| **Excerpt** | | | **Code** |
| --- | --- | --- | --- |
| “Shopping habits are pretty sporadic.” | | | Sporadic shopping |
| “I have like the same three or four meals on rotation. I like to keep it simple.” | | | Limited meal variety / Simple meals |
| “Salami and cheese toasty… tuna and rice… noodles, ramen.” | | | Reliance on convenience foods |
| “Asian food… find it better than anything else.” | | | Preference for Asian cuisine |
| “I can’t live without salami, mayo, cheese, rice.” | | | Reliance on staple ingredients |
| “The concept of the meals is that I’m lazy.” | | | Lack of motivation to cook/shop |
| “Too lazy to go to the shop to buy something for my lazy meal.” | | | Convenience drives choices |
| “I don’t have a car… too far away to walk.” | | | Limited food access / transport barrier |
| “We all kind of just freestyle… sometimes we’ll have no bread and then four loaves.” | | | Uncoordinated household shopping |
| “We wouldn’t even be bothered to call each other and check.” | | | Lack of household communication |
| “Literally as much that can fit into my biggest pan at one time.” | | | Bulk cooking at once |
| “Leftovers… I’ll cook it the next day maybe or someone else will eat it.” | | | Sharing leftovers / Flexible leftover use |
| “Only if it’s one of my pre-approved meals list… otherwise meat goes to waste.” | | | Stable foods finished / Perishables wasted |
| “Monitor its condition… best before is just a recommendation.” | | | Flexible attitude toward expiry |
| “Throw away maybe quarter of a tomato or half a lettuce.” | | | Wasting fresh produce |
| “I would eat it when it’s slimy and awful.” | | | Tolerating spoiled food |
| “My dad loves to eat things that need to go in the bin.” | | | Household disagreement on expiry |
| “Sometimes food just thrown in the yard for gardening.” | | | Informal composting |
| “We literally be eating stuff with ocean [old food].” | | | Perception of wasting less than others |
| **Category** | **Related Codes** | **Supporting Quotes** | |
| **Meal Routines** | Limited meal variety, Reliance on convenience foods, Reliance on staple ingredients, Lack of motivation to cook/shop | - *“I have like the same three or four meals on rotation. I like to keep it simple.”* - *“Salami and cheese toasty… tuna and rice… noodles, ramen.”* - *“I can’t live without salami, mayo, cheese, rice.”* - *“The concept of the meals is that I’m lazy.”* | |
| **Shopping Practices** | Sporadic shopping, Convenience drives choices, Limited access/transport barrier, Uncoordinated household shopping, Lack of household communication | - *“Shopping habits are pretty sporadic.”* - *“Too lazy to go to the shop to buy something for my lazy meal.”* - *“I don’t have a car… too far away to walk.”* - *“We all kind of just freestyle… sometimes we’ll have no bread and then four loaves.”* - *“We wouldn’t even be bothered to call each other and check.”* | |
| **Cooking & Leftovers** | Bulk cooking at once, Sharing leftovers / flexible leftover use | - *“Literally as much that can fit into my biggest pan at one time because I’m not cooking multiple batches.”* - *“Leftovers… I’ll cook it the next day maybe or someone else will eat it.”* | |
| **Food Waste Patterns** | Perishables wasted, Wasting fresh produce, Stable foods finished | - *“Only if it’s one of my pre-approved meals list… otherwise meat goes to waste.”* - *“Throw away maybe quarter of a tomato or half a lettuce.”* - *“Most of the time… the meat would be going to waste.”* - *“That all gets finished… tuna and salami and sandwiches.”* | |
| **Attitudes Toward Expiry & Food Safety** | Flexible expiry attitudes, Tolerating spoiled food, Household disagreement on expiry | - *“Monitor its condition… best before is just a recommendation.”* - *“I would just eat it when it’s slimy and awful, but like probably shouldn’t.”* - *“My dad loves to eat things that I definitely often need to go in the bin, and all of us are, like, mildly concerned.”* | |
| **Waste Management Practices** | Informal composting, Perception of wasting less than others | - *“Maybe I’ll just throw it in the yard… where my mom’s gardening.”* - *“It is [like compost].”* - *“We literally be eating stuff with ocean [old food].”* | |
| **Food Preferences** | Preference for Asian cuisine | - *“Asian food? Mhmm… I find it better than anything else.”* | |

**Thematic Analysis (Step 3)**

**Theme 1: Convenience-Driven Food Routines**

* Meals are repetitive, simple, and centered on a few “go-to” ingredients.
* Cooking and shopping habits are shaped by laziness and a desire for ease.
* **Evidence:** *“I have like the same three or four meals on rotation.”* / *“The concept of the meals is that I’m lazy.”*

**Theme 2: Household Disorganization in Food Management**

* Shopping is uncoordinated, leading to duplication (e.g., multiple loaves of bread).
* Lack of communication between family members contributes to food waste.
* **Evidence:** *“We all kind of just freestyle… sometimes we’ll have no bread and then four loaves.”* / *“We wouldn’t even be bothered to call each other and check.”*

**Theme 3: Perishables as the Main Source of Waste**

* Fresh produce (lettuce, tomatoes, meat) spoils because it’s not consistently used.
* Stable “pre-approved” foods (salami, rice, tuna) rarely wasted.
* **Evidence:** *“Throw away maybe quarter of a tomato or half a lettuce.”* / *“Only if it’s one of my pre-approved meals… otherwise meat would be going to waste.”*

**Theme 4: Flexible Attitudes Toward Expiry and Food Safety**

* Expiry dates are treated as guidelines rather than strict rules.
* Some participants tolerate spoiled food, while others (e.g., dad) eat food far past its best-before date, leading to household disagreements.
* **Evidence:** *“Best before is just a recommendation.”* / *“I would just eat it when it’s slimy and awful.”* / *“My dad loves to eat things that I definitely often need to go in the bin.”*

**Theme 5: Informal Waste Mitigation Practices**

* Some waste (like spoiled produce) is repurposed through gardening/composting.
* Household perceives themselves as wasting less than others because they consume old food.
* **Evidence:** *“Maybe I’ll just throw it in the yard where my mom’s gardening.”* / *“We literally be eating stuff with ocean [old food].”*

**Theme 6: Food Culture and Preferences**

* Preference for Asian cuisine influences eating out more than cooking at home.
* Home meals remain functional rather than culturally or nutritionally varied.
* **Evidence:** *“Asian food… I find it better than anything else.”*