

# ARE YOU FOOD USE CONFIDENT?



The **Food Use Confidence Dial** is a tool that helps us measure what **skills, knowledge and opportunities** we have to **tackle food waste & packaging**.

- ✓ Food use = flipping the way we think about food waste, focusing on what **we CAN do** to make a difference.
- ✓ There are 7 different areas where we can take action.
- ✓ This tool is not a test to judge ourselves or others; it's a learning tool.

# STEP 1: FOOD USE CONFIDENCE QUIZ

For each area, give yourself a score from 1 to 5 based on how much you agree or disagree with the statements.

Reminder: this is not a test, it's a learning tool.

1= Low confidence (I never do these things / I don't understand)  
5= High confidence (I do these things regularly / I fully understand)

## 1 The basics: using food

Score out of 5

I trust my senses (sight, smell, touch, sound, and taste) to know when food is safe to eat.

I know the difference between 'use-by' and 'best before' dates.

I try to use up all of the food I have, e.g., eating my leftovers, or keeping veg peelings to make stock or soups.



## 2 Storing & preserving

Score out of 5

I store food in ways to prevent it from going to waste, e.g. I keep potatoes in a dark place.

I organise my fridge/freezer and cupboards by putting new food at the back.

I preserve food to last longer, e.g., by freezing/pickling/fermenting.



## 3 Planning & shopping

Score out of 5

I'm good at buying food that I like and know the food that I will use.

I plan my meals with what I already have in, and then write a list of what else I need.

I write a food shopping list and stick to it.



## 4 Cooking skills

Score out of 5

I have a few favourite meals that I cook that help me use up my food, such as soups or curries.

I use recipes, social media, training etc for cooking inspiration.

I am confident in the kitchen, e.g. chopping, using the hob.



## 5 Packaging: minimising & recycling

Score out of 5

I try to buy food with as little packaging as possible.

I follow my council's recycling guidelines e.g. correct items and clean, dry, and loose (rinsing and no bin bags).

I recycle other packaging in the community (e.g. recycle soft plastics at the supermarket).



## 6 Composting & throwing away food

Score out of 5

I use the council's food waste collection service.

I compost my food waste at home or in my local community.

I understand the importance of composting to recycle food.



## 7 Food's impact on the climate crisis

Score out of 5

I understand that by wasting food, we waste energy and water and contribute to greenhouse gas emissions.

I understand that wasting food contributes to climate change, including changing weather patterns and wildlife loss.

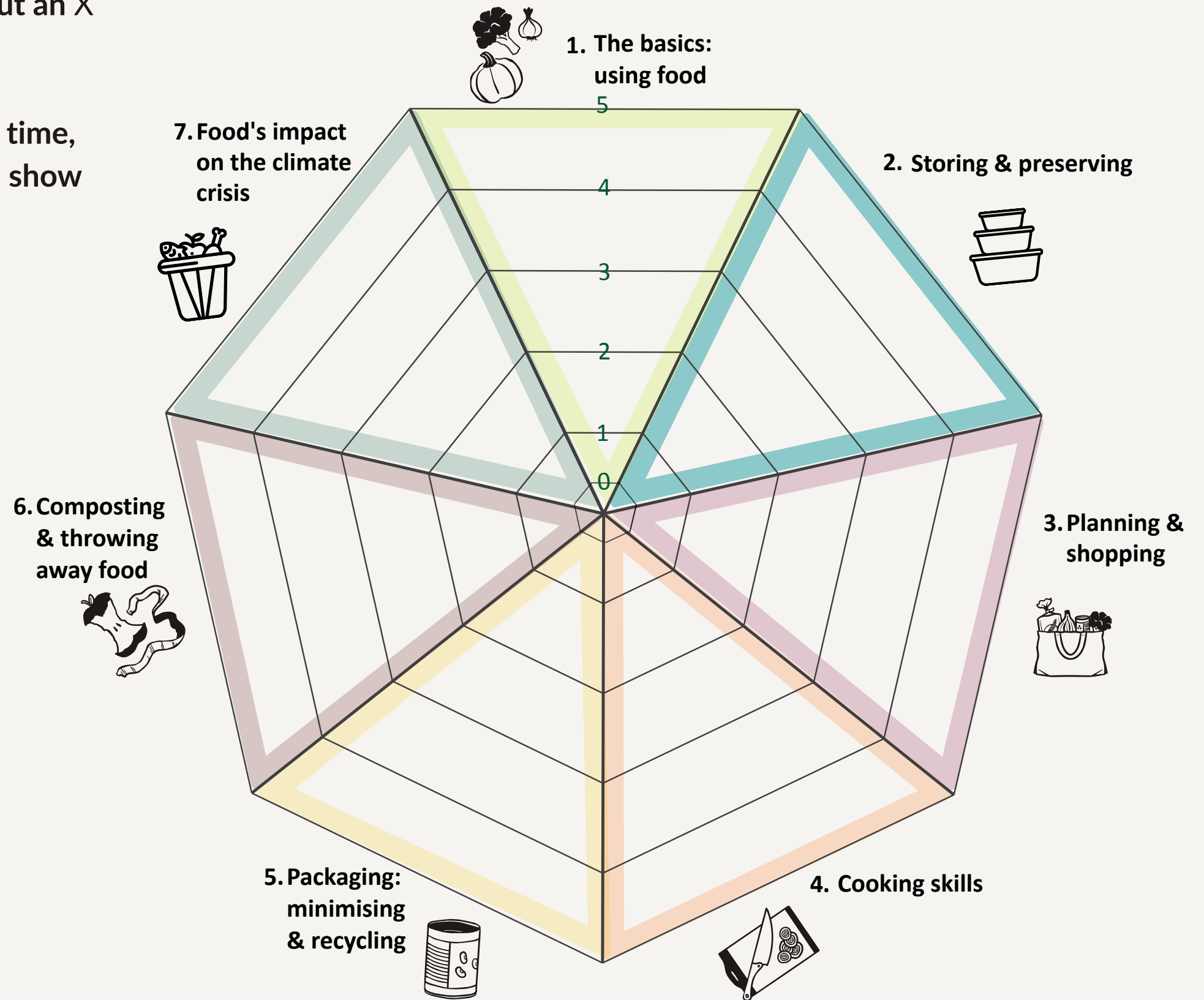
I encourage others to waste less food.



# STEP 2: FILL IN YOUR FOOD USE CONFIDENCE DIAL

For each area, colour in the bar or put an X to show your score.

If you've done the quiz for a second time, put an X in a different colour pen to show your progress.



Date:

Initials:

Workshop/organisation:

Ref No. (admin use only):

# STEP 3: THINGS I COULD TRY...

Fill in one or two things that you could do to improve your score or that you would like to know more about.

## 1 The basics: using food & reducing waste



Something I could try...

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.....

## 2 Storing & preserving



Something I could try...

.....  
.....

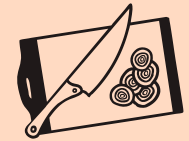
## 3 Planning & shopping



Something I could try...

.....  
.....

## 4 Cooking skills



Something I could try...

.....  
.....

## 5 Packaging: minimising & recycling



Something I could try...

.....  
.....

## 6 Composting & throwing away food



Something I could try...

.....  
.....

## 7 Food's impact on the climate crisis



Something I could try...

.....  
.....

### Extra activity: Encourage others to be Food Use Confident

One top tip I'd share is...

.....



Need ideas?  
Scan for The  
Ultimate Guide  
to Using Food