BiNKA – Education for Sustainable Consumption through Mindfulness
Evaluation Forms

Supplementary Material to the BiNKA Toolkit

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Please note:

The following evaluation forms are additional material to the following publication:

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1. Questionnaire Clothing

The following questions are about the topic of clothing.

What generally applies to you? (please mark with a cross)

		never		some-times		often		always
C-1	I give away or swap unwanted clothing items that I no longer wear.	O	O	O	O	O	O	O
C-2	I throw away clothing items that I no longer wear.	O	O	O	O	O	O	O
C-3	I air my clothing items properly before deciding whether they need washing.	O	O	O	O	O	O	O
C-4	Instead of buying a new piece of clothing for a special occasion, I borrow something.	O	O	O	O	O	O	O
C-5	I make clothing items myself (e.g. sewing, knitting).	O	O	O	O	O	O	O
C-6	I wear patched and mended clothing.	O	O	O	O	O	O	O
C-7	I look for other possible uses of unwanted clothing items (e.g. as a cleaning cloth or recycling projects).	O	O	O	O	O	O	O
C-8	I choose clothing items from fair trade production.	O	O	O	O	O	O	O
C-9	I choose clothing items from organic production (e.g. made from organic cotton).	O	O	O	O	O	O	O
C-10	I buy second hand clothing.	O	O	O	O	O	O	O
C-11	I avoid buying clothing items that originate in countries with poor working conditions.	O	O	O	O	O	O	O
C-12	I choose clothing items with labels that guarantee absence of chemical pollutants (e.g. OEKO-TEX® confidence in textiles).	O	O	O	O	O	O	O
C-13	I choose high quality and long lasting clothing items.	O	O	O	O	O	O	O

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2. Questionnaire Food

The following questions are about the topic of food.

What generally applies to you? (please mark with a cross)

		never		some-times		often		always
F-1	I eat meat (steak, ham, etc.).	O	O	O	O	O	O	O
F-2	I eat dairy products (butter, cheese, yoghurt, etc.).	O	O	O	O	O	O	O
F-3	I keep a healthy diet.	O	O	O	O	O	O	O
F-4	It happens that I discard food products.	O	O	O	O	O	O	O
F-5	I buy snacks and beverages in disposable packaging (take away, fast food, coffee to go, etc.).	O	O	O	O	O	O	O
F-6	I buy organic food products.	O	O	O	O	O	O	O
F-7	I avoid food products in excessive packaging.	O	O	O	O	O	O	O
F-8	I buy fair trade food products (e.g. with a fair trade label).	O	O	O	O	O	O	O
F-9	I buy food products even just before the best before date expires.	O	O	O	O	O	O	O
F-10	I buy locally grown food products.	O	O	O	O	O	O	O
F-11	I use frozen foods for meal preparations.	O	O	O	O	O	O	O
F-12	I cook/prepare my meals energy-efficiently.	O	O	O	O	O	O	O
F-13	I reuse leftovers for the next meal.	O	O	O	O	O	O	O
F-14	I use fresh ingredients for meal preparations.	O	O	O	O	O	O	O

3. Questionnaire Material Values

The following questions are about what is important to you.

What generally applies to you? (please mark with a cross)

		I totally disagree		I rather disagree		I rather agree		I totally agree
MV-1	I like to own things that impress people.	O	O	O	O	O	O	O
MV-2	I like a lot of luxury in my life.	O	O	O	O	O	O	O
MV-3	I would be happier if I owned nicer things.	O	O	O	O	O	O	O
MV-4	Purchasing material things is one of the most important goals in my life.	O	O	O	O	O	O	O
MV-5	I have all the things I really need to enjoy life.	O	O	O	O	O	O	O
MV-6	It sometimes bothers me quite a bit that I can't afford to buy all the things I'd like.	O	O	O	O	O	O	O
MV-7	The things I own say a lot about how well I'm doing in life.	O	O	O	O	O	O	O
MV-8	I admire people who own expensive homes, cars, and clothes.	O	O	O	O	O	O	O
MV-9	Buying things gives me a lot of pleasure.	O	O	O	O	O	O	O
MV-10	I'd be happier if I could afford to buy more things.	O	O	O	O	O	O	O
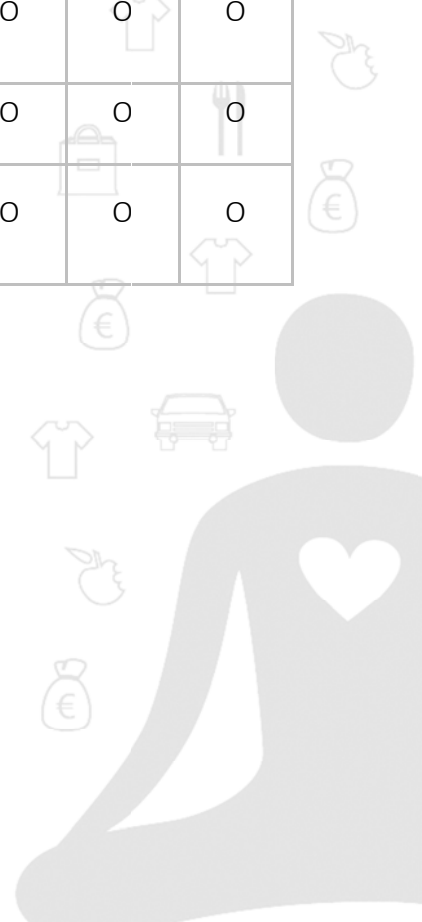
4. Instructions on how to analyze the data

A value can be determined for each of the three questionnaires. To do this, you assign points for each cross according to the key below. Please note that for some questions (C-2, F-1, F-2, F-4, F-5 and F-11 as well as MV-5) the scores are in reverse order.

Calculate the mean value for each questionnaire by assigning points for each answer in the questionnaire according to the template specified here, adding these and then dividing the total by the number of questions. The resulting average value must be between 0 and 6, with higher values indicating more sustainable consumption (clothing/nutrition) or stronger material value orientation. The values can thus be compared for each learner and each learner before and after.

Clothing and food	never		some-times		often		always
For the questions C-2, F-1, F-2, F-4, F-5, and F-11	6	5	4	3	2	1	0
For all other questions regarding clothing and food	0	1	2	3	4	5	6

Material values	I totally disagree		I rather disagree		I rather agree		I totally agree
For the question MV-5	6	5	4	3	2	1	0
For all other questions regarding material values	0	1	2	3	4	5	6