

## **BUDDIEPACK WhatsApp Diary**

This diary, along with a follow up interview to discuss it, is the final task we'll ask you to complete for the BUDDIEPACK project. On completion of the diary and wrap up interview, you'll receive a £50 Love2shop voucher as a thank you for your time.

We would like you to keep a diary using WhatsApp messenger for 7 consecutive days. All diary entries should be sent to Dr Kristina Diprose via WhatsApp on 07517829784. You can send diary entries in any of the following formats:

- Text messages
- Photos (with or without captions)
- Voice messages
- Short video clips

Please send a minimum of 5 entries per day. There's no upper limit to how many messages you can send. If we don't hear from you on a particular day once you've started your diary, we'll text a reminder. If something unexpected happens and you need to pause or stop your diary, please get in touch to let us know.

### **What to include in your diary**

We would like you to use your WhatsApp diary to record your day-to-day experiences with packaging and reuse, and any reflections you would like to share about its pros and cons. Here are some examples of things you can include in your diary:

- Packaging that you use on-the-go, such as cups and containers.
- Packaging that you reuse at home.
- Packaging that you throw away, and how you dispose of it.
- When you reuse packaging and why - what makes it suitable for reuse?
- Packaging that you wouldn't reuse - what makes it unsuitable for reuse?
- Where you see reusable packaging in your day-to-day life:
  - Examples of packaging that people can borrow and return.
  - Examples of refill systems.
  - How is reuse displayed, signposted and labelled?
- What other packaging options are available, instead of/as well as reusables?
- What you notice about packaging when you're doing activities such as:
  - Preparing a meal
  - Packing or unpacking shopping
  - Buying food-on-the-go or a takeaway
  - Shopping for personal care products
  - Cleaning

If you have any questions about the diary, please phone or text Kristina on 07517829784 or email [k.diprose@sheffield.ac.uk](mailto:k.diprose@sheffield.ac.uk).

## WhatsApp Diary FAQ

### **Should I only include reusable packaging in my diary?**

No, you can include any type of packaging in your diary. We're interested in the different types of packaging you use and notice as you go about your daily routines, what you think its pros and cons are, and why you use particular types of packaging.

### **How much detail should I include in my diary?**

How much detail you include is up to you - but as far as we're concerned, no detail is too trivial. For example, things like throwing away packaging, whether or not it gets cleaned, and how you clean it might seem mundane to you - but that's exactly the kind of detail that we're interested in.

### **Should I include people in my diary?**

You can get other members of your household to help with your diary, for example by filming video clips of everyday tasks such as using a product in reusable packaging, preparing a meal, or unpacking. However, to preserve anonymity, please **avoid taking identifiable videos or photos** of anyone's face or personal details. If you're filming or taking photos in your home, check there are no family photos, letterheads with your name and address on, or any other identifiable information visible in the background. (If you accidentally include people's faces or other identifying information, we can edit photos and blur these out - but it makes our job easier if we don't have to!)

### **When should I complete this task?**

You should start your diary soon at a convenient date to capture, as far as possible, how you use packaging in a typical week. We would like you to keep your diary for 7 consecutive days, so it's a good idea to think about what else you have scheduled and when would be the best time to start and finish it. For example, if you're about to go on holiday, we recommend starting the diary once you've returned home. If there are particular reuse activities that we've discussed - such as packaging that you return or refill products that you use - try to pick a 7-day period that includes these activities.