

THE SCOFI

SUSTAINABLE CONSUMPTION OF FOOD INDEX

[TECHNICAL NOTES AND CALCULATION]



Assessing and Changing Adults' Behaviour on Sustainable Consumption of Food
Erasmus+ KA2 Strategic Partnership for Adult Education
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Work Package 5: SCOFI: The Sustainable Consumption of Food Index

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INTRODUCTION..... 3

A1. PREPARING ITEM POOL FOR SCOFI 4

 MAPP’s Proposed Items for SCOFI Item Pool 4

 BOKU’s Proposed Items for SCOFI Item Pool 5

 DEU’s Proposed Items for SCOFI Item Pool 6

 LEGACY17’s Proposed Items for SCOFI Item Pool 7

 MSKU’s Proposed Items for SCOFI Item Pool 7

 SUA’s Proposed Items for SCOFI Item Pool 8

A2. ASSESSMENT OF ITEMS IN THE SCOFI BY EXPERTS..... 13

A3. DEVELOPMENT OF PROPOSED SCOFI..... 19

A4. MEASURING THE VALIDITY AND RELIABILITY OF SCOFI 22

 Method..... 22

 Sample 22

 Development of the Data Collection Tool 23

 Data Analysis..... 23

 Findings 23

 Findings Related to Exploratory Factor Analysis (EFA)..... 23

 Findings Related to Confirmatory Factor Analysis (CFA) 25

 Findings on the Reliability of SCOFI 27

 DIMENSIONS OF SCOFI 29

 SCOFI Calculation Note..... 30

A5. FINAL VERSION OF SCOFI 31

INTRODUCTION

There are many studies in the literature that reveal the situation of countries and individuals on balanced and adequate nutrition. However, there is not many study or index which measures the sustainable consumption behavior of individuals on food in local or global level. Therefore, the main aim of this output is to fill this gap in the literature and to put forward a viable, valid, and reliable index at European level which measure people's sustainable consumption behavior on food.

Within the scope of index development, first, an item pool was constituted. Items were asked to experts from each partner country to create more comprehensive and complete index. The experts evaluated the items in four different level; "the item is not necessary", "the item is necessary but major revision required", the item is necessary but minor revision required", and "the item is necessary". In order to be able to do this, the item pool created by the lead partner. The answers from the experts were discussed. The latest items and questions measuring the frequency of consumption of basic foods were formed together. The index became its final form with statistical analysis of the data obtained from the pilot studies. Finally, the index was applied in each partner country. The preparation for analysis also includes the following:

Detailed need analysis report and results of SCOFI lead the mapping sustainable consumption of food in European level and creating training materials of the project.

The following outcomes were resulted from O2:

- 1) Developing Sustainable Consumption of Food Index
- 2) Framework for the design of mapping.
- 3) Structure for mapping.
- 4) Framework and structure for training materials.
- 5) Context and concept of Database
- 6) Launching of SCOFI

Within the scope of the output "O2. SCOFI: The Sustainable Consumption of Food Index", the partnership performed the following activities:

- A1. Preparing Item Pool for SCOFI
- A2. Assessment of Items in the SCOFI by Experts
- A3. Development of Proposed SCOFI
- A4. Measuring the Validity and Reliability of the SCOFI
- A5. Final Version of the SCOFI and Translation

A1. PREPARING ITEM POOL FOR SCOFI

The 2030 Agenda for Sustainable Development underlines a global commitment to “achieving sustainable development in its three dimensions—economic, social and environmental—in a balanced and integrated manner” (ESCAP, 2015). According to FAO sustainability means ensuring human rights and well-being without depleting or diminishing the capacity of the earth's ecosystems to support life, or at the expense of others well-being. In such environment, ‘sustainable consumption’ has become a core policy objective of the new millennium in national and international arenas. Also, FAO points that the concept of sustainability is a multi-dimensional and it encapsulates social, ecological and economic resilience (FAO, 2018). In addition to these three dimensions the current literature underlines a necessity of adding a new dimension which integrates the shareholders and government responsibilities which is good governance.

As the three dimensions are clear in the literature, here the researchers want to give a basic concept for the good-governance dimension of the sustainable food consumption. Accordingly, the more responsible consumer creates the more responsible governments or vice versa. This means that the regulations of the good-governance may affect the idea of sustainable food consumption (SFC) and SFC behaviors directly and indirectly. Besides, as Maye et. al. (2019) point that the good governance applications increase the responsibility level of consumers’ behaviors not only in good governance dimensions but also in the other three dimensions which mentioned above. For instance, in the UK, the emerging governance

arrangements on single-use plastics and takeaway coffee cups have provided to consumers a responsibility framework to agri-food system sustainability (Environmental Audit Committee Report, 2018). In line with the above brief, each of these four sustainability dimensions involve several issues and all dimensions need to be considered in order to construct SCOFI Index Item Pool.

During the creation of the item pool, O1 report and related literature were used. The main purpose here is to create an item pool containing the correct indicators that can be used to measure sustainable food consumption behaviour. In this context, in order to develop items in a common framework, MSKU sent a guide with the name “The Sustainable Consumption of Food Index Guide for SCOFI”. The relevant guide is included in the appendix at the end of this report. In the context of the guide sent, items suggested by the partners are presented below.

MAPP’s Proposed Items for SCOFI Item Pool

- I avoid eating meat and meat products
- I avoid eating any animal products (e.g. egg and dairy)
- I have reduced my meat intake in the past few years
- I often substitute meat/part of the meat in a dish with for example vegetables
- I buy organic products whenever I have the option

- I buy locally produced/sourced products whenever I have the option
- I try to only buy fruits and vegetables that are in season
- I often eat meat for breakfast (e.g. bacon)
- I often eat meat for lunch
- I often eat meat for dinner
- I often have meatless suppers at home
- I plan my meals ahead of time
- I shop for more meals at the time
- I sort my trash based on local recommendations
- When planning a meal, I always try to use what I have in my pantry or fridge first, rather than buying new ingredients
- I often buy foods that have been discounted because they are close to their best before or use by date, as to avoid food waste
- I save the leftovers from cooking (e.g. half an onion)
- I always save the leftovers from meals
- I never eat the same meal twice in a row even if I have leftovers
- I often pick fruits and vegetables that are “misshaped” or bruised
- I usually cook meals from scratch
- I usually buy processed ready-to-eat meals

- I talk with friends and family about sustainability issues
- I encourage others to try more sustainable foods/dishes

BOKU's Proposed Items for SCOFI Item Pool

- When I have the alternative I prefer fair trade products.
- I buy food products directly from farmers or farmers markets.
- I separate my food waste for composting and public recycling.
- Socially fair working conditions in food production are relevant for my purchase decisions.
- I buy organic food products despite higher prices.
- I prefer food products with less packaging.
- I don't buy strawberries and tomatoes in winter, no matter if they are from Austria or from abroad.
- I buy regional food because of the shorter transport distance.
- I prefer free-range eggs to eggs from ground husbandry
- When I buy meat products I choose the ones with animal welfare labels.
- If available I buy rare or heritage fruit/vegetable varieties.
- I consume less meat and meat products than in the past.

