

The Sustainable Spoonful

*Please select your age group: **

- 10-18
- 18-30
- 30-50
- 50-70
- 70+

*Do you think that it is difficult to find healthy food at an affordable rate in South Africa? **

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Because healthy food is way more expensive

What methods have you used to cut down on food costs for your family? *

Buy less

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Easy navigation

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Buy knowing what exact portions are enough for each meal

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Most people aren't conscious of what healthy food actually is, it's more about the macro nutrients than the food group

What methods have you used to cut down on food costs for your family? *

We kosher at home there is no cutting down lol

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

Na

Were there any features of the food-saver application that you feel could be improved?

Na

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Kosher and halal options

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Education

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Because most foods are imported and or farmers are struggling to supply because of loadsheading.

What methods have you used to cut down on food costs for your family? *

By cutting down on luxury goods expenditure and using that money to buy food.

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

None

Were there any features of the food-saver application that you feel could be improved?

Not Applicable

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

I do not use food saver apps

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

By finding alternative sources of protein.

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

It's too expensive

What methods have you used to cut down on food costs for your family? *

Buying less healthy but cheaper food

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Where to buy the healthy food at affordable prices

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Donate to the less fortunate

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Due to food deserts in some areas is harder to find healthier foods at a food price

What methods have you used to cut down on food costs for your family? *

Only splurging once a month

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

A map of nearby affording food stores. Discount codes

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Distributing leftover food from restaurants at the end of the day.

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Growing some

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Easy to use

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Grow your own

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

It is fashionable to eat healthy therefore it is expensive, demand increases the cost. Declaring staples we have lived on for generations 'super foods' like avos and spinach are great examples of this, avoid are ridiculously expensive now. Not to mention the extremely high fuel cost so to get produce from the farmer to the stores is a huge expense. O yes, let us not forget the additional cost stores must go to in order to keep fresh produce, meat etc. In a good condition with loadshedding. All of this just does not help the consumer.

What methods have you used to cut down on food costs for your family? *

Changed diet to less healthy options, i.e. more starch like maize and pasta and things that wont spoil due to loadshedding and less fresh fruit and veggies. Also, loadshedding often causes our not being able to prepare our meals so we rely on take-out, and it must be cheap take-out, so never a healthy option

Have you used any food-saver applications? *

- Yes
- No

If you selected yes, what food-saver applications did you use?

.....

.....

.....

Were there any features of the food-saver application that you feel could be improved?

.....

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

It has to be very simple and easy, education is not the highest priority in this country. It must be low-cost and easily accessed

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

We should have a stable power provider, private, not Eskom and not public. People must also get over themselves. An orange with a mark is still a good orange even if it is not picture perfect. The world is fake and full of snow flakes, it doesn't help

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Setting a menu for the week. Only buy what I need that I don't have.

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

Na
.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Menus and ingredients, shops, prices and availability of the ingredients needed
.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Setting a menu, cook for the amount of people who will eat the meal and not for an army, buy fresh veg and Fruit from markets
.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Cut out luxuries and look out for specials

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Showing which supermarkets are running their specials

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Market meals of all leftovers

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Most retailers only sell processed food and healthy food has become extremely costly

What methods have you used to cut down on food costs for your family? *

Buy the bare minimum

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Name and address of stores. Do not focus on online orders, only

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Screen producers and enforce strict rules

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Fruit and Vegetable Prices are becoming unreasonable, it's much cheaper to just buy a pack of noodles, bread and rolls etc.

What methods have you used to cut down on food costs for your family? *

We try to buy groceries for the week instead of groceries for the month

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Store Locators that tell me the places near me holding any food specials.

Notifications that display food saving tips

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Consumers need to be made aware of food saving specials

And instead of throwing out food let us know where we can drop off unused yet edible items such as tinned foods, peanut butter etc to people in need

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Purchasing as needed

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Apply it to all Grocery stores

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

through innovation, technologies and education, to shift behavioural norms away from waste

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

There is inequality with providing healthy food at an affordable rate because companies profit a lot more from selling unhealthy food, therefore healthy foods are sold to people of a specific salary class as it is seen as a luxury

What methods have you used to cut down on food costs for your family? *

reduce the amount of food we buy on a monthly basis

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

being able to scroll through options and filter based on ratings and prices

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

wastage can be solved by giving excess food away rather than throwing it away or being more savey with what is produced to reduce over production.

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Well with a low salary. One would like to eat healthier but food these days is very expensive. I used to shop at Woolworths and can't afford it anymore

What methods have you used to cut down on food costs for your family? *

Try eat more veggies, fish as these are the cheapest at the moment

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

I guess it would help us South Africans alot

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

By keeping more freshly grown product's on the market. So that it has a shortage expiry date.

