



AREA 3: SMART SHOPPING & FOOD

Questions/statements related to the area						
No.	Question/statement	Always	Often	Rarely	Never	N/A
For individuals						
1.	I try to buy locally-produced goods					
2.	I avoid disposable products					
3.	I try to buy fruits and vegetables in bulk (unpackaged)					
4.	I take my own reusable packing bags when shopping					
5.	I pack vegetables and fruits in my own bags for weighing					
6.	I try to refuse the plastic bags offered by sellers					
7.	I try to buy as many products as possible in bulk (without packaging or without additional inner packaging)					
8.	I buy bread in bulk (without packaging)					
9.	I consciously choose products marked with eco-labels					
10.	I go shopping with a list					
11.	I avoid unplanned purchases					
12.	I try not to succumb to promotions					
13.	Whenever possible, I choose products made of recycled materials					
14.	I choose glass containers instead of plastic ones					
15.	I don't waste food (I buy what I really need and eat it all or give it away)					
16.	I try to repair damaged items/equipment before I buy new one					
17.	I try to sell or give away things I don't need to give them a second life					
18.	When I have shopping plans, I verify the possibility of buying a used item					



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Questions/statements related to the area						
No.	Question/statement	Always	Often	Rarely	Never	N/A
For organisations						
1.	The organisation does not ignore information on the composition and origin of food when making purchasing decisions for the company					
2.	The organisation takes into account ecological and social criteria when selecting product suppliers					
3.	The organisation takes into account ecological and social criteria when selecting service providers					
4.	The organisation does not purchase products from suppliers who do not adhere to labour, human rights or environmental standards					
5.	We do not use disposable or plastic packaging in the organisation					

Self-assessment instruction for individuals:

For each answer "always" and "often" you get 1 point.

Number of points: *from 18 to 14 - You are doing great and supporting the sustainable development of our planet - keep going.*

Number of points: *from 13 to 9 - It is noticeable that you are working for the sustainable development of our planet - continue like this and think about what else you could do.*

Number of points: *from 8 to 4 - You take some steps for the sustainable development of the planet, but it would be worth expanding your activities. Think about what changes you could make.*

Number of points: *from 3 to 0 - This is rather the beginning of your path for the sustainable development of our planet. Don't be discouraged and think about what you could do. Even the little things make a big difference if a lot of people do them.*