- I don't eat meat more often than 3 times a week.
- I regularly use shopping lists when buying food.
- I prefer eating in society with family and/or friends.
- When buying food I bring my own shopping bag.
- I generally eat food leftovers from the day before.
- I eat food products also after best-before-use date.
- I don't consume food products after best-before-use date because it means they are rotten.
- I consume more often fresh-cooked food than ready made processed food.
- I choose sustainable food sources over mass-produced ones.
- I buy food as much as I need and as much as I consume
- I give the rest of the food to the animals as feed.
- I compare the prices of the places that I shop and choose ones, which sell at affordable prices.
- I make a shopping list before I go shopping.
- I do not buy products that are not my shopping list
- I consume all of the food we buy until we go on shopping again.
- I do not care about the price when it comes to buy sustainable food.
- My food choices have an impact on the environment.
- I am concerned about the agriculture industry's effect on the environment.
- I have a good grasp on what "sustainable eating" means.
- I worry about the health effects of genetically modified foods
- Choosing to buy food from local farmers is important for the environment.
- I consider the environmental impact of the food source before making my purchase.
- I prefer to buy seasonal fruits and vegetables over out-of-season foods.

DEU's Proposed Items for SCOFI Item Pool

- I inform my friends about sustainable food consumption
- I am interested about the educations which will improve my ability about sustainable food consumption
- I eat all the food that I take on my plate
- I pay attention to cooking the amount of food we will consume.
- I usually buy vegetables and fruits in the right season.
- I buy from local sources or farmer's markets.

- I want to improve my food habits so that they are more sustainable.
- My government (local or national) supports me about my food consumption behaviour.
- My government (local or national) has some informative media channels which educate people about sustainable consumption of food
- My government (local or national) supports me about sorting and recycling food packaging (plastics, Styrofoam, etc.).
- My government (local or national) has some units that are collected to leftover and used them in good way.
- My government (local or national) inform me about determine which foods are sustainable and which foods are not.

LEGACY17's Proposed Items for SCOFI Item Pool

When shopping for food

- I make a shopping list
- I take my own bags
- I buy 'funny fruit' and short-date items when on offer
- I avoid processed and 'refined' foods
- I buy direct from farm or farmers' market
- I buy locally produced, seasonal food
- I buy Fair Trade products
- I buy organically certified
 - meat
 - vegetables
 - dairy

- eggs
- I choose food with little or no pre-packaging

My food habits

- I cook from raw ingredients
- I eat meat at most 3 times a week
- If there are leftovers, I use them later
- I grow my own food
- I eat my main meal together with other people
- I avoid sweetened drinks
- I separate my food waste for composting or public recycling
- I eat my main meal outside the home at least 4 times a week
- I look for seasonal fruits and vegetables on the menu
- I choose not to eat certain foods for reasons of
 - health
 - animal welfare
 - environment
- My family/friends and I discuss our food choices

MSKU's Proposed Items for SCOFI Item Pool

- I warn my friends to consume the environmentally friendly food products.
- I search where the food products are coming from and how they are produced.
- I consider the impacts of the products on society and other consumers.

- I buy animal - based products from animals in ethical husbandry.
- I stop buying from a company or a brand that shows disrespect for the environment.
- I practice resource management of raw materials when creating daily meals.
- I spend more money for shopping since I buy environmentally friendly products.
- I buy regional food products or fair trade products.
- I calculate meal costs and evaluating cost differences of home-made meals and store-bought meals.
- I save food costs by utilizing food and leftovers thriftily.
- I buy seasonable and fresh vegetable products grown in an extensive manner (such as organic agriculture) with little transport and light packaging.
- I don't consume many takeaway products which produce more waste.
- Whenever I eat animal products, I consider livestock capacity in the country.
- I buy imported fruits from overseas (e.g. mango, pineapple, avocado, passion fruit etc.).
- I cook in energy saving way (with little water, suitable lid etc.).
- I refrain from foods with excessive packaging.
- I apply environmentally smart kitchen work.
- I am composting food scraps at home
- I buy the local seeds products.
- I buy food products from the companies who have strong linkages with local producers.
- I buy food products from the companies who provide a comprehensive and reliable information about their production process.
- I consider the carrying capacity of nature while shopping.
- I buy the food products from the companies who obtains feedback from their consumers and all stakeholders.

SUA's Proposed Items for SCOFI Item Pool

- I buy food products with a sustainability fair trade label.
- I make a list before I go buying food items?
- I consciously think of how to prepare food for myself and my family from the remains of food and raw materials I have at home?
- Do the supermarkets promote enough the social perspectives and

challenges (supporting the school, planting trees, UTZ certifications on a pack, etc.)?

- I share the leftovers with surrounding society. (friend, family, colleagues)
- I leave the rest of the food to the people in need.
- When buying food, the price is a decisive factor.
- I prefer organic foods, although they are more expensive
- Do zero-waste shops have a meaning for responsible consumer in a future?
- I do not believe that BIO foods are healthier than conventional foods. Organic foods are not produced on organic soil and watered with organic water.
- Do you freeze the leftovers?
- I get used to eating meals from previous days.
- I buy food to stock based on price.
- When buying food do you look at the country of origin cause a reduction of global transportation costs?
- I really eat the food/meals which I buy/prepare.
- I prefer food products with environmentally friendly packaging.
- How often do you later waste the food you buy?

- When food shopping, do you use your own material/ paper/ recyclable bags.
- Do you use leftovers for composting or fertilization?
- Reducing plastic packaging during purchase. I don't pack fruits and greens or pastries in plastic bags for example.
- During the season, I buy fruit and vegetables at the marketplace from local small farmers/ gardeners.
- During working days, I prefer non-meat dishes for lunch.
- I use natural resources as a source of drinking water.
- I prefer to prepare home-made meals with seasonal food.
- I buy food into stock.
- I buy food products with a sustainability/ethical label
- Are you willing to buy a food after date of expiration in supermarket?

The item suggestions from the partners were combined and revised in line with the opinions of the partners and “The Draft of SCOFI Item Pool for Expert Revision” was prepared to refer to the second stage expert opinion. Table 1 shows the draft of SCOFI item pool for expert revision.