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Buying unbranded or cheaper brands

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Brands and pricd

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Don't over buy or over order foood

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

cause all the healthy fresh produce costs R100+

What methods have you used to cut down on food costs for your family? *

coupons, buying bulk, getting food from local markets

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

pick n pay smartshopper

Were there any features of the food-saver application that you feel could be improved?

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

seeing different shops and what's the cheapest option
meal prep ideas

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

by prioritizing local food production

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

It's expensive to produce and there is a high demand.

What methods have you used to cut down on food costs for your family? *

Buy in bulk from fresh produce markets, then freeze the veges, can the in-season fruits for later and dry what I can like herbs. Saving R300 every month for a year to be used for bulk purchase of food that stores for a long time like tinned stuff, dried beans, samp, rice etc

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

N/A

Were there any features of the food-saver application that you feel could be improved?

N/A

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

1. Connection of people looking to buy in bulk as a group on a monthly basis.
2. Showing food specials

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Educating people on how to plant their own fruits and veges as a group and sharing with each other.

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- 70+

Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Only shop when its on sales

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

It should be easy to use. Like the information should be easier to access. It shouldn't be complicated

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

I do not know

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Cost of living; poor economy resulting in increased food prices etc,

What methods have you used to cut down on food costs for your family? *

Cut down on luxuries,

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Add-free

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Incentives for more retailers to donate stock no longer fit for shelves but still fit for human consumption as well as donating leftovers

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Because many people don't buy healthy foods the prices are a lot higher to cover the sourcing and transport costs of the healthy goods

What methods have you used to cut down on food costs for your family? *

To create and use a budget for a predetermined menu of the week to calculate how much a week will cost us to see how much we can spend on food for the month

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

A tool to price check products against other products. A tool to recommend certain products when buying other products to make creating meals easier.

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

South Africa can do the same as France and force food retailers to give food away that will go bad soon for free to people in need instead of throwing it away

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

In my experience shops that sell organic products are more expensive. I'm assuming that it's due to the state of food security in our country.

What methods have you used to cut down on food costs for your family? *

Priorities. We buy what we need most and cut down on the "wants".

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

The app must not ask for any card details. Most people in my experience tend to find that very sketchy. It would be better if one is able to use the app both online and offline (is in with and without the connection of the internet) because not everyone has data or Wi-Fi so having such a feature allows for more people to use it.

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

1. Spreading awareness
 2. Encouraging people to make crops of their own so they understand the hard work that is put in to making food .
-

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Because healthy food is more expensive and unhealthy food is cheaper to produce because of the additives to make it last longer and the low production value

What methods have you used to cut down on food costs for your family? *

Buy in bulk, cook at home most of the time, freeze everything

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Coupons like they have in America that you can scan at the shop

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

By making healthy foods from the farms accessible to the public rather than corporate. It becomes cheaper and people can buy what they need when they need it

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Nutrient dense food is quite expensive, especially sustainable and ethical protein sources

What methods have you used to cut down on food costs for your family? *

More aware of specials and using grocers instead of supermarkets

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Easy menu navigation. Special offers listed by store

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Better legislation around for waste

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

I just think that we don't have the capabilities/facilities to make these healthier products like in 1st world countries

What methods have you used to cut down on food costs for your family? *

Buy items that give you the most at a specific price point

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Different tabs for different products, i.e milk-dairy and chicken breast-meat/protein

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Firstly, correct and proper farming techniques.

Secondly, just trying to limit wastage as a whole by making use of as much of an item as possible

.....

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Please select your age group: *

- 10-18
- 18-30
- 30-50
- 50-70
- 70+

Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

because of the high costs and the high demands by people who could buy it which causes shortage for people who can barely buy it

What methods have you used to cut down on food costs for your family? *

buying only necessities

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

the UI should be more user friendly

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

it should offer the option to view stores with available products and their prices and should tell people what they need to do in order to reduce food wastage and reduce consumption

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

- 1- trying to increase the amount of food produced locally through agriculture
 - 2- the government should do podcasts to advise people on how to better manage their food consumption in order to waste less
 - 3- Promote Diversification in terms of what products to produce
-

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Buy in bulks cause if you buy just what you need every time you'll be wasting money

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Help blind people ig 🚧 idk I'm y'all are smart you'll figure it out ❤️

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

The govt maybe

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Starvation

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Less buttons to push

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Give to the needy

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Healthy food is seen as a luxury

What methods have you used to cut down on food costs for your family? *

Less wastage

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

If a list of each store and prices is on i think farmers market and straight from distributers options should be added, not only main stream stores

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Food packages should state in big and clear writing the expiration date and shelf life not in small writing you have yo search for. As well as to help people with more serving suggestions they can state the recommended amount of servings the food product is for.

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

What methods have you used to cut down on food costs for your family? *

Buying in bulk when there are sales and buying foods that we are need.

