FOOD DEMOCRACY™

REFLECTION SURVEY

THANK YOU FOR TAKING PART IN THE IMPACT KITCHEN™.
LIKE KIMCHI, MEANINGFUL CHANGE TAKES TIME TO FERMENT. WE'D LOVE TO HEAR WHAT HAS STAYED WITH YOU AND HOW THE EXPERIENCE HAS INFLUENCED YOUR THINKING, RELATIONSHIPS AND WORK.

1. SINCE THE WORKSHOP... PLEASE RATE THE FOLLOWING (1 = STRONGLY DISAGREE, 5 = STRONGLY AGREE).	1	2	3	4	5
I STILL THINK ABOUT THE WORKSHOP.	○	○	○	○	○
I HAVE APPLIED SOMETHING I LEARNT.	○	○	○	○	○
I COLLABORATE DIFFERENTLY.	○	○	○	○	○
I BETTER UNDERSTAND THE BIGGER PICTURE.	○	○	○	○	○
I FEEL MORE CONFIDENT CREATING POSITIVE CHANGE.	○	○	○	○	○

2. WHAT HAS CHANGED MOST FOR YOU SINCE THE WORKSHOP?



IMPACT KITCHEN™

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3. HAVE YOU TAKEN ANY ACTION?

- STARTED A NEW CONVERSATION
- TRIED A NEW IDEA
- BUILT A NEW CONNECTION
- CHANGED HOW I WORK
- SHARED MY LEARNING WITH OTHERS
- NOT YET

4. WHICH PART OF THE IMPACT KITCHEN™ HAS STAYED WITH YOU THE MOST?



INGREDIENTS
(PEOPLE)



KITCHEN
(SYSTEMS)



RECIPES
(WAYS OF WORKING)



FERMENTATION
(LONG-TERM IMPACT)

5. WITH ONE SENTENCE... WHAT HAS BEEN THE BIGGEST IMPACT OF THIS EXPERIENCE?

6. YOUR RECOMENDATIONS

KEEP DOING

DO DIFFERENTLY

NEW IDEAS

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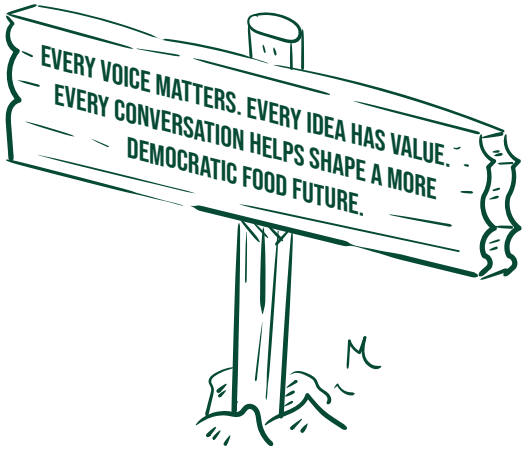
7. ONE WORD THAT DESCRIBES YOUR EXPERIENCE TODAY

8. WOULD YOU RECOMMEND THE IMPACT KITCHEN™ TO OTHERS? (0–10)

1 2 3 4 5 6 7 8 9 10



THANK YOU