Table 1. The Draft of SCOFI Item Pool for Expert Revision

Please indicate your evaluation to the following statements				
Items	The item is not necessary	The item is necessary but major revision required	The item is necessary but minor revision required	The item is necessary
I warn my friends to consume the environmentally friendly food products.				
I search where the food products are coming from and how they are produced.				
I consider the impacts of the products on society and other consumers.				
I buy animal - based products from animals in ethical husbandry.				
I stop buying from a company or a brand that shows disrespect for the environment.				
I buy food products with a sustainability fair trade label.				
I talk with friends and family about sustainability issues.				
I encourage others to try more sustainable foods/dishes.				
I consciously think of how to prepare food for myself/family from the remains of cooking materials.				
I share the leftovers with my family/friends/colleagues/needy people etc.				
When I have the alternative I prefer fair trade products.				
I buy food products directly from farmers or farmers markets.				
I separate my food waste for composting and public recycling.				
Socially fair working conditions in food production are relevant for my purchase decisions.				
I am interested about the educations which will improve my ability about sustainable food consumption.				
I eat all the food that I take on my plate.				
I choose sustainable food sources over mass-produced ones.				
I give the rest of the food to the animals as feed.				

I practice resource management of raw materials when creating daily meals.				
I spend more money for shopping since I buy environmentally friendly products.				
I buy regional food products or fair trade products.				
I calculate meal costs and evaluating cost differences of home-made meals and store-bought meals.				
I save food costs by utilizing food and leftovers thriftily.				
I compare the prices of the places that I shop and choose ones, which sell at affordable prices.				
I make a shopping list before I go shopping.				
I do not buy products that are not my shopping list.				
I consume all of the food we buy until we go on shopping again.				
I do not care about the price when it comes to buy sustainable food.				
I do freeze the leftovers.				
I prefer organic foods, although they are more expensive.				
I get used to eating meals from previous days.				
I eat my main meal outside the home at least 4 times a week.				
I plan my meals.				
I shop for more meals at the time.				
I buy seasonable and fresh vegetable products grown in an extensive manner (such as organic agriculture) with little transport and light packaging.				
I don't consume many takeaway products which produce more waste.				
Whenever I eat animal products, I consider livestock capacity in the country.				
I buy imported fruits from overseas (e.g. mango, pineapple, avocado, passion fruit etc.).				
I cook in energy saving way (with little water, suitable lid etc.).				
I refrain from foods with excessive packaging.				
I apply environmentally smart kitchen work.				
I prefer food products with less packaging.				

I don't buy strawberries and tomatoes in winter, no matter if they are from my country or from abroad.				
I buy regional food because of the shorter transport distance.				
I prefer free-range eggs to eggs from ground husbandry.				
When I buy meat products I choose the ones with animal welfare labels.				
If available, I buy rare or heritage fruit/vegetable varieties.				
I cook from raw ingredients.				
I eat meat at most 3 times a week.				
If there are leftovers, I use them later.				
I grow my own food.				
I avoid sweetened drinks.				
I look for seasonal fruits and vegetables on the menu.				
I consider the environmental impact of the food source before making my purchase.				
When shopping for food, I take my own bags.				
When shopping for food, I buy 'funny fruit' and short-date items when on offer.				
When shopping for food, I avoid processed and 'refined' foods.				
When buying food, I look at the country of origin cause a reduction of global transportation costs.				
I really eat the food/meals which I buy/prepare.				
I do not waste the food that I buy.				
I don't pack fruits and greens or pastries in plastic bags.				
I avoid eating meat and meat products.				
I often substitute meat/part of the meat in a dish with for example vegetables.				
I have reduced my meat intake in the past few years.				
I avoid eating any animal products (e.g. egg and dairy).				
I often eat meat for breakfast (e.g. bacon).				
I often eat meat for lunch.				
I often eat meat for dinner.				

I am composting food scraps at home.				
I buy the local seeds products.				
I buy food products from the companies who have strong linkages with local producers.				
I buy food products from the companies who provide a comprehensive and reliable information about their production process.				
I consider the carrying capacity of nature while shopping.				
I buy the food products from the companies who obtains feedback from their consumers and all stakeholders.				
When buying food I bring my own shopping bag.				
I eat food products also after best-before-use date.				
I don't consume food products after best-before-use date because it means they are rotten.				
I use natural resources as a source of drinking water.				
I am satisfied with the offer (range and quantity) of organic food from domestic production in retail chains.				
Since the government (local or national) supports me about my food consumption behaviour, I consume respectively to the environment.				
Since the government (local or national) has some informative media channels which educate people about sustainable consumption of food, I consume respectively to the environment.				
Since the government (local or national) supports me about sorting and recycling food packaging (plastics, styrofoam, etc.), I sort my home waste.				
Since the government (local or national) inform me about determine which foods are sustainable and which foods are not, I consider this information during shopping.				

A2. ASSESSMENT OF ITEMS IN THE SCOFI BY EXPERTS

The Draft of SCOFI Item Pool was asked to experts from each partner country to create more comprehensive and complete index. The experts evaluated the items in four different level; "the item is not necessary", "the item is

necessary but major revision required", the item is necessary but minor revision required", and "the item is necessary". Each partner will report the results of experts' assessment.

In this phase, which was carried out to ensure the content validity of Index, 27 experts from six countries were consulted and the item pool was revised accordingly and made ready for

the pilot data collection phase. Content Validity Ratios are presented below.

When the expert reports collected by all partners are evaluated for the revision before pilot study, the average half of the experts answered "The item is necessary". In the first step of item selection, items that are not considered "The item not necessary" by at least half of the experts are separated and items that are evaluated by at least half of the experts as "The item is necessary" are selected for use in the index.

In the second step of item selection, 39 items allocated previously were evaluated and 65% of the 27 experts considered the items as "The

item is necessary" or "The item is necessary but minor revision required". 16 items not rated by "The item is necessary" or "The item is necessary but minor revision required" by at least 65% of experts have been eliminated.

To summarize, 67 items of the 83 proposed items are regarded as necessary. 13 items were eliminated which at least half of the experts did not consider "The item is necessary" or at least 65% of the experts considered "The item is necessary" or "The item is necessary but minor revision required". Table 2 shows experts' content validity assessments for SCOFI.

