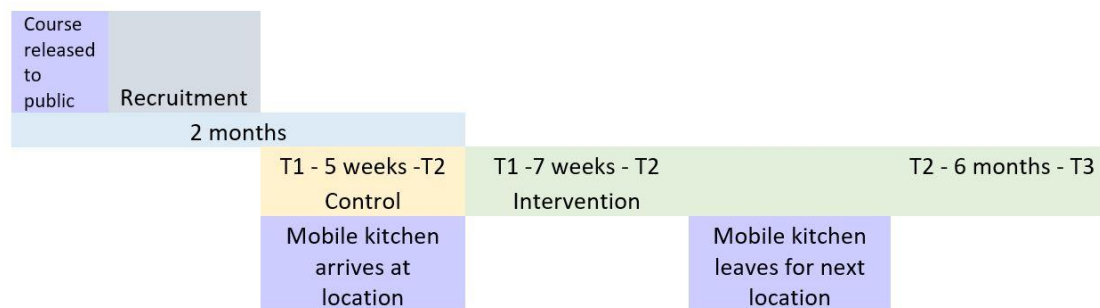


Supplementary Material

Supplementary material - Additional File 1. Part a. Study timetable of program dates and course locations throughout study period

Site	Site Type (visit number)	Course Dates	Course Release Date	Control Date	Intervention Date
1	Metro site A (1)	12/09/16-29/10/16	04/07/2016	08/08/2016	12/09/2016
2	Metro site B (1)	03/11/16-21/12/16	25/08/2016	29/09/2016	03/11/2016
3	Regional site A (1)	16/1/17-18/02/17	12/12/2016	N/A*	16/01/2017
4	Metro site A (2)	22/02/17-11/04/17	26/12/2016	18/01/2017	22/02/2017
5	Metro site A (3)	19/04/17-06/06/17	22/02/2017	15/03/2017	19/04/2017
6	Metro site C (1)	12/06/17-29/07/17	10/04/2017	08/05/2017	12/06/2017
7	Regional site B (1)	07/08/17-23/09/17	12/06/2017	03/07/2017	07/08/2017
8	Metro site D (1)	27/09/17-14/11/17	02/08/2017	23/08/2017	27/09/2017
9	Metro site E (1)	20/11/17-23/12/17	25/09/2017	16/10/2017	20/11/2017
10	Regional site A (2)	08/01/18-25/2/18	13/11/2017	04/12/2017	08/01/2018
11	Metro site A (4)	02/03/18-24/04/18	05/01/2018	26/01/2018	02/03/2018
12	Metro site A (5)	26/04/18-13/6/18	01/03/2018	22/03/2018	26/04/2018
13	Metro site F (1)	18/06/18-21/07/18	16/04/2018	14/05/2018	18/06/2018
14	Regional site C (1)	30/7/18-31/08/18	04/06/2018	25/06/2018	30/07/2018
15	Regional site B (2)	05/09/18-23/10/18	11/07/2018	01/08/2018	05/09/2018
16	Metro site A (6)	01/11/18-18/12/18	30/08/2018	27/09/2018	01/11/2018

*No Control due to Christmas



Part b. Timeline for each location

Supplementary material – Additional File 2. LAB survey questions surrounding secondary outcome measures

HEALTHY COOKING:

[Never; Less than once; Once; 2-3 times; 4-6 times; Daily]

- In a typical week, how often do you prepare and cook a main meal from basic ingredients?
- In a typical week, how often do you eat ready-made meals at home?
- In a typical week, how often do you include salad or vegetables with the main meal?

HEALTHY EATING:

[Never; Less than once; Once; 2-3 times; 4-6 times; Daily]

- How often do you include salad or vegetables with the main meal? For example, chicken with vegetables or pasta with salad.
- How many serves of vegetables including fresh, dried, frozen and tinned vegetables do you usually eat each day, where a serve is half a cup of cooked vegetables or 1 cup of salad?
- How many serves of fruit including fresh, dried, frozen and tinned vegetables do you usually eat each day, where a serve is a medium piece or two small pieces of fruit, or a cup of diced pieces?
- How many times do you eat take-away or 'fast-foods' from places such as McDonalds, Red-Rooster, fish and chip shop, Asian take-away or local take-away pizza places?

AFFORDABILITY OF A HEALTHY MEAL

- In a typical week, how much does your household spend in total on food and drink?
- In a typical week, how much does your household spend in total on fruit and vegetables?
- In a typical week, how much does your household spend in total on take away/fast foods?

