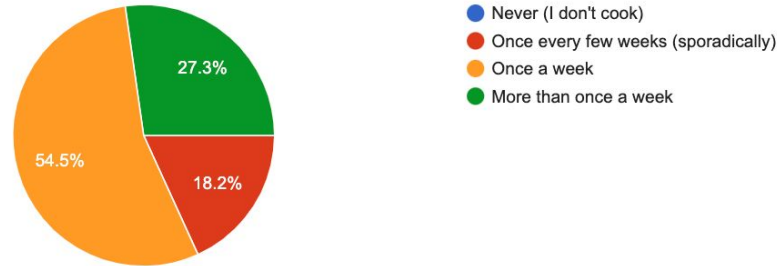


Groovy Groceries

Survey Responses

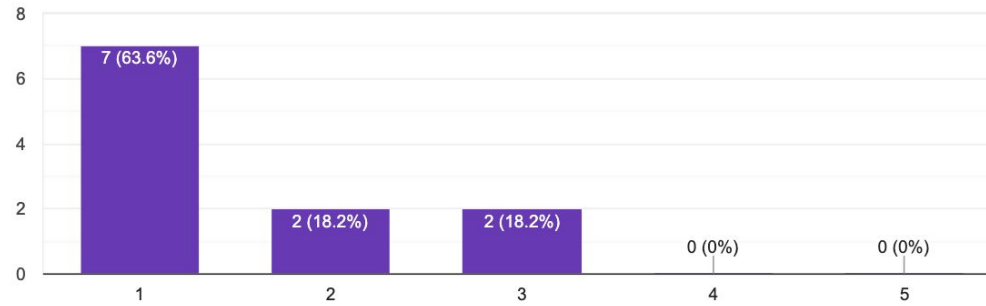
1. How often do you shop for groceries (both online or physically)?

11 responses



2. How often do you shop for groceries online?

11 responses



3. Walk us through your process of how you would buy groceries.

11 responses

Go to the grocery store that's 2 blocks away and get buy groceries

I have a discount app, so I check the products that give cash back. Then I make a list of what I need and include those products if they fit my needs. I drive to the grocery shop. I check there what offers they have for the day. I always take a good offer!!

Think of what is missing from pantry then go to the shops to get it. Sometimes if I want to cook a specific dish; I will look up the ingredients and search for it

Online or in person?

Sometimes I have list and sometimes I walk through the aisles and pick the stuff that I have in my mind.

drive to the grocery, find somethings I need.

I prefer daily selections of meat and fruits/veggies since it runs cheaper than boxed stuff so I basically grocery shop everyday

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11 responses

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Based on what I have ran out of or need, or if somebody else wants me to run down to the shops

Go to the store, find the things I need, check for sale items, buy them, go home.

1. Make a grocery list. 2. Bring my grocery bags (like an insulated one if I'm gonna get frozen stuff). 3. Drive to a nearby grocery store, hopefully at a non-busy time (usually Trader Joe's). 4. Find the stuff, check my list, buy the stuff.

List down the grocery items, go to grocery, pick them , purchase them.

4. Walk us through your process of meal planning.

11 responses

I don't really meal plan, I just eat what I have in the house

Monday is soup supper, Saturday is pizza party, Sundays we eat out. Wednesday we usually order in. Lunchtime always something quick like a sandwich or burger. The other days I cook veggies, rice pasta.

it really depends on what I am feeling that day or week

I think of one meal and a few items that ran out before I go grocery shopping and figure out one or two more meals while shopping. When we have guests I make a detailed list before I go.

Special occasions I plan meal ahead of time. Daily basis most of the time its random it a day before.

Check fridge and plan something to eat, or find some recipe to prepare.

Meal planning usually starts in the morning (sometimes the night before) and we come to a decision before I get off work so we could run into the store and get the items we need

I'm always on a diet so weight loss food LOL

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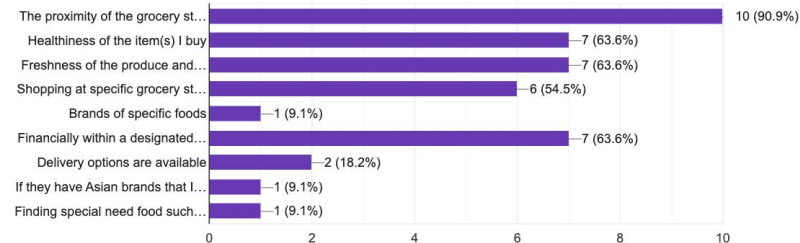
See if anything at home needs to be used and plan around that, then see if there are any days that need specific meals (busy days or event days) and plan those, see what's on sale and plan around those foods, and then fill in the rest.

I don't plan very far ahead. Sometimes if there's something I haven't made in a long time, I'll plan to pick up groceries to make that. Otherwise, I usually have some basic ingredients always on hand (bread, eggs, cheese, idk), which are versatile enough to make some variety of things, so I can make something when I feel like it.

I cook whenever needed. Usually 3/4 times a week.