Table 2. The Expert Revisions Results

Please indicate your evaluation to the following statements				
Items	The item is not necessary	The item is necessary but major revision required	The item is necessary but minor revision required	The item is necessary
1. I warn my friends to consume the environmentally friendly food products.	7	2	4	14
2. I search where the food products are coming from and how they are produced.	1	3	5	18
3. I consider the impacts of the products on society and other consumers.	4	2	7	14
4. I buy animal - based products from animals in ethical husbandry.	4	3	9	11
5. I stop buying from a company or a brand that shows disrespect for the environment.	2	5	3	17
6. I buy food products with a sustainability fair trade label.	1	1	7	18
7. I talk with friends and family about sustainability issues.	8	2	4	13
8. I encourage others to try more sustainable foods/dishes.	5	0	6	16

9. I consciously think of how to prepare food for myself/family from the remains of cooking materials.	4	3	11	9
10. I share the leftovers with my family/friends/colleagues/needly people etc.	4	3	10	10
11. When I have the alternative I prefer fair trade products.	2	1	4	20
12. I buy food products directly from farmers or farmers markets.	3	3	8	13
13. I separate my food waste for composting and public recycling.	3	2	3	19
14. Socially fair working conditions in food production are relevant for my purchase decisions.	2	0	7	18
15. I am interested about the educations which will improve my ability about sustainable food consumption.	5	4	6	12
16. I eat all the food that I take on my plate.	5	3	7	12
17. I choose sustainable food sources over mass-produced ones.	4	4	9	10
18. I give the rest of the food to the animals as feed.	9	3	6	9
19. I practice resource management of raw materials when creating daily meals.	2	6	8	11
20. I spend more money for shopping since I buy environmentally friendly products.	4	2	12	9
21. I buy regional food products or fair trade products.	4	0	5	18
22. I calculate meal costs and evaluating cost differences of home-made meals and store-bought meals.	7	7	3	10
23. I save food costs by utilizing food and leftovers thriftily.	4	1	7	15
24. I compare the prices of the places that I shop and choose ones, which sell at affordable prices.	4	4	5	14
25. I make a shopping list before I go shopping.	3	1	1	22
26. I do not buy products that are not my shopping list.	7	1	5	14
27. I consume all of the food we buy until we go on shopping again.	7	4	8	7
28. I do not care about the price when it comes to buy sustainable food.	3	0	9	15
29. I do freeze the leftovers.	3	4	5	15
30. I prefer organic foods, although they are more expensive.	2	3	5	17
31. I get used to eating meals from previous days.	1	5	5	16
32. I eat my main meal outside the home at least 4 times a week.	13	1	5	7
33. I plan my meals.	4	2	4	17
34. I shop for more meals at the time.	6	4	5	11

35. I buy seasonable and fresh vegetable products grown in an extensive manner (such as organic agriculture) with little transport and light packaging.	1	4	5	17
36. I don't consume many takeaway products which produce more waste.	2	1	9	15
37. Whenever I eat animal products, I consider livestock capacity in the country.	9	4	7	7
38. I buy imported fruits from overseas (e.g. mango, pineapple, avocado, passion fruit etc.).	5	2	8	12
39. I cook in energy saving way (with little water, suitable lid etc.).	4	0	4	19
40. I refrain from foods with excessive packaging.	0	3	6	18
41. I apply environmentally smart kitchen work.	6	6	6	9
42. I prefer food products with less packaging.	2	2	5	18
43. I don't buy strawberries and tomatoes in winter, no matter if they are from my country or from abroad.	4	5	6	12
44. I buy regional food because of the shorter transport distance.	3	0	3	21
45. I prefer free-range eggs to eggs from ground husbandry	4	2	2	19
46. When I buy meat products I choose the ones with animal welfare labels.	1	2	8	16
47. If available, I buy rare or heritage fruit/vegetable varieties.	5	4	4	14
48. I cook from raw ingredients.	4	6	10	7
49. I eat meat at most 3 times a week.	9	3	3	12
50. If there are leftovers, I use them later.	3	2	8	14
51. I grow my own food.	4	4	5	14
52. I avoid sweetened drinks.	8	2	6	11
53. I look for seasonal fruits and vegetables on the menu.	2	1	7	17
54. I consider the environmental impact of the food source before making my purchase.	0	5	9	13
55. When shopping for food, I take my own bags.	2	1	8	16
56. When shopping for food, I buy 'funny fruit' and short-date items when on offer .	3	4	12	8
57. When shopping for food, I avoid processed and 'refined' foods.	2	4	7	14
58. When buying food, I look at the country of origin cause a reduction of global transportation costs.	5	4	7	11

59. I really eat the food/meals which I buy/prepare.	4	3	7	13
60. I do not waste the food that I buy.	3	1	6	17
61. I don't pack fruits and greens or pastries in plastic bags.	4	5	7	11
62. I avoid eating meat and meat products.	7	1	7	12
63. I often substitute meat/part of the meat in a dish with for example vegetables.	3	4	5	15
64. I have reduced my meat intake in the past few years.	5	5	3	14
65. I avoid eating any animal products (e.g. egg and dairy).	8	3	3	13
66. I often eat meat for breakfast (e.g. bacon).	7	7	4	9
67. I often eat meat for lunch.	6	5	7	9
68. I often eat meat for dinner.	6	5	6	10
69. I am composting food scraps at home.	6	5	7	9
70. I buy the local seeds products.	2	6	8	11
71. I buy food products from the companies who have strong linkages with local producers.	1	2	9	15
72. I buy food products from the companies who provide a comprehensive and reliable information about their production process.	4	4	5	14
73. I consider the carrying capacity of nature while shopping.	4	5	6	12
74. I buy the food products from the companies who obtains feedback from their consumers and all stakeholders.	6	7	7	7
75. When buying food I bring my own shopping bag.	5	1	5	16
76. I eat food products also after best-before-use date.	4	3	5	15
77. I don't consume food products after best-before-use date because it means they are rotten.	4	4	5	13
78. I use natural resources as a source of drinking water.	2	4	6	15
79. I am satisfied with the offer (range and quantity) of organic food from domestic production in retail chains.	3	2	5	16
80. Since the government (local or national) supports me about my food consumption behaviour, I consume respectively to the environment.	2	5	6	14
81. Since the government (local or national) has some informative media channels which educate people about sustainable consumption of food, I consume respectively to the environment.	3	7	3	14

82. Since the government (local or national) supports me about sorting and recycling food packaging (plastics, styrofoam, etc.), I sort my home waste.	2	3	6	15
83. Since the government (local or national) inform me about determine which foods are sustainable and which foods are not, I consider this information during shopping.	3	6	5	13

Table 3 is a summary of the expert evaluations shown in table 2 above, showing the decision to keep or remove relevant items of SCOFI.