SOCIAL CONNECTEDNESS AROUND COOKING AND EATING

[Never; Less than once; Once; 2-3 times; 4-6 times; Daily]

- In a typical week, how often do you eat together at home, with the other people in your household in the evenings?
- In a typical week, how often do you eat your dinner in front of the TV?
- In a typical week, how often do you eat your dinner sitting at a dinner table or equivalent?

ATTITUDES AND BELIEFS

- Please choose the answer which best indicates how much you agree or disagree with each of the following statements. [Strongly disagree; somewhat disagree; somewhat agree; strongly agree]
- I find it easy to change my eating habits
- My lifestyle prevents me eating a healthy diet
- Vegetables can be tasty foods
- I eat enough fruit and vegetables
- I can put together a healthy meal from scratch in 30 minutes

- I enjoy cooking
- I enjoy cooking for others
- I get a lot of satisfaction from cooking my meals
- I enjoy eating a meal with others
- I can prepare a meal from basic ingredients that is low in price
- Fruit and vegetables are cheaper when they are in season
- Buying more fruit and vegetables would be difficult on my budget

NUTRITION KNOWLEDGE

- Which of the following choices do you think is not high in salt and could be used to enhance the flavours in food?

[Bacon, Cheese, Tomato sauce, Herbs and spices, Once a week, Not sure]

- Out of the items listed below, which foods do you think health experts recommend eating the least?

[Olive oil, Butter, Avocados, Nuts and seeds, Vegetable oil, Not sure]

- If a person felt like something sweet, but was trying to cut down on sugar, which would be the best choice?

[Glass of fruit juice, A piece of fruit, A plain biscuit, A cereal snack bar, Not sure]

Supplementary material – Additional File 3. Comparison of demographic characteristics by group at T1 and comparison of means at T2.

	T1 Control n (%)	T1 Intervention n (%)	T1 χ^2 Test p value¹	T2 χ^2 Test p value¹
Male	39 (23.8)	111 (22.5)	0.738	0.378
Female	125 (76.2)	382 (77.5)		
#Age	44.4 ±14.9	43.9 ±14.7	0.698	0.886
#BMI kg/m ²	27.1 ± 6.2	27.5 ± 6.1		0.103
Speaks English as the main language at home	143 (87.2)	453 (91.9)	0.073	0.157
Completed education beyond Year 12 high school	110 (67.0)	314 (63.7)	0.556	0.552
Occupation				
Working full-time	51 (31.1)	148 (30)		
Working part-time	44 (26.8)	139 (28.2)		
Full-time student	20 (12.2)	35 (7.1)		
Part-Time student	5 (3.0)	13 (2.6)		
Home duties/carer	12 (7.3)	49 (9.9)		
Not working (unemployed, retired, unable to work and others)	32 (19.5)	109 (22.1)		
Household yearly income >\$50,000	96 (67.1)	290 (68.1)	0.684	0.218
Access to a kitchen to prepare own meals	163 (99.4)	492 (99.8)	0.413	0.576
Attending participant does household food shopping	138 (82.9)	418 (84.8)	0.570	0.694

¹ Significance defined as * $p < 0.05$ and ** $p < 0.01$, #Mean ±SD

Supplementary material – Additional File 4. Program interaction effects over time for outcome measures from T2 to T3 (6 months post-program) in intervention group

Cooking confidence	Change (T3-T2) mean (SE²)	Post Hoc p value³
Confidence about being able to cook from basic ingredients	0.006 (0.08)	0.94
Confidence about following a simple recipe	0.146 (0.09)	0.10
Confidence about preparing and cooking new foods and recipes	0.010 (0.10)	0.92
Confidence that what is cooked will “turn out” well	0.069 (0.11)	0.54
Confidence about tasting foods not eaten before	0.047 (0.12)	0.69
Healthy cooking		
In a typical week, how often do you prepare and cook a <u>main meal</u> from basic ingredients?	0.005 (0.11)	0.96
In a typical week, how often do you eat <u>ready-made meals</u> at home?	0.125 (0.16)	0.42
In a typical week, how often do you include salad or vegetables with the main meal?	0.21 (0.13)	0.10
Healthy eating		
How many serves of vegetables, including fresh, dried, frozen and tinned vegetables do you usually eat each day, where a serve is half a cup of cooked vegetables or 1 cup of salad?	0.08 (0.18)	0.67
How many serves of fruit, including fresh, dried, frozen and tinned fruit do you usually eat each day, where a serve is a medium piece or two small pieces of fruit, or a cup of diced pieces?	-0.10 (0.16)	0.534
How many times do you eat take-away or ‘fast foods’?	-0.047 (0.09)	0.597
Affordability of a healthy meal		
In a typical week, how much does your household spend in total on food and drink?	-0.19 (0.13)	0.15
In a typical week, how much does your household spend in total on fruit and vegetables?	-0.12 (0.65)	0.46
In a typical week, how much does your household spend in total on take away/fast foods?	0.033 (0.24)	0.89
Social connectedness around cooking and eating⁴		
In a typical week, how often do you eat together at home, with the other people in your household in the evenings?	0.58 (0.33)	0.09
In a typical week, how often do you eat your dinner in front of the TV?	-0.002 (0.15)	0.99

