

# Food sustainability questionnaire

Thank you for your honest answers and helping with this research. The study is strictly confidential and we promise not to reveal the information to anyone. Your answers will be used only for research purposes and will not affect your grades.

## Part 1. Demographic data.

Please answer these personal questions according to your comfort level. The more you choose to reveal, the better for my study.

Please circle your answers or fill-in the blank.

1. What is your gender?      1. Male      2. Female
2. How old are you? \_\_\_\_\_
3. What has been your weight over the past year? \_\_\_\_\_ Feel free to add explanation \_\_\_\_\_
4. How tall are you? \_\_\_\_\_ feet, \_\_\_\_\_ inches
5. What is your major? \_\_\_\_\_

Do you have any of the following chronic conditions?	Yes	No	I don't know
6. Diabetes	1	2	3
7. Heart disease	1	2	3
8. Liver disease	1	2	3
9. Kidney disease	1	2	3
10. Pulmonary disease	1	2	3
11. Other	1	2	3

12. What is your ethnic background?
  1. African American      2. Latino      3. Asian      4. White
  5. American      6. Native American      7. Other \_\_\_\_\_
13. What is your religious background?
  1. Muslim      2. Christian      3. Jewish
  4. Buddhist      5. Hindu      6. Other \_\_\_\_\_
14. How many people live in your current household?
  1. One      2. Two      3. Three
  4. Four      5. Five or more
15. If more than one, how would you describe your relationship?
  1. Family      2. Roommates
  3. Boyfriend/Girlfriend      4. Committed relationship
16. Do you have any children in your household?    1. No      2. Yes  
If yes, how many? \_\_\_\_\_ How old? \_\_\_\_\_
17. How many generations live in your current household?
  1. One      2. Two      3. Three
  4. Four or more
18. How often do you cook together or for company?
  1. Once per week      2. Twice per week      3. Four times per week
  4. Five times or more per week      5. Never
19. How often do you eat together?

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- [illegible]

## Part 2. Knowledge about Food Sustainability.

In this section, please answer to the best of your ability. (I do not expect you to know all the answers!)

**“Sustainability means living in such a way that there are enough resources to live well, in an alive thriving environment—indefinitely,” Jon Jeavons, author of How to Grow More Vegetables.**

Please answer using the above definition.

How much do you agree with each statement?	Strongly Disagree	Disagree	Agree	Strongly Agree	I don't know
24. Sustainability is the major factor in your food choices.	1	2	3	4	5
25. Current US agriculture does not meet the nutritional needs of individuals.	1	2	3	4	5
26. US commercial livestock production is an efficient way to produce protein.	1	2	3	4	5
27. Most of the negative dietary impact on the environment from the average person in the US comes from high meat consumption.	1	2	3	4	5
28. US commercial livestock production results in increased greenhouse gas emissions that contribute to global warming.	1	2	3	4	5
29. Beef production requires the most amount of water, compared to production of other foods.	1	2	3	4	5
30. A vegetarian diet can be nutritionally adequate.	1	2	3	4	5
31. A vegetarian diet is more ecologically sustainable than meat-based diet.	1	2	3	4	5
32. Antibiotics used in US livestock production can result in antibiotic resistance in humans.	1	2	3	4	5
33. The use of pesticides in modern agriculture can contaminate water and air.	1	2	3	4	5
34. Supplementing a vegetarian diet with a small amount of poultry and fish is sustainable dietary practice.	1	2	3	4	5

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35. When you think of food sustainability, which of these do you consider most?
- A. Whether food is grown locally
  - B. Whether food is grown with fewer fossil fuels
  - C. Whether food contains genetically modified organisms
  - D. Whether the food was grown without an adverse effect to the environment ←
36. All the answers below have been suggested in a recent study. According to your best estimate, which do you think is the most sustainable practice?
- A. Long-distance transport of food by airplane
  - B. Locally producing organic meat ←
  - C. Deep-freezing vegetables
  - D. Growing vegetables in fossil fuel-heated greenhouses
37. According to Michael Pollan's book The Omnivore's Dilemma, our food industry burns about 1/5 of all petroleum consumed in the US. Do you think it is...?
- A. As much as automobiles use ←
  - B. Less than what automobiles use
  - C. More than what automobiles use
38. New research that Americans consume how much meat, compared to the global average?
- A. Half
  - B. The same
  - C. Twice ←
  - D. Four times
39. It has been recommended that average meat consumption should be less than 90 grams per person per day, with no more than 50 grams coming from red meat. How many grams of red meat do you believe are in an American quarter-pound regular hamburger?
- A. 115 g ←
  - B. 75 g
  - C. 150 g
  - D. 50 g
40. According to Michal Pollan's book The Omnivore's Dilemma, it takes about ... calories of fossil fuel to provide one calorie of food energy to an American plate.
- A. 1-6 calories
  - B. 7-10 calories ←
  - C. 11-20 calories
  - D. More than 20 calories
41. Based on recent research how many kilograms of plant protein do you think are required to produce 1 kilogram of meat?
- A. about 1 kilogram
  - B. about 2 kilograms
  - C. about 6 kilograms ←
  - D. about 9 kilograms
42. Rich Pirog, a researcher from Iowa, calculated that the ingredients for regular American strawberry yogurt (milk, sugar, and strawberry) collectively travelled ... on average.
- A. about 1,000 miles
  - B. about 2,200 miles ←
  - C. about 5,200 miles
  - D. about 500 miles
43. What is the leading cause of recently measured increases in the Earth's temperature?
- A. Increased output from the sun
  - B. Changes in the Earth's orbit
  - C. The atmospheric "ozone hole"
  - D. Increasing levels of carbon dioxide gas in atmosphere ←