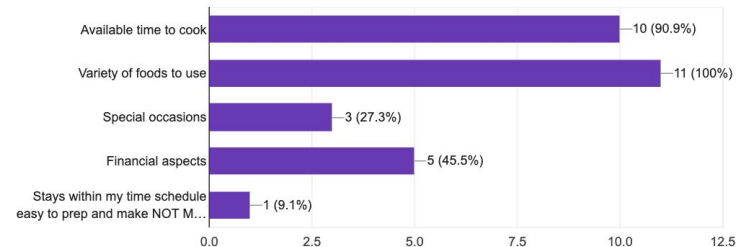
5. What do you think is important to consider when grocery shopping (Select all that apply)

11 responses



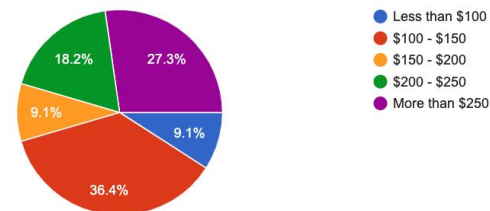
6. What do you think is important to consider when planning meals (Select all that apply)

11 responses



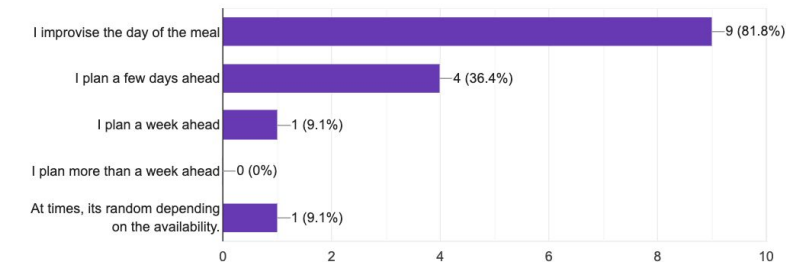
7. How much money do you typically spend for yourself on groceries every month?

11 responses



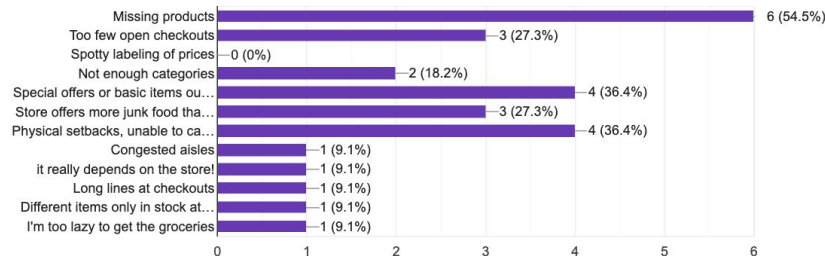
8. How far in advance do you usually plan for cooking a meal?

11 responses



9. What are some of your frustrations with grocery shopping?

11 responses



10. What are some of your frustrations about meal planning?

11 responses

I can't plan ahead, and sometimes the groceries spoil before I get to them!

Sometimes I don't want to eat what I planned to for the day

Never knowing what I actually want to eat

Come up with new options that everybody likes, cook healthier

Long cooking time, and shopping food items for special meals

Can't find some products of the resume.

sometimes they don't provide a variety of meats/veggies, a lot of items get stuck in importing so there's not much at the end of the month (hit-or-miss), out of stock items

It's hard for some reason

Time it takes to do. not havina enerav to complete cooking.

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It's hard for some reason

Time it takes to do, not having energy to complete cooking.

I'm usually lazy about planning to get groceries.

I need to do everything by myself which is very time consuming and manual labor

11. How would you describe your dietary habits?

11 responses

I eat everything

I've been vegetarian for the past 22 years, so I consider myself a healthy person

Mostly oven cooked meals for lunch and home cooked for dinner

comfort food with lots of healthy options

Healthy and nutritious

Eat vegetables, fruits, fish more than meats.

Intuitive eater, I try to do meatless days, but no restrictions

BAD

Fairly healthy, lots of fresh produce supplemented by easy protein and quick-prep staples.

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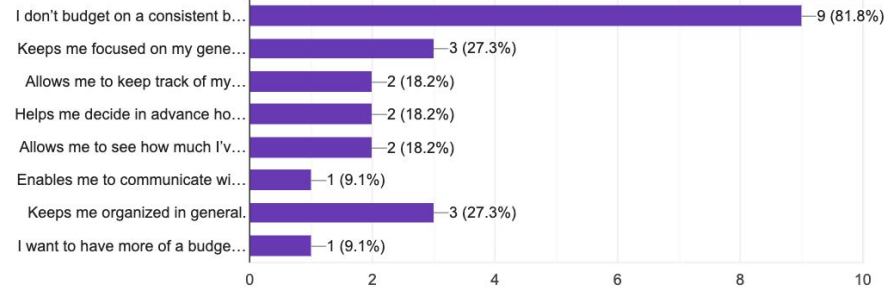
Fairly healthy, lots of fresh produce supplemented by easy protein and quick-prep staples.

I don't think about what I eat a lot, I usually just eat whatever I feel like eating.

My family eat very specific type of food in case of meat, fish. And we eat organic vegetables and these are few selected as well

12. Please describe how important budgeting for groceries is to you .

11 responses



15. Location (State/Province)?

11 responses

NYC

Buenos Aires, Argentina

London, England

California

New Jersey

Sammamish, WA

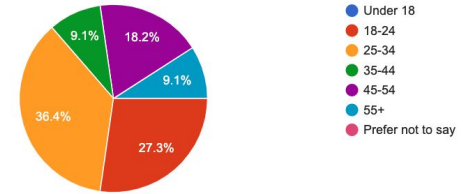
Guam

England

Tokyo, Japan

13. Age?

11 responses



14. Occupation?

11 responses

Occupational Therapist

Full time mom , ux student

Web designer

design

Teacher

retired

Industry Agent/Sales

OT student at university

Middle school teacher