In a typical week, how often do you eat your dinner sitting at a dinner table or equivalent?	0.11 (0.18)	0.56
Attitudes and beliefs regarding healthy eating⁵		
I find it easy to change my eating habits	-0.03 (0.11)	0.794
My lifestyle prevents me eating a healthy diet [^]	0.02 (0.11)	0.85
Vegetables can be tasty foods	0.03 (0.07)	0.71
I eat enough fruit and vegetables	0.08 (0.10)	0.43
Fruit and vegetables are cheaper when they are in season	0.006 (0.09)	0.95
Cooking ability, enjoyment and satisfaction⁵		
I can put together a healthy meal from scratch in 30 minutes	0.06 (0.09)	0.56
I enjoy cooking	-0.034 (0.08)	0.688
I enjoy cooking for others	-0.09 (0.08)	0.252
I get a lot of satisfaction from cooking my meals	-0.13 (0.10)	0.214
I enjoy eating a meal with others	0.03 (0.08)	0.723
Attitudes & beliefs of affordability of a healthy meal⁵		
I can prepare a meal from basic ingredients that is low in price	-0.05 (0.08)	0.498
Buying more fruit and vegetables would be difficult on my budget [^]	-0.10 (0.13)	0.440
General health and self-esteem		
In general how do you feel about your health? ⁶	-0.13 (0.11)	0.228
Global self-esteem	-0.33 (0.53)	0.531
PCS12	-0.08 (0.95)	0.933
MCS12	-2.37 (1.19)	0.051
SVS_Total	-1.00 (0.74)	0.18
WEMWBS	-0.80 (0.87)	0.360

¹Values reported are adjusted for the effects of age, gender, BMI, income and education

²SE = Standard Error of Measurement

³* $p < 0.05$ and ** $p < 0.01$

⁴Categorical response item/s where "Never" = 1 "Less than once a month" = 2 "Once a week" = 3 "2 times a week" = 4 "3-4 times a week" = 5 "5 or more times a week" = 6 "Don't know" = Missing = 7

⁵Likert scale response item/s where "Strongly disagree" = 1 "Somewhat disagree" = 2 "Somewhat agree" = 3 "Strongly agree" = 4

⁶Categorical response items where 1 = 'Excellent'; 2 = 'Very good'; 3 = 'Good'; 4 = 'Fair'; 5 = 'Poor'.

[^]Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Somewhat agree" = 2 "Strongly agree" = 1

Supplementary material – Additional File 5. Multivariable-adjusted general linear models of program interaction effects over time for secondary outcome measures at T1 (baseline), T2 (5/7-week follow-up) and T3 (6-month follow-up – intervention only) by group¹.

Secondary Outcome Measure	Interaction effect		Control Group mean (SE ²)				Intervention Group mean (SE)						
	p value ⁵	Effect size ⁶ (partial eta squared)	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc p value	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc p value	Post Program (T3)	Change (T3-T2)	Post Hoc p value
Healthy cooking													
In a typical week, how often do you eat <u>ready-made meals</u> at home?	0.628	N/S ³	2.57 (0.171)	2.32 (0.17)	0.25 (0.12)	NA ⁴	2.45 (0.10)	2.26 (0.10)	-0.18 (0.08)	NA	2.06 (0.19)	0.125 (0.16)	0.42
In a typical week, how often do you include salad or vegetables with the main meal?	0.127	N/S	4.95 (0.14)	5.16 (0.11)	0.21 (0.12)	NA ⁴	4.85 (0.08)	5.24 (0.07)	0.40 (0.07)	NA	4.93 (0.11)	0.21 (0.13)	0.10
Healthy eating													
How many serves of vegetables, including fresh, dried, frozen and tinned vegetables do you usually eat each day, where a serve is half a cup of cooked vegetables or 1 cup of salad?	0.624	N/S	4.15 (0.20)	4.68 (0.20)	0.53 (0.17)	NA	4.36 (0.12)	4.98 (0.12)	0.62 (0.11)	NA	4.89 (0.21)	0.08 (0.18)	0.67
How many serves of fruit, including fresh, dried, frozen and tinned fruit do you usually eat each day, where a serve is a medium piece or two small pieces of fruit, or a cup of diced pieces?	0.890	N/S	3.54 (0.18)	3.84 (0.18)	0.30 (0.15)	NA	3.49 (0.11)	3.81 (0.11)	0.32 (0.09)	NA	3.69 (0.18)	-0.10 (0.16)	0.534