Table 3. Content Validity Ratios

Item No	Validity	Item No	Validity	Item No	Validity	Item No	Validity
<i>I1</i>	0,846154	<i>I22</i>	0,888889	<i>I43</i>	0,692308	<i>I64</i>	0,703704
<i>I2</i>	0,888889	<i>I23</i>	0,777778	<i>I44</i>	0,692308	<i>I65</i>	0,666667
<i>I3</i>	0,888889	<i>I24</i>	0,703704	<i>I45</i>	0,692308	<i>I66</i>	0,666667
<i>I4</i>	0,814815	<i>I25</i>	0,807692	<i>I46</i>	0,62963	<i>I67</i>	0,703704
<i>I5</i>	0,851852	<i>I26</i>	0,888889	<i>I47</i>	0,777778	<i>I68</i>	0,615385
<i>I6</i>	0,777778	<i>I27</i>	0,740741	<i>I48</i>	0,703704	<i>I69</i>	0,703704
<i>I7</i>	0,851852	<i>I28</i>	0,814815	<i>I49</i>	0,814815	<i>I70</i>	0,592593
<i>I8</i>	0,925926	<i>I29</i>	0,888889	<i>I50</i>	0,740741	<i>I71*</i>	0,461538
<i>I9</i>	0,851852	<i>I30</i>	0,807692	<i>I51</i>	0,592593	<i>I72</i>	0,740741
<i>I10</i>	0,925926	<i>I31</i>	0,884615	<i>I52</i>	0,72	<i>I73</i>	0,555556
<i>I11</i>	0,846154	<i>I32</i>	0,730769	<i>I53</i>	0,6	<i>I74</i>	0,571429
<i>I12</i>	0,740741	<i>I33</i>	0,730769	<i>I54</i>	0,653846	<i>I75*</i>	0,481481
<i>I13</i>	0,888889	<i>I34</i>	0,769231	<i>I55</i>	0,666667	<i>I76</i>	0,592593
<i>I14</i>	0,814815	<i>I35</i>	0,68	<i>I56</i>	0,740741	<i>I77</i>	0,769231
<i>I15</i>	0,888889	<i>I36</i>	0,666667	<i>I57</i>	0,666667	<i>I78</i>	0,740741
<i>I16</i>	0,851852	<i>I37</i>	0,777778	<i>I58</i>	0,555556	<i>I79</i>	0,576923
<i>I17</i>	0,807692	<i>I38</i>	0,666667	<i>I59</i>	0,703704	<i>I80*</i>	0,461538
<i>I18</i>	0,769231	<i>I39</i>	0,814815	<i>I60</i>	0,666667	<i>I81</i>	0,518519
<i>I19</i>	0,769231	<i>I40</i>	0,703704	<i>I61</i>	0,615385	<i>I82</i>	0,62963
<i>I20</i>	0,814815	<i>I41</i>	0,777778	<i>I62</i>	0,740741	<i>I83</i>	0,518519
<i>I21</i>	0,888889	<i>I42</i>	0,62963	<i>I63</i>	0,777778		

Number of Experts: 27; Content Validity Limit: 0,50

* Items removed from the item pool

A3. DEVELOPMENT OF PROPOSED SCOFI

The answers from the experts were discussed. Items which are not necessary due to the experts were removed from the index. The remaining items and other indicators were harmonized and combined together.

Within the scope of the pilot study, the SCOFI draft prepared was applied to 98 adult participants and SCOFI was revised according to the feedback received during this application (also discussions with partners) and made ready for the first round of data collection. The SCOFI form prepared after the pilot study is presented below. Table 4 shows the SCOFI created as a result of expert assessments and pilot study.

Table 4. The SCOFI form prepared after the pilot study

Please indicate your approval to the following statements					
1: "totally disagree" to 5 "totally agree"					
Items	1	2	3	4	5
1. I encourage my friends to consume eco-friendly food.					
2. I search where and how food products are produced.					
3. I buy products that have no negative impact on society.					
4. I buy animal foods that are produced with respect to animal rights (in accordance with ethical animal husbandry).					
5. I buy food products that are not eco-friendly.					
6. Food labels influence my purchasing decisions.					
7. I buy food products that are sustainable.					
8. I buy food products which have eco-label.					
9. I discuss food sustainability issues with others.					
10. I have access to information about which foods are more sustainable than others.					
11. I encourage other consumers to make more use of sustainable foods.					
12. I use leftovers to save money.					
13. I use leftovers to avoid food wastage.					
14. I search for new recipes that can be made using leftover ingredients.					
15. If there are leftovers from my meals, I eat them myself later.					
16. If there are leftovers from my meals, I use them in other ways later (e.g., give them to others, or use as animal feed).					

17. I share my food with others when I have more than I need.					
18. When there are alternatives, I buy fair trade food products.					
19. I have access to farms or farmers' markets.					
20. I buy food directly from farms or farmers' markets.					
21. I separate my food waste for public recycling.					
22. I educate myself about ways in which I can make my consumption more sustainable.					
23. I eat all the food on my plate.					
24. The food I purchase is locally-grown.					
25. Price influences my purchasing decisions in whether or not I eat out.					
26. Price influences my purchasing decisions in whether or not I buy something close to its expiry date.					
27. I buy food from affordable sellers/retailers.					
28. I make a shopping list before going food shopping.					
29. When shopping for food, I buy products that I don't have in mind.					
30. Even if I still have some of a food product left in store, I would still buy some more of it.					
31. I keep leftover ingredients for cooking at another time.					
32. Price influences my purchasing decisions in whether or not I purchase environmental or socially labelled products.					
33. I have sufficient knowledge about food product labelling (e.g., environment, social/working conditions).					
34. There are food products that I choose not to buy on ethical grounds (e.g., animal rights, environmental rights, workers' rights).					
35. I plan my meals to meet my nutritional needs.					
36. My choice of food products is influenced by their packaging.					
37. When purchasing a food product, I look for less packaging.					
38. When purchasing a food product, I look for no plastic being used.					
39. I buy food products that are not grown in my country.					
40. I behave economically when I cooking food (e.g., deciding the amount of food etc.).					
41. When cooking, I choose cooking methods that consume as little as possible (e.g., electricity, water, gas).					
42. I behave environmentally sensitively when consuming food products.					

43. When buying fruit and vegetables I choose those that are in season.					
44. I use only raw ingredients when cooking.					
45. I avoid food and drink products with added sugar.					
46. I buy canned food/drinks.					
47. I take and use my own reusable shopping bag.					
48. I take my own storage containers with me when I go to buy unpackaged food products.					
49. Price influences my purchasing decisions in whether or not I buy something close to its expiry date.					
50. If I will consume them anytime soon, I would buy foods with an upcoming expiration date.					
51. I avoid buying processed products.					
52. I buy plastic bags to store food.					
53. I meet my protein needs with vegetable products instead of animal products.					
54. I separate my food waste for home composting.					
55. I buy locally seed-grown food.					
56. I am satisfied with the availability (range and quantity) of organic foods from domestic production in my local stores.					
57. When available, I choose to buy from companies that provide reliable and comprehensive information about their production processes.					
58. I buy products from food companies that support/cooperate with local producers.					
59. Even if the recommended consumption date of a packaged food has recently expired, if I find it is still good then I consume it anyway.					
60. If a recommended consumption date has recently expired, I do not consume the food product.					
61. I try to cook only as much as I can eat.					
62. I check the stock status at home before I buy food.					
63. I buy products sold by food/agriculture cooperatives.					
64. When I am not able to have my meal at home, I prepare my meals beforehand and take them with me.					
65. When purchasing a food product, I look for recyclable or recycled packaging.					
66. When buying a food product, I read the packaging instructions before I decide.					
67. I make jams, compotes etc. by using fruits that are past their peak freshness.					

