

ANIMAL
WELFARE

justice &
labor

Past
Experience

HEALTH and
NUTRITION

Appearance

Smell

SOUND

WEATHER

the wages, working conditions and rights of the people involved in growing, processing, distributing, or preparing a food.

how a food or the process involved in making it available to you impacts animals

how a food impacts your health

the memories or nostalgia you associate with a food or eating experience

how a food smells

how a food looks

how the weather impacts what you eat

the sounds a food makes while you're preparing or eating it (example: the crunch of biting a carrot or squeak of chewing certain cheeses)

TEXTURE

Interpersonal
relationships

HABIT

Availability

COST

ENVIRONMENT

EASE or
Convenience

Culture or
Identity

when you make decisions about what to eat based on the desires, needs, recommendations or preferences of others

the texture of a food

how readily available a food is to you - how easy or difficult it is for you to get a hold of a certain food

what you're use to eating (or not eating) - your familiarity or routines with food

how the food you eat or the process involved in making it available to you impacts the environment

how cheap or expensive food is

what a food represents to you, or its connections to your culture or identity

how easy and convenient it is to access or prepare a food, or the time and labor required to do so

SEASON

TIME
OF DAY

Mood

TASTE

how the time of day
impacts what you eat

how the time of year
impacts what you eat

how a food tastes

how your mood impacts
what you eat