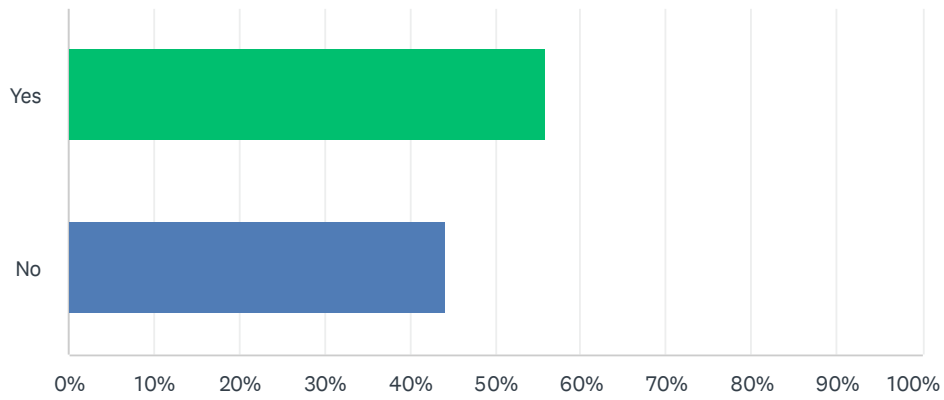
Answered: 68 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	94.12%	64
No	5.88%	4
TOTAL		68

### Q4 Do you sleep for about eight hours per night?

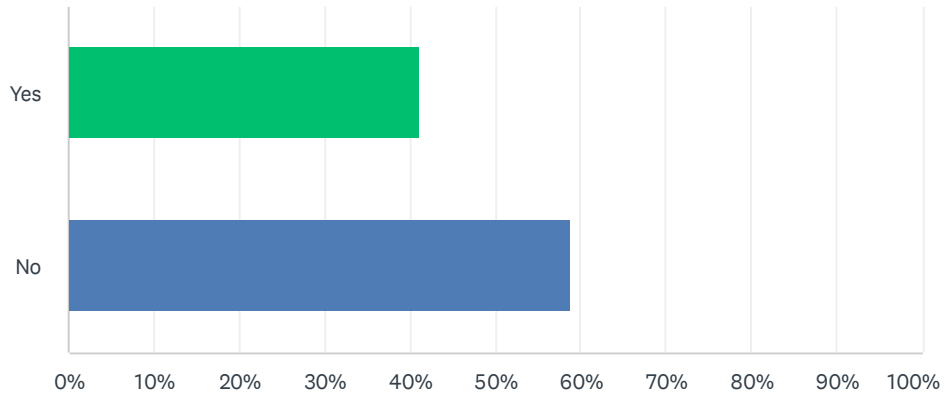
Answered: 68 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	55.88%	38
No	44.12%	30
TOTAL		68

### Q5 Have you ever been on diet?

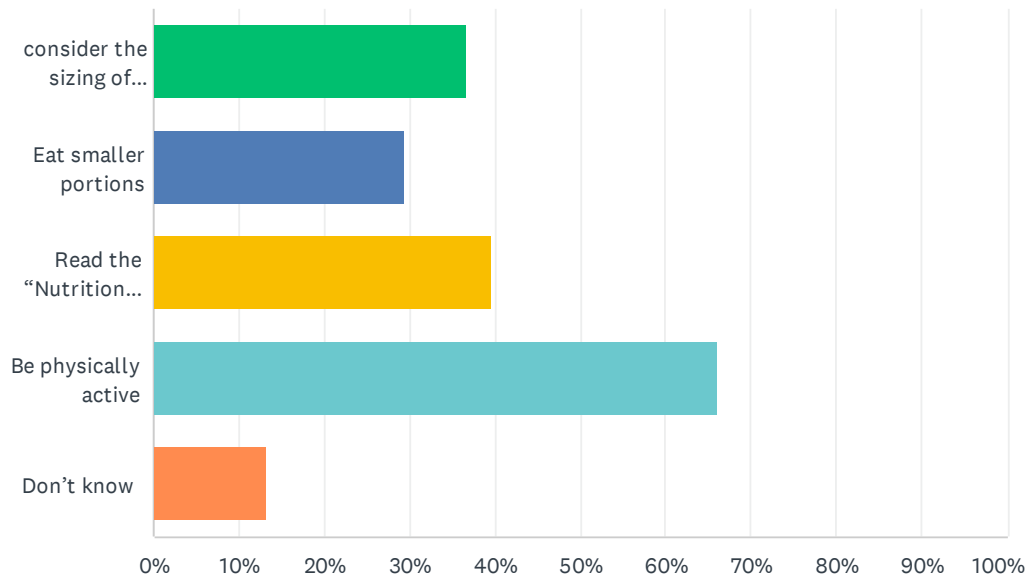
Answered: 68 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	41.18%	28
No	58.82%	40
TOTAL		68