68. I try to create as little waste as possible while cooking.					
69. I keep foodstuffs under recommended conditions.					
70. When cooking from previously purchased ingredients, I prioritise based on expiry dates.					
71. I buy small quantities of perishable food products to reduce food waste.					
72. I do not buy GMO (genetically modified) food products.					
73. I throw away food products without checking whether they are consumable.					
74. I buy frozen products sold out of season.					
75. I buy greenhouse products sold out of season.					
76. Since the government (local or national) supports my food consumption behaviour, I consume with respect for the environment.					
77. I consume with respect for the environment, following information and advice from governmental media channels.					
78. Since the government (local or national) supports me in sorting and recycling food packaging (e.g., plastics, Styrofoam), I sort my home waste accordingly.					
79. Since the government (local or national) informs me about which foods are sustainable and which foods are not, I consider this information when food shopping.					
PLEASE SPECIFY A PERCENTAGE FOR THE FOLLOWING ITEMS	0-20	21-4	41-60	61-80	81-100
80. How much fruit is thrown away in your household?					
81. How much vegetables are thrown away in your household?					
82. How much milk & dairy products are thrown away in your household?					
83. How much meat & animal products are thrown away in your household?					
84. How much bread & cereals are thrown away in your household?					
85. How much food in your household is grown by yourself?					

A4. MEASURING THE VALIDITY AND RELIABILITY OF SCOFI

The purpose of this output is to develop a valid and reliable index that measures the sustainable consumption behaviors of adults.

Method

Sample

The study group of the research consists of adults living in partner countries and volunteering in the research. The data were collected in 2019. The construct validity of the Index was tested with Exploratory Factor Analysis (EFA) and Confirmatory Factor

Analysis (CFA). The collected data was divided into two by random method and EFA with the data from the first sample group, and CFA with the data from the second sample group. In the study, it is planned to reach at least five times the sample size of the sample size for both EFA and CFA. In this framework, usable data was collected from 830 adults for EFA and DFA

Development of the Data Collection Tool

In the development of Sustainable Consumption of Food Index (SCOFI), the literature has been scanned in detail and the outputs of O2 have been used and items have been written accordingly. At the end of this study, an 83-item question pool was created. The scale with five-point likert-type response options is answered from (1) totally disagree to (5) totally agree . The items in the question pool were presented to the opinion of 27 experts who are competent in the field for scope validity and rearranged in line with the suggestions received. Later, index was presented to the opinion of 98 adults in terms of features such as understandability and easy response. Taking into consideration these opinions, the index, which has been revised as 86 items, is ready for the data collection phase.

Data Analysis

In determining the validity of SCOFI, firstly exploratory factor analysis (EFA) was performed, and then confirmatory factor analysis (CFA) was applied to determine whether the structure in question was valid. For the reliability of the index, item total correlation and Cronbach's Alpha internal consistency were examined. The normality of the distribution and extreme values were examined to determine whether the data met the requirements of factor analysis. In determining the normality of the distribution,

skewness and kurtosis coefficients were examined. It was seen that these values are between +1 and -1. In determining the extreme values, z and Mahalanobis calculated the distances. According to Z values greater than + 3 and less than -3 and .01 significance level, Mahalanobis values above 2 were determined as extreme values and removed from the data set.

Findings

In this section, the findings related to the SCOFI validity and reliability study are included. During the development of the Index, exploratory and confirmatory factor analysis and then reliability analyzes were performed over the data collected from the participants.

Findings Related to Exploratory Factor Analysis (EFA)

Kaiser Meyer Olkin (KMO) value and Bartlett Sphericity Test examined the data to determine whether the data were suitable for factor analysis. KMO value is .95 and Bartlett Sphericity Test [$\chi^2 = 12500.96$; $p = .00$] was found significant. These values show that the data are suitable for factoring. Exploratory Factor Analysis (EFA) was performed to ensure the structural validity of the measuring tool. Basic components analysis was applied while performing EFA. The scree plot based on the eigenvalues of the factors and the contribution of each factor to the total variance were examined and the scale was decided to be three-factor and the data were analyzed through the three-factor structure. The criterion was based on the fact that factor loadings are greater than .40 and the difference between the factor loads of items that give high load to more than one factor is at least .10. 48 items were excluded from the measurement tool because the factor loads of

the items in the scale gave high loads to more than one factor, because the factor load value was less than .40 and they were not compatible with the other items in the factor they were in. The item disposal process started first from contiguous items and then from the smaller factor load value. The items were removed

from the scale one by one and the analysis was repeated each time. EFA was applied to the scale of 37 items after the items were removed. Factor analysis results obtained after Varimax vertical rotation are given in Table 5. Table 5. shows Exploratory Factor Analysis Results of SCOFI.

Table 5. Exploratory Factor Analysis Results of SCOFI

Items	Sustainable Lifestyle	Food Consumption and Food Waste	Ecological Consumption
I1	.77		
I2	.71		
I3	.67		
I4	.61		
I5	.55		
I6	.64		
I7	.74		
I10	.53		
I18	.64		
I19	.60		
I24	.70		
I33	.41		
I34	.53		
I35	.54		
I37	.58		
I42	.69		
I45	.53		
I51	.54		
I57	.64		
I63	.61		
I66	.52		
I72	.52		
I13		.62	
I15		.67	
I28		.50	
I31		.64	
I61		.55	
I62		.70	
I68		.67	
I69		.66	
I70		.55	
I71		.48	
I73		.47	

I21			.44
I43			.56
I50			.58
I59			.76
The explained variance	%23.89	%13.23	%7.26

Findings Related to Confirmatory Factor Analysis (CFA)

When the findings obtained from the CFA were evaluated, the χ^2 / sd ratio (2336,38 / 626)

was found 3.73. CFA was applied to test the structure that emerged as a result of EFA. Model fit values are presented below.

Table 6. Confirmatory Factor Analysis Results of SCOFI

			Estimate			Estimate	
f1	<---	SCOFI	,615	Q00004	<---	f1	,632
				Q00006	<---	f1	,673
f2	<---	SCOFI	1,004	Q00002	<---	f1	,746
f4	<---	SCOFI	,481	Q00073	<---	f2	,422
Q00033	<---	f1	,460	Q00028	<---	f2	,453
Q00045	<---	f1	,523	Q00071	<---	f2	,569
Q00051	<---	f1	,522	Q00061	<---	f2	,495
Q00035	<---	f1	,574	Q00070	<---	f2	,605
Q00005	<---	f1	-,506	Q00069	<---	f2	,674
Q00063	<---	f1	,588	Q00068	<---	f2	,699
Q00019	<---	f1	,579	Q00031	<---	f2	,625
Q00066	<---	f1	,615	Q00013	<---	f2	,627
Q00010	<---	f1	,541	Q00062	<---	f2	,681
Q00072	<---	f1	,543	Q00015	<---	f2	,667
Q00037	<---	f1	,626	Q00059	<---	f4	,657
Q00034	<---	f1	,568	Q00050	<---	f4	,628
Q00018	<---	f1	,633	Q00021	<---	f4	,370
Q00024	<---	f1	,686	Q00043	<---	f4	,522
Q00042	<---	f1	,747	Q00001	<---	f1	,742
Q00057	<---	f1	,711	Q00007	<---	f1	,774
Q00003	<---	f1	,655				

