The Sustainable Spoonful

38 responses

Please select your age group: Copy

38 responses

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

15.8%
13.2%
65.8%

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

38 responses

- Yes
- No

23.7%
76.3%
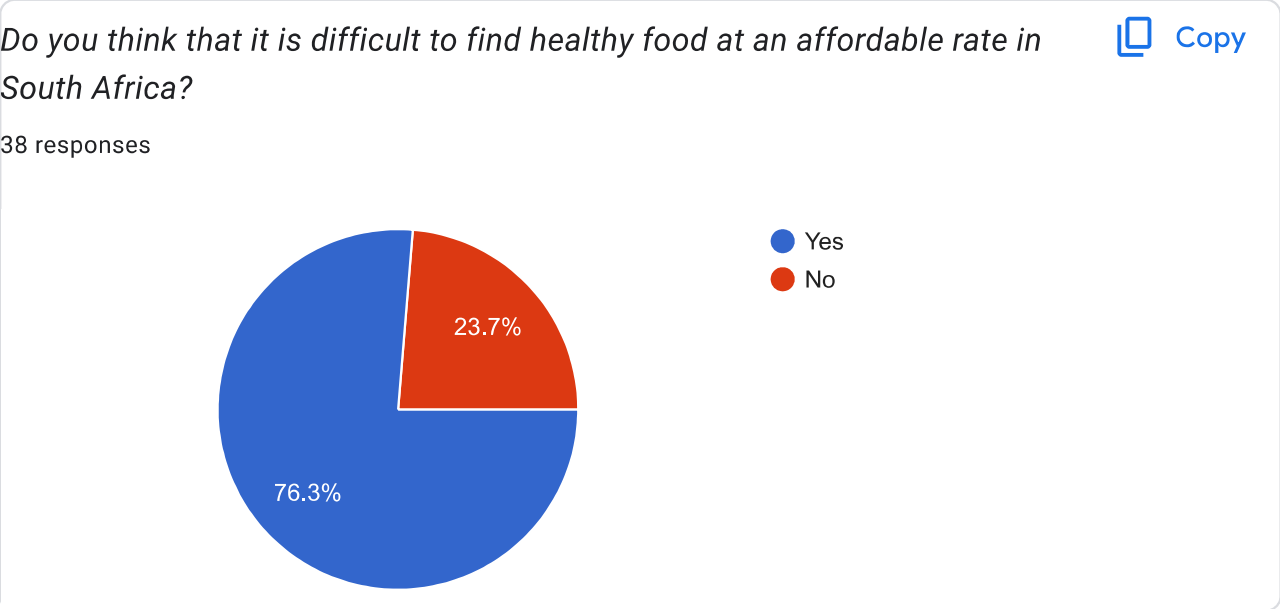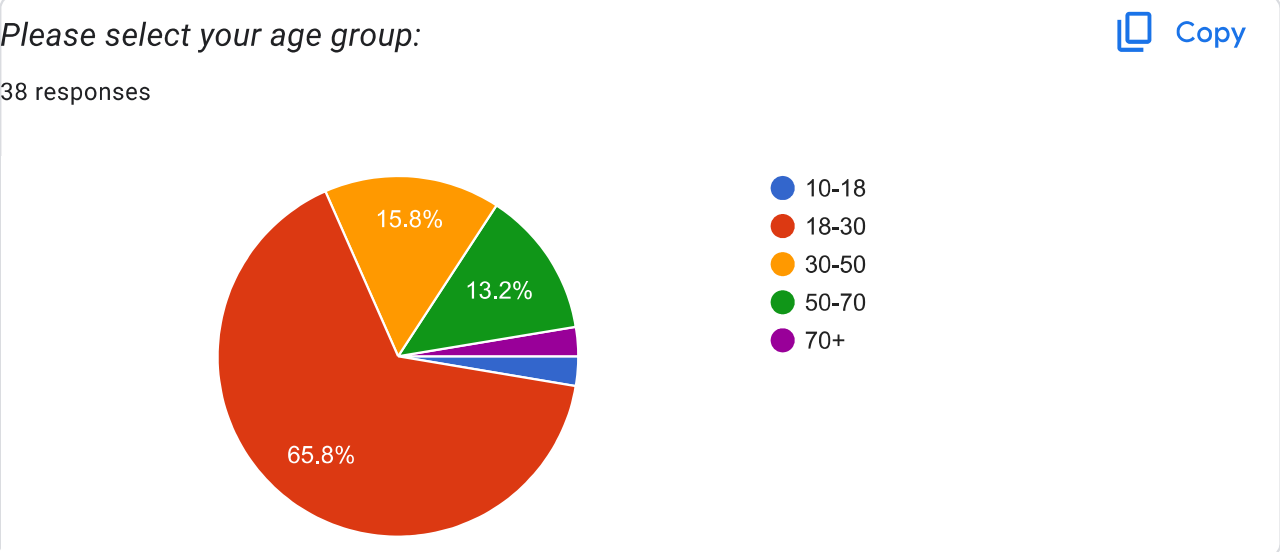
If you selected yes, why do you think that it is difficult to find healthy food at an affordable rate?

