

6. Are the people or organisations that sell your food part of what you would consider your community?												
Not at All												Very Much So
7. Are you satisfied with the quality of food you eat?												
Not at All												Very Much So
8. Does the food you eat have a significance to you more than to satisfy hunger?												
Not at All												Very Much So
9. Is the way you obtain prepare and eat food perceived as positive in your community?												
Not at All												Very Much So

The term '**Community**' refers to a group of people that somebody sees themselves as having things in common with, whether by geography, interests or shared belief in ideas and values(Smith 2001); with a close community providing mutual support both in validation of individual's ideas of themselves and the world around them, and the possibility of practical support in real life problems.

People have different communities open to them, some close with frequent active engagement, some more distant and passive.

For the purposes of this tool people should start thinking about their closest community primarily, ie the people that the person feels most in common with, shares most with, feels most supported by, then spread their thinking out to more distant but possibly still important communities of which they feel connected to. Like concentric circles with yourself in the middle.

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