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44. The production of which of these foods causes the highest carbon dioxide (CO<sub>2</sub>) emissions?
- A. Vegetables
  - B. Chickens
  - C. Fish
  - D. Beef ←

45. Look at Table 1 below (*Daily meat consumption, by region*). What do you think is the average daily meat consumption in the United States?

Table 1. Daily meat consumption, by region

Region	Daily meat consumption per person (g)
Africa	31
West Asia (including the Middle East)	54

- A. 50g
  - B. 70g
  - C. 110g ←
  - D. 200g
46. Which of these is least sustainable for Californians?
- A. Asparagus from South Africa in the winter ←
  - B. California-grown tomatoes in July
  - C. California-caught Dungeness crab during the November-May season
  - D. Central Valley cherries in summer
47. Which of the following foods requires the most water to grow or raise for a typical serving?
- A. Cereal grains
  - B. Beef ←
  - C. Melons
  - D. Leafy vegetables such as lettuce or spinach
48. Baroni *et al.*, in their study demonstrated that plant-based diets are better for the environment than meat-based diets. Which of the following statements do you think is NOT the reason?
- A. Meat-based diets required greater amounts of land and water.
  - B. Feeding grain and vegetables directly to people can reduce the world's hunger.
  - C. Plant-based diets are more widespread than meat-based diets. ←
  - D. Production of one calorie from beef requires 40 calories of fossil fuels, while 2.2 kcal of fossil energy are required to produce one kcal of plant protein.
49. Recent research suggests that vegetarian diets are more sustainable for the environment. To increase the benefits of a vegetarian diet, food should be ...
- A. Produced regionally
  - B. Consumed seasonally
  - C. Grown organically
  - D. All of the above ←
50. Which of the following diets do you believe is most sustainable?
- A. Lacto-ovo-vegetarian with a moderate amount of animal protein in the form of red meat
  - B. Lacto-ovo-vegetarian with a small amount of animal protein in the form of fish and/or chicken ←
  - C. Lacto-ovo-vegetarian
  - D. Strict vegetarian (no animal protein) diet
51. Where is most fuel used in food production?
- A. Processing. ←
  - B. Home production
  - C. Transport
  - D. On farm production
52. The use of pesticides in American agriculture can cause:
- A. Cancer

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- B. Neurological damage
- C. Birth defects
- D. Decreased fertility
- E. None of the above
- F. All of the above ←

53. What is your best source of information about food sustainability?

- A. Media (print, TV, radio, and Internet)
- B. Books
- C. Movies
- D. Other \_\_\_\_\_

(Optional) Feel free to give more information. \_\_\_\_\_

54. Would you like to learn more about food sustainability? 1. No 2. Yes

*If yes, what form of educational information you prefer?*

- A. Handouts/brochures
- B. Video
- C. Group projects
- D. Other \_\_\_\_\_

## Part 3. Dietary practices.

Please answer using the handout.

Using your handout please select how many servings of the following do you usually consume per week?	I do not eat this food	1-3	4-7	8-11	More than 12
55. Red meat	1	2	3	4	5
56. Poultry	1	2	3	4	5
57. Fish	1	2	3	4	5
58. Vegetables	1	2	3	4	5
59. Fruits	1	2	3	4	5
60. Dairy products	1	2	3	4	5
61. Grains	1	2	3	4	5
62. Soy products	1	2	3	4	5
63. Soda	1	2	3	4	5

Having food sustainability in mind, how frequently do you do the following when shopping for food?	Never	Sometimes	Frequently	Very Frequently
64. Buy organic produce	0	1	2	3
65. Buy organic meat	0	1	2	3
66. Buy organic dairy products	0	1	2	3
67. Purchase products that support sustainable life style	0	1	2	3
68. Buy fruits and vegetables that has been grown locally	0	1	2	3
69. Buy fruits and vegetables that has been grown in season	0	1	2	3
70. Check the origin of the foods that you are buying	0	1	2	3
71. Check nutritional information of the foods that you are buying	0	1	2	3
72. Avoid food products that contain high-fructose	0	1	2	3

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corn syrup				
73. Avoid products that contain trans fats	0	1	2	3
74. Shop at the Whole Food Market	0	1	2	3
75. Shop at the local farmer's market				
76. Substitute meat with more sustainable vegetarian products	0	1	2	3

I hope you enjoyed this survey. If you have any questions about food sustainability, feel free to contact me. My e-mail address is [yelena.nisnevich@gmail.com](mailto:yelena.nisnevich@gmail.com).

THANK YOU FOR YOUR TIME!