### Q6 To have a healthy weight, you can:

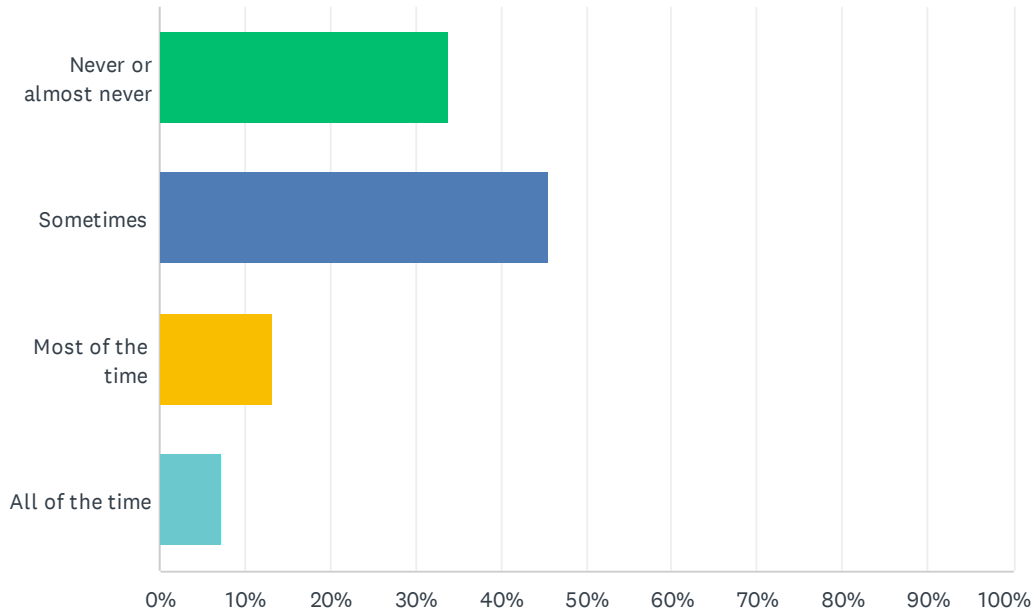
Answered: 68 Skipped: 1



ANSWER CHOICES	RESPONSES	
consider the sizing of portions you eat	36.76%	25
Eat smaller portions	29.41%	20
Read the "Nutrition Facts" food labels to make healthier food choices	39.71%	27
Be physically active	66.18%	45
Don't know	13.24%	9
Total Respondents: 68		