29 responses

Because healthy food is way more expensive

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

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

It's too expensive

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

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.

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

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

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

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

cause all the healthy fresh produce costs R100+

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

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

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

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.

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

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

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

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

Healthy food is seen as a luxury

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

Everything is expensive everywhere

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.

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

Idk

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.

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.

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

Inflation

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

38 responses

Buy less

We kosher at home there is no cutting down lol

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

Buying less healthy but cheaper food

Only splurging once a month

Growing some

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

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

Cut out luxuries and look out for specials

Buy the bare minimum

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

Purchasing as needed

reduce the amount of food we buy on a monthly basis

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

Buying unbranded or cheaper brands

coupons, buying bulk, getting food from local markets

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

Only shop when its on sales

Cut down on luxuries,

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

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

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

More aware of specials and using grocers instead of supermarkets

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

buying only necessities

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

Starvation

Less wastage

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

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

Eating the same thing every day

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

Not much, buy food on specials

Idk

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

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

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.
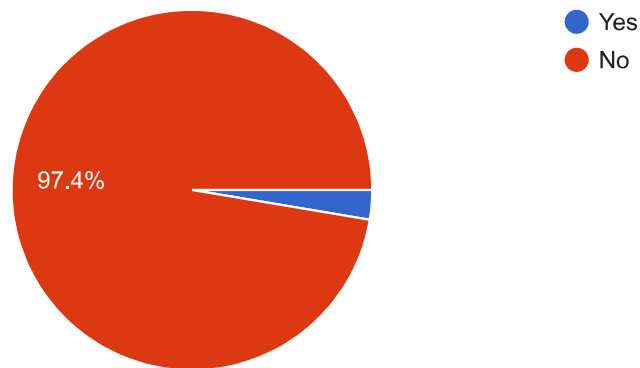
Budgeting

Have you used any food-saver applications?

38 responses

- ● Yes
- ● No

97.4%

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

6 responses

Na

None

pick n pay smartshopper

N/A

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

Idk

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

7 responses

Na

Not Applicable

N/A

the UI should be more user friendly

Yeah more variety and an application that could be more broad

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?

38 responses

Easy navigation

Kosher and halal options

I do not use food saver apps

Where to buy the healthy food at affordable prices

A map of nearby affording food stores. Discount codes

Easy to use

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

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

Showing which supermarkets are running their specials

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

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

Notifications that display food saving tips

Apply it to all Grocery stores

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

I guess it would help us South Africans alot

Brands and pricd

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

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

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

Add-free

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

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.

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

Easy menu navigation. Special offers listed by store

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

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 consumbtion

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

Less buttons to push

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

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

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

Location based data

More available to the public

Good ui, nice features for people to find specials

Idk

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.

I do not know what a food saver is

Accessibility and practicality

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?

38 responses

Buy knowing what exact portions are enough for each meal

Education

By finding alternative sources of protien.

Donate to the less fortunate

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

Grow your own

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

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

Marke meals of all leftovers

Screen producers and enforce strict rules

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

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

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.

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

Don't over buy or over order foood

by prioritizing local food production

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

I do not kmow

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

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

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 .

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

Better legislation around for waste

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

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

The govt maybe

Give to the needy

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.

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.

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 oown food will help in lessening the strain on their wallets in terms of purchasing food.

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

Educate people

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.

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

Idk

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.

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.

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.

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

Google Forms