Table 7. Fit Indexes Results

Model	NPAR	CMIN	DF	P	CMIN/DF
Default model	77	2336,380	626	,000	3,732
Saturated model	703	,000	0		
Independence model	37	12702,718	666	,000	19,073

Model	RMR	GFI	AGFI	PGFI
Default model	,098	,849	,830	,756
Saturated model	,000	1,000		
Independence model	,444	,233	,190	,221

Model	NFI Delta1	RFI rho1	IFI Delta2	TLI rho2	CFI
Default model	,816	,804	,858	,849	,858
Saturated model	1,000		1,000		1,000
Independence model	,000	,000	,000	,000	,000

Model	PRATIO	PNFI	PCFI
Default model	,940	,767	,806
Saturated model	,000	,000	,000
Independence model	1,000	,000	,000

Model	NCP	LO 90	HI 90
Default model	1710,380	1566,117	1862,163
Saturated model	,000	,000	,000
Independence model	12036,718	11674,044	12405,786

Model	FMIN	F0	LO 90	HI 90
Default model	2,818	2,063	1,889	2,246
Saturated model	,000	,000	,000	,000
Independence model	15,323	14,520	14,082	14,965

Model	RMSEA	LO 90	HI 90	PCLOSE
Default model	,057	,055	,060	,000
Independence model	,148	,145	,150	,000

Model	AIC	BCC	BIC	CAIC
Default model	2490,380	2497,778	2853,930	2930,930
Saturated model	1406,000	1473,545	4725,162	5428,162
Independence model	12776,718	12780,273	12951,411	12988,411

Model	ECVI	LO 90	HI 90	MECVI
Default model	3,004	2,830	3,187	3,013
Saturated model	1,696	1,696	1,696	1,777
Independence model	15,412	14,975	15,857	15,416

Model	HOELTER .05	HOELTER .01
Default model	244	253
Independence model	48	50

Findings on the Reliability of SCOFI

Cronbach's Alfa internal consistency coefficient was examined for the reliability of

SCOFI. Results regarding the reliability of SCOFI are presented in Table 8. Table 8. shows the SCOFI Reliability Results.

Table 8. SCOFI Reliability Results

Factors	Item No	Cronbach's Alfa
SUSTAINABLE LIFESTYLE	I01, 102, 103,	.91
	I04, 105, 106,	
	I07, 110, 118,	
	I19, 124, 133,	
	I34, 135, 137,	
	I42, 145, 151,	
	I57, 163, 166,	
	172	
FOOD CONSUMPTION AND FOOD WASTE	I13, 115, 128,	.78
	I31, 161, 162,	
	I68, 169, 170,	
	I71, 173,	
ECOLOGICAL CONSUMPTION	I21, 143, 150,	.61
	I59	
Total		.93

Table 9. shows the SCOFI Reliability Results for Countries.

Table 9. SCOFI Reliability Results for Countries

Country	Cronbach's Alfa
Austria	.94
Denmark	.92
Denmark and Austria	.93
Denmark and Slovakia	.90
Slovakia	.89
Slovakia and Austria	.92
Turkey	.90
Turkey and Austria	.92
Turkey and Denmark	.91.
Turkey and Slovakia	.89
<i>Total</i>	.93

DIMENSIONS OF SCOFI

SCOFI, whose structure was revealed as a result of exploratory and confirmatory factor analysis, consists of three main dimensions and five sub-dimensions. The main dimensions are named "SUSTAINABLE LIFESTYLE, FOOD CONSUMPTION AND FOOD WASTE and ECOLOGICAL CONSUMPTION", respectively. According to the repeated exploratory factor analysis for the Sustainable Lifestyle dimension, this main dimension consists of three sub-dimensions. The sub-dimensions of

the Sustainable Lifestyle dimension are called "Consumer Sophistication (CSO), Environmental and Social Impact (ESI) and Nutrition (NUT)". According to repeated exploratory factor analysis for Food Consumption and Food Waste, this main dimension consists of two sub-dimensions. The sub-dimensions of the Food Consumption and Food Waste dimension are named as "Planned Behavior (PBE) and Avoiding Food Waste (AFW)". Table 10. shows the Exploratory Factor Analysis Results of Sustainable Lifestyle (D1).

Table 10. Exploratory Factor Analysis Results of Sustainable Lifestyle (D1)

Items	Consumer Sophistication (CSO)	Environmental and Social Impact (ESI)	Nutrition (NUT)
I2	.59		
I6	.59		
I7	.53		
I10	.69		
I18	.55		
I33	.70		
I34	.61		
I37	.45		
I57	.58		
I66	.47		
I1		.57	
I3		.66	
I4		.60	
I5		-.64	
I19		.61	
I24		.71	
I42		.56	
I63		.61	
I35			.52
I45			.81
I51			.64
I72			.48
The explained variance	%19.74	%19.49	%13.00

Table 11 shows Exploratory Factor Analysis Results of Food Consumption and Food Waste (D2).

Table 11. Exploratory Factor Analysis Results of Food Consumption and Food Waste (D2)

Items	Planned Behavior (PBE)	Avoiding Food Waste (AFW)
I28	.44	
I61	.74	
I62	.72	
I68	.53	
I69	.70	
I70	.57	
I71	.65	
I13		.79
I15		.74
I31		.70
I73		.60
The explained variance	%27.20	%24.22

Table 12 shows the dimensions of the SCOFI.

Table 12. The Dimensions of SCOFI

D1. SUSTAINABLE LIFESTYLE
• Consumer Sophistication (CSO)
• Environmental and Social Impact (ESI)
• Nutrition (NUT)
D2. FOOD CONSUMPTION AND FOOD WASTE
• Planned Behavior (PBE)
• Avoiding Food Waste (AFW)
D3. ECOLOGICAL CONSUMPTION
• Ecological Consumption (ECO)

SCOFI Calculation Note

According to the Exploratory Factor Analysis (EFA) results applied to the collected data, the three factors explaining 44,397% of the total variance were named as “Sustainable Lifestyle” (23,894%), “Food Consumption and Food Waste” (13,237%) and “Ecological Consumption” (7,268%). “Sustainable lifestyle” has three sub-dimensions, namely “consumer sophistication (CSO)”, “environmental and social impact (ESI)” and “nutrition (NUT)”. It was determined that the dimension of “food consumption and food waste” was divided into two sub-dimensions: “planned behavior (PBE)” and “avoiding food waste (AFW)”. Then, some weighting and conversions were made to ensure that these basic and sub-dimensions (as in some international index calculations such as the European Commission Digital Economy and Society Index and the United Nations Human Development Index) are represented in the SCOFI ratio.