## Q7 How often do you read the “Nutrition Facts” food labels when you shop for food?

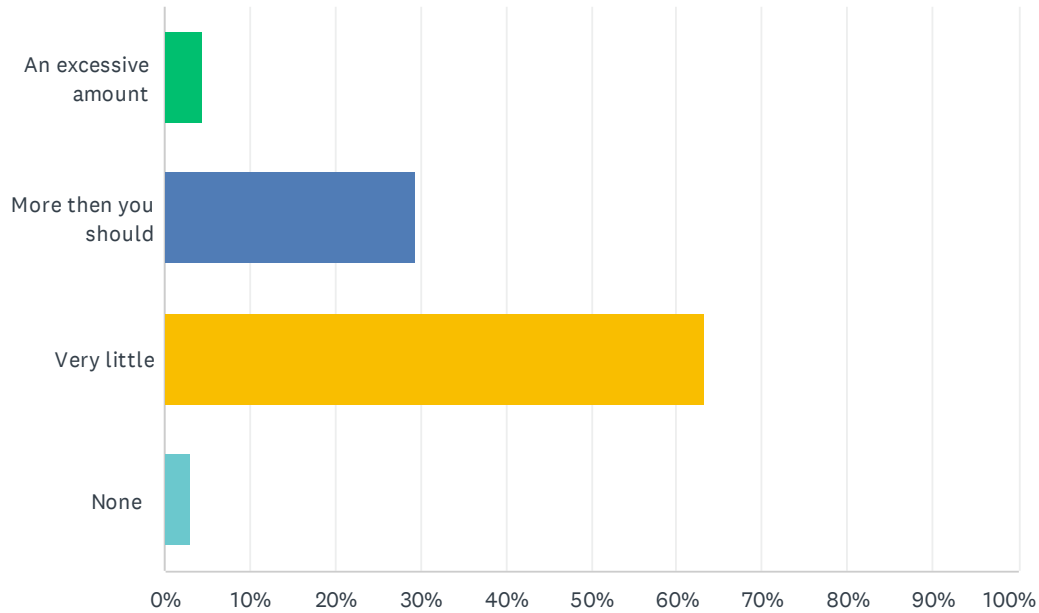
Answered: 68 Skipped: 1



ANSWER CHOICES	RESPONSES	
Never or almost never	33.82%	23
Sometimes	45.59%	31
Most of the time	13.24%	9
All of the time	7.35%	5
<b>TOTAL</b>		<b>68</b>

### Q8 How much food would you say that your household usually throws away each week? Please select one

Answered: 68 Skipped: 1

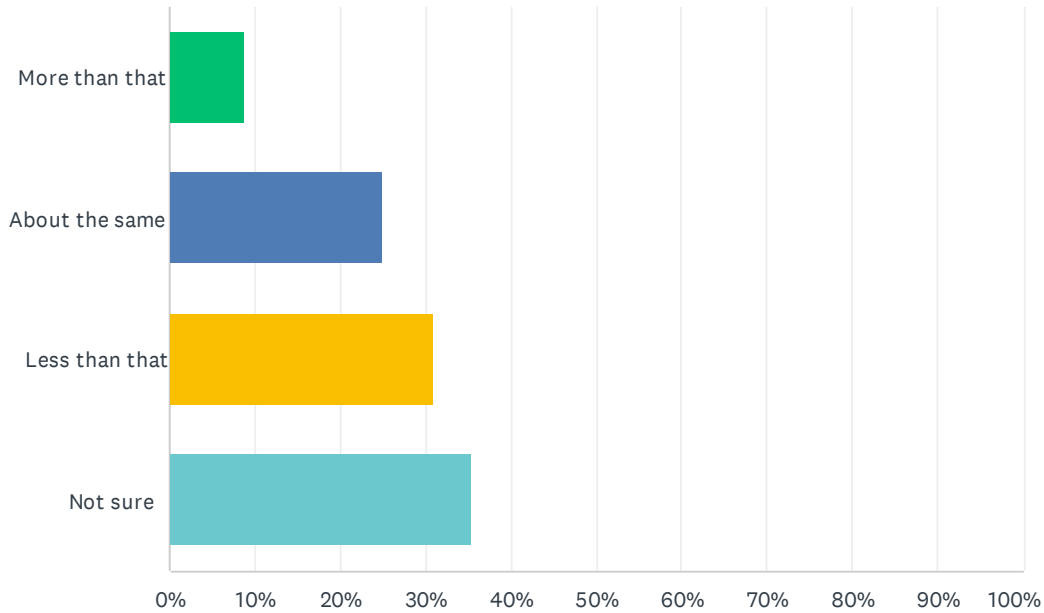


ANSWER CHOICES	RESPONSES	
An excessive amount	4.41%	3
More then you should	29.41%	20
Very little	63.24%	43
None	2.94%	2
<b>TOTAL</b>		<b>68</b>



### Q9 Given it's estimated that on average households waste at least 20% of the food they buy, how do you think your household compares?