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

A feature that lets you know if food is actually cheaper and maybe adding coupons or a rewards system for using the app often.

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

It's hard, you need to somehow make a person value food and be willing to share food they know they don't need. Maybe start trends that involves saving and reusing foods instead of throwing away. Or take it the hard way and charge people for food wastage. For people struggling with food insecurity, carry on with the food drives and teach people on how to make affordable and healthy meals and help them with extra costs if necessary. The costs from charging others for wastage can be donated to those without food security.

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

The rising cost of living is causing all food prices to increase, making it more difficult to find a balance between ordering food and cooking your own food.

What methods have you used to cut down on food costs for your family? *

I have started growing and harvesting edible plants, such as green beans and spinach.

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

A page that contains easy-to-understand advice that contains information such as:

What to do with food scraps (eg. compost vs. throwing away vs. using it in another dish)

Cheaper alternatives to ingredients

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

A nation wide drive to show poorer communities how to garden (including a small investment of seeds and compost to help kickstart their gardens) so that they can grow their own food will help in lessening the strain on their wallets in terms of purchasing food.

Water processing plants can also be built that will process sea water into clean fresh water (such as by filtering out any debris and boiling the water to clean the water and filter out the salt). This will help ease the shortage of clean water in South Africa.

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Everything is expensive everywhere

What methods have you used to cut down on food costs for your family? *

Eating the same thing every day

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Location based data

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Educate people

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

It is an easier option to either order fast food or to buy a quick unhealthy meal at the shops, healthy food is also more expensive at the shops than regular unhealthy food.

What methods have you used to cut down on food costs for your family? *

Not eating out as much as well as we come home at 5 which we skip lunch and only eat supper.

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

More available to the public

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Have more shops do a food program where they gather food and distribute it responsibly to the public that is unable to buy food as well as the government could also section off money to allow the disadvantaged to buy food.

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Well Woolworths is really expensive, fruit and veg in general can be pricey

What methods have you used to cut down on food costs for your family? *

Not much, buy food on specials

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

I mean I use the Burger King app every now and again

Were there any features of the food-saver application that you feel could be improved?

Yeah more variety and an application that could be more broad

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Good ui, nice features for people to find specials

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Tough question. Proper use of recycling of waste for compost could be a use case!

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Idk

What methods have you used to cut down on food costs for your family? *

Idk

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

Idk

Were there any features of the food-saver application that you feel could be improved?

Idk

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Idk

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Idk

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Most of the Markets in South Africa target the lower income areas, and the food is usually almost never organic, and so the food is affordable only if it isn't healthy.

What methods have you used to cut down on food costs for your family? *

Buy at a wholesale food market, even if I didn't want to.

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Include Organic fresh vegetables section, and a none organic vegetable section...so in essence you should include more categories on your application. Make the interface easy to work with as well.

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Offer more recipes of re-cooking your leftovers. For food insecurity offer a section for people to learn how to farm in their own homes in the app and maybe offer alternative diets.

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

A lot of healthy foods need to be imported, the produce we have in the country often goes off and is not properly cared for and distributed.

What methods have you used to cut down on food costs for your family? *

Freezing foods to keep them for longer and buying them in bulk to save money.

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

I do not know what a food saver is

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

I think it starts with companies such as Pick n Pay and Checkers, that need to give their food away that are unable to be sold.

.....

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Most of the healthy produce is much more expensive and not readily available at stores. There's also not huge quantities available. Organic food does not last long which means frequent purchases which people cannot afford

What methods have you used to cut down on food costs for your family? *

Reduce eating out and purchasing of luxuries, growing herbs and vegetables in the garden. Reduce meat consumption when costs are high. Shopping at different stores and buying only when there are special offers.

Have you used any food-saver applications? *

- Yes
- No

If you selected yes, what food-saver applications did you use?

Were there any features of the food-saver application that you feel could be improved?

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

Accessibility and practicality

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

Teaching and encouraging people to start sustainable gardens. Education around how to optimize on your food products and budget well. Encouraging healthy meal preparation as opposed to junk food. Availability of electricity, loadshedding has impacted on households in terms of food storage of fresh produce and meat products.

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Do you think that it is difficult to find healthy food at an affordable rate in South Africa? *

- Yes
- No

If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

Inflation

What methods have you used to cut down on food costs for your family? *

Budgeting

Have you used any food-saver applications? *

Yes

No

If you selected yes, what food-saver applications did you use?

.....

Were there any features of the food-saver application that you feel could be improved?

.....

If a food-saver application were to be developed for people in South Africa, what features do you feel should be included to make the application more user-friendly? *

To see what shops have the food on a sale or at a cheaper price

.....

In your opinion, how do you think that the problem of food insecurity and food wastage can be solved? *

To use leftovers and don't throw away food that is perfectly fine to eat

.....

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