1. Weighting: Each sub-dimension is weighted over 100 in its own

dimension and then in three basic dimensions in the total factor load. In other words, the factor load of each sub-dimension is divided by the sum of the sub-factor loads in the basic dimension and the factor load of each basic dimension is divided by the sum of the factor loads of the three basic dimensions, and the percentile weights of all sub and top dimensions are obtained. The values used in this weighting can be seen in the "methodology individual" tab in the excel file.

For example; CSO's factor load, which is 19,746, is divided by 52,246, which is the sum of three sub-factor loads in Sustainable Lifestyle, and 37,879%, which is obtained by dividing three main dimensions by 44,397, which is the factor load of 23,892.

2. Likert score in 1-5 "range" has been moved to 0-100 range by using the

equation of Srinivavasan, Liew & Chang (1994).

$$x'_i = \frac{(b - a)(x_i - X_{\min})}{(X_{\max} - X_{\min}) + a}$$

For example, the arithmetic means of the sub-dimension of “consumer sophistication”, which is 3.80, is in the range of 0-100 calculated as,

$$x'_i = \frac{(100 - 0) \cdot (3.80 - 1)}{(5 - 1) + 0} = 70$$

A5. FINAL VERSION OF SCOFI

The final version of the SCOFI consist of 37 items. These items measure three main and six sub-dimensions of consumers’ sustainable

consumption of food. Table 13 shows the final version of SCOFI.

Table 13. Final Version of SCOFI

Please indicate your approval to the following statements					
1: “totally disagree” to 5 “totally agree”					
Items	1	2	3	4	5
1. I encourage my friends to consume eco-friendly food.					
2. I search where and how food products are produced.					
3. I buy products that have no negative impact on society.					
4. I buy animal foods that are produced with respect to animal rights (in accordance with ethical animal husbandry).					
5. I buy food products that are not eco-friendly.					
6. Food labels influence my purchasing decisions.					
7. I buy food products that are sustainable.					
8. I have access to information about which foods are more sustainable than others.					
9. I use leftovers to avoid food wastage.					
10. If there are leftovers from my meals, I eat them myself later.					
11. When there are alternatives, I buy fair trade food products.					
12. I have access to farms or farmers’ markets.					
13. I separate my food waste for public recycling.					
14. The food I purchase is locally-grown.					

15. I make a shopping list before going food shopping.					
16. I keep leftover ingredients for cooking at another time.					
17. I have sufficient knowledge about food product labelling (e.g., environment, social/working conditions).					
18. There are food products that I choose not to buy on ethical grounds (e.g., animal rights, environmental rights, workers' rights).					
19. I plan my meals to meet my nutritional needs.					
20. When purchasing a food product, I look for less packaging.					
21. I behave environmentally sensitively when consuming food products.					
22. When buying fruit and vegetables I choose those that are in season.					
23. I avoid food and drink products with added sugar.					
24. If I will consume them anytime soon, I would buy foods with an upcoming expiration date.					
25. I avoid buying processed products.					
26. When available, I choose to buy from companies that provide reliable and comprehensive information about their production processes.					
27. Even if the recommended consumption date of a packaged food has recently expired, if I find it is still good then I consume it anyway.					
28. I try to cook only as much as I can eat.					
29. I check the stock status at home before I buy food.					
30. I buy products sold by food/agriculture cooperatives.					
31. When buying a food product, I read the packaging instructions before I decide.					
32. I try to create as little waste as possible while cooking.					
33. I keep foodstuffs under recommended conditions.					
34. When cooking from previously purchased ingredients, I prioritise based on expiry dates.					
35. I buy small quantities of perishable food products to reduce food waste.					
36. I do not buy GMO (genetically modified) food products.					
37. I throw away food products without checking whether they are consumable.					

SCOFI ITEMS and Dimensions

Item No	DIMENSIONS	SUB DIMENSIONS
1	SUSTAINABLE LIFESTYLE	Environmental and Social Impact (ESI) 1
2	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 1
3	SUSTAINABLE LIFESTYLE	Environmental and Social Impact (ESI) 2
4	SUSTAINABLE LIFESTYLE	Environmental and Social Impact (ESI) 3
5	SUSTAINABLE LIFESTYLE	Environmental and Social Impact (ESI) 4
6	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 2
7	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 3
8	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 4
9	FOOD CONSUMPTION AND FOOD WASTE	Avoiding Food Waste (AFW) 1
10	FOOD CONSUMPTION AND FOOD WASTE	Avoiding Food Waste (AFW) 2
11	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 5
12	SUSTAINABLE LIFESTYLE	Environmental and Social Impact (ESI) 5
13	ECOLOGICAL CONSUMPTION	Ecological Consumption (ECO) 1
14	SUSTAINABLE LIFESTYLE	Environmental and Social Impact (ESI) 6
15	FOOD CONSUMPTION AND FOOD WASTE	Planned Behavior (PBE) 1
16	FOOD CONSUMPTION AND FOOD WASTE	Avoiding Food Waste (AFW) 3
17	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 6
18	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 7
19	SUSTAINABLE LIFESTYLE	Nutrition (NUT) 1
20	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 8
21	SUSTAINABLE LIFESTYLE	Environmental and Social Impact (ESI) 7
22	ECOLOGICAL CONSUMPTION	Ecological Consumption (ECO) 2
23	SUSTAINABLE LIFESTYLE	Nutrition (NUT) 2
24	ECOLOGICAL CONSUMPTION	Ecological Consumption (ECO) 3
25	SUSTAINABLE LIFESTYLE	Nutrition (NUT) 3
26	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 9
27	ECOLOGICAL CONSUMPTION	Ecological Consumption (ECO) 4
28	FOOD CONSUMPTION AND FOOD WASTE	Planned Behavior (PBE) 2
29	FOOD CONSUMPTION AND FOOD WASTE	Planned Behavior (PBE) 3
30	SUSTAINABLE LIFESTYLE	Environmental and Social Impact (ESI) 8
31	SUSTAINABLE LIFESTYLE	Consumer Sophistication (CSO) 10
32	FOOD CONSUMPTION AND FOOD WASTE	Planned Behavior (PBE) 4
33	FOOD CONSUMPTION AND FOOD WASTE	Planned Behavior (PBE) 5
34	FOOD CONSUMPTION AND FOOD WASTE	Planned Behavior (PBE) 6
35	FOOD CONSUMPTION AND FOOD WASTE	Planned Behavior (PBE) 7
36	SOCIAL - SUSTAINABLE LIFESTYLE	Nutrition (NUT) 4
37	FOOD CONSUMPTION AND FOOD WASTE	Avoiding Food Waste (AFW) 4



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