User (Female, 55)

Says

'I bulk cook more because it's my way of life, than because of the environment'

Victoria Brew-Riverson

'I try to eat fruits and vegetables, but i'm not sure I have enough with my meals in the day'

Victoria Brew-Riverson

'I eat more animal-based food products. It's just the way I grew up and what I'm used to'

Victoria Brew-Riverson

'A balanced diet is a diet that has fruit and vegetables, carbohydrated, proteins and all other food values. Having portions that make for healthy living'

Victoria Brew-Riverson

'Calorie Counting is exhausting and difficult to sustain'

Victoria Brew-Riverson

'I have previously dieted informally- primarily to fit into my clothes'

Victoria Brew-Riverson

Thinks

Food sustainability is about practices that enable society to have access to food without damaging the environment or sacrificing the future of our children. Responsible growth of products, taking care of the land and soil, replanting where necessary, giving the land a chance to rest.

Victoria Brew-Riverson

She thinks she has reasonably healthy eating habits but also thinks she could improve

Victoria Brew-Riverson

Could improvde her food sustainability by growing a vegetable garden

Victoria Brew-Riverson

If she and her family were more knowledgeable about how long good lasts, could better avoid food waste

Victoria Brew-Riverson

How much food costs and how to save money as she has a large family

Victoria Brew-Riverson

Calorie counting is unsustainable

Victoria Brew-Riverson

She think if she used recipes more, she'd have a more balanced diet than she currently does

Victoria Brew-Riverson

Taste is the primary thing when eating out (for her)

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Organic good is better for her (compared to food grown otherwise)

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One shouldn't compromise on taste

Victoria Brew-Riverson

Fairtrade is better

Victoria Brew-Riverson

There aren't many good packaging options at the moment

Victoria Brew-Riverson

Does

Does grocery shopping (if the member of her household who normally does it is not available)

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Bulk cooks her own food at least once a week

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Rarely uses recipes to cook

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Often buys from the fish market rather than from the supermarket

Victoria Brew-Riverson

Recycles as much as she cans

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Eats fruits and vegetables at least some of the time

Victoria Brew-Riverson

Normally considers taste and health when deciding what to eat

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Buys organic food if it is on offer and the price is right

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Eats out approximately once every two weeks (or when celebrating an occasion)

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Freezes food when she's made too much

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Feels

Feels like it's less stressful for her week if she bulk cooks

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Feels she should improve her diet

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Open to using recipe books

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Disinterested in a plant based lifetstyle

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Never felt the need to use a food related app

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Content when she uses recyclable/resusable products- this is a norm for her

Victoria Brew-Riverson