

Data documentation

GENERAL INFORMATION

Title of Dataset: Database Swiss Food Waste Diary Study

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Date of data collection: 01.11.2024-31.12.2024

Geographic location of data collection: Switzerland, three linguistic regions German, French, Italian

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METHODOLOGICAL INFORMATION

Description of methods used for collection/generation of data: Food waste data was gathered via web application. Individual and household characteristics were gathered with two surveys (initial and final survey).

Coding Excel Sheet:

Particiapnts IDs and food waste data

Column letters	
A	Participants ID (anonymous six digit code)
B	Total food waste per capita and per 7 days in gram
Food waste of the 14 food groups per capita and per 7 days in gram	
C	Other
D	Bread and bakery goods
E	Fish and sea food
F	Meat
G	Vegetables and fruits
H	Beverages
I	Milk, dairy products and eggs
J	Nuts, seeds, kernels
K	Plant-based proteins
L	Leftovers from dishes
M	Savoury snacks
N	Sauces, pesto, savoury spreads and dips, oil, fats, spice, bouillon
O	Chocolate, confectionery, sweet spread
P	Starchy side dishes

Individual characteristics

Column letters	Sample characteristics of participants	Coding number
Q	Age groups	
	18-34	1
	35-49	2

	50-64	3
	65 and older	4
R	Age (year, mean \pm SD)	Age in years
S	Gender	
	Women	0
	Men	1
T	Marital status*	
	Single	1
	Married/Registered partnership	2
	Widowed/Divorced	3
U	Employment	
	Yes, 80% or more	1
	Yes, part-time, less than 80%	2
	I am searching for job	3
	I am currently not employed (housewife, houseman, students, retired)	4
V	Education	
	No qualification, in education	1
	Compulsory school	2
	Vocational apprenticeship/vocational college/commercial school	3
	(Vocational) baccalaureate	4
	Higer technical or vocational education	5
	University of applied sciences or university of education	6
	University/Federal Institute of Technology	7
W	Weekly frequency of cooking dinner at home	
	Never	1
	1x	2
	2x	3
	3x	4
	4x	5
	5x	6
	6x	7
	Every day	8

X	Dietary pattern	
	Omnivore (I eat all animal products)	1
	Flexitarian (I try to eat little meat)	2
	No meat (vegetarian, pescatarian and vegan)	3
	Other	4

Household characteristics

Column letters	Sample characteristics of households	Coding number
Y	Linguistic region*	
	German	1
	French	2
	Italian	3
Z	Owning a garden	
	No	0
	Yes	1
AA	Number of household members in households	
	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
AB	Average age of adult household members (year, mean \pm SD)*	47.70 (\pm 13.4)
AC	Number of children below 18 years*	
	None	0
	1	1
	2	2
	3	3

	4	4
AD	Proportion of adult women in household*	
	Less women (0-49%)	0
	Equal (50%)	1
	More women (51-100%)	2

Scales: Perceived health risk and plate clearing tendencies

Column letters	Scale	Questions
AE	Perceived health risk scale (from 1: I fully disagree to 7: I fully agree)	1.I believe that the risk of becoming ill as a result of eating food past its use-by date is high.
AF		2.I am not worried that eating leftovers results in health damage.
AG		3.I think that consuming leftovers is harmless.
AH		4.I think that one can perfectly safely eat food products whose use-by dates expired a few days ago
AI	Means perceived health risk	
AJ	Plate clearing tendencies (from 1: I fully disagree to 5: I fully agree)	1.I always tend to clear my plate when eating.
AK		2.I normally finish eating when my plate is empty
AL		3.Before I start eating, I normally plan to finish the serving I am about to eat.
AM		4.I rarely leave food on my plate
AN		5. It is normal for me to have very little food left or an empty plate at the end of a meal.
AO	Means plate clearing tendencies	
AP	Sum plate clearing tendencies	