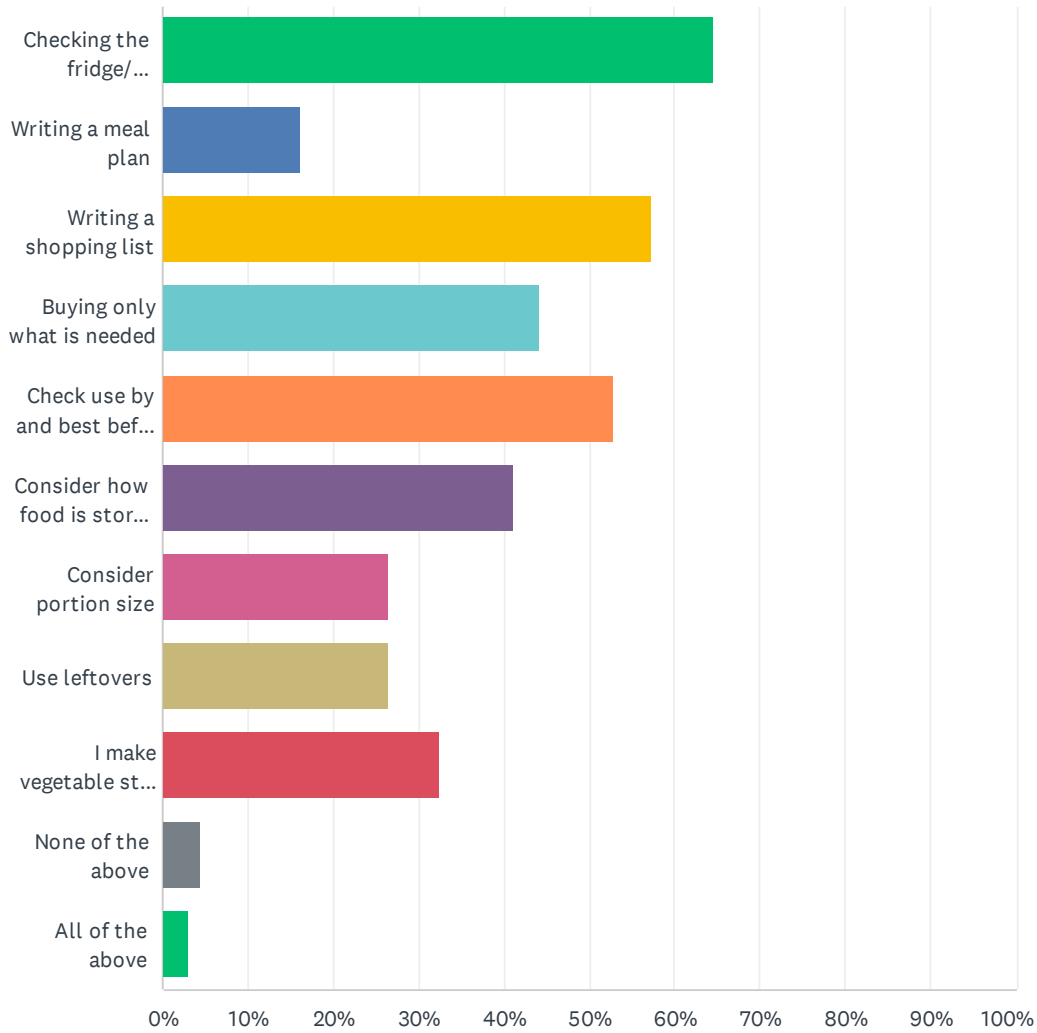
Answered: 68 Skipped: 1



ANSWER CHOICES	RESPONSES	
More than that	8.82%	6
About the same	25.00%	17
Less than that	30.88%	21
Not sure	35.29%	24
<b>TOTAL</b>		<b>68</b>

### Q10 Which of these actions are you currently doing at home? Tick as many as you want.

Answered: 68 Skipped: 1



ANSWER CHOICES	RESPONSES	
Checking the fridge/ freezer/pantry before shopping	64.71%	44
Writing a meal plan	16.18%	11
Writing a shopping list	57.35%	39
Buying only what is needed	44.12%	30
Check use by and best before dates	52.94%	36
Consider how food is stored to keep it fresh	41.18%	28
Consider portion size	26.47%	18
Use leftovers	26.47%	18
I make vegetable stock from my food scraps	32.35%	22
None of the above	4.41%	3
All of the above	2.94%	2
Total Respondents: 68		