Secondary Outcome Measure	Interaction effect		Control Group mean (SE ²)				Intervention Group mean (SE)						
	<i>p</i> value ⁵	Effect size ⁶ (partial eta squared)	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc <i>p</i> value	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc <i>p</i> value	Post Program (T3)	Change (T3-T2)	Post Hoc <i>p</i> value
How many times do you eat take-away or 'fast foods'?	0.540	N/S	2.85 (0.13)	2.72 (0.11)	-0.12 (0.11)	NA	2.67 (0.08)	2.47 (0.07)	-0.20 (0.07)	NA	2.50 (0.09)	-0.047 (0.09)	0.597
Affordability of a healthy meal													
In a typical week, how much does your household spend in total on food and drink	0.489	N/S	5.75 (0.15)	5.61 (0.15)	-0.14 (0.12)	NA	5.62 (0.09)	5.56 (0.10)	-0.05 (0.07)	NA	5.56 (0.15)	-0.19 (0.13)	0.15
In a typical week, how much does your household spend in total on fruit and vegetables	0.814	N/S	4.63 (0.16)	4.79 (0.16)	0.16 (0.12)	NA	4.67 (0.10)	4.80 (0.10)	0.13 (0.07)	NA	4.77 (0.16)	-0.12 (0.65)	0.46
In a typical week, how much does your household spend in total on take away/fast foods	0.208	N/S	3.69 (0.22)	3.65 (0.21)	-0.05 (0.19)	NA	3.64 (0.14)	3.33 (0.13)	-0.31 (0.12)	NA	3.44 (0.22)	0.033 (0.24)	0.89
Social connectedness around cooking and eating⁷													
In a typical week, how often do you eat together at home, with the other people in your household in the evenings	0.108	N/S	4.53 (0.26)	4.50 (0.24)	-0.035 (0.16)	NA	4.74 (0.16)	4.97 (0.15)	0.24 (0.10)	NA	4.89 (0.24)	0.58 (0.33)	0.09
In a typical week, how often do you eat your dinner in front of the TV	0.784	N/S	4.29 (0.27)	4.07 (0.28)	-0.21 (0.15)	NA	4.04 (0.17)	3.78 (0.17)	-0.26 (0.09)	NA	3.82 (0.31)	-0.002 (0.15)	0.99

Secondary Outcome Measure	Interaction effect		Control Group mean (SE ²)				Intervention Group mean (SE)						
	p value ⁵	Effect size ⁶ (partial eta squared)	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc p value	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc p value	Post Program (T3)	Change (T3-T2)	Post Hoc p value
In a typical week, how often do you eat your dinner sitting at a dinner table or equivalent	0.192	N/S	4.22 (0.27)	4.32 (0.25)	0.10 (0.14)	NA	4.20 (0.16)	4.50 (0.15)	0.30 (0.09)	NA	4.28 (0.27)	0.11 (0.18)	0.56
Attitudes and beliefs regarding healthy eating⁸													
Vegetables can be tasty foods	0.094	N/S	3.63 (0.10)	3.69 (0.08)	0.06 (0.08)	NA	3.57 (0.06)	3.79 (0.05)	0.21 (0.05)	NA	3.73 (0.09)	0.03 (0.07)	0.71
I eat enough fruit and vegetables	0.081	N/S	2.76 (0.13)	2.87 (0.11)	0.11 (0.10)	NA	2.61 (0.08)	2.91 (0.07)	0.30 (0.06)	NA	2.78 (0.12)	0.08 (0.10)	0.43
Fruit and vegetables are cheaper when they are in season	0.644	N/S	3.43 (0.09)	3.60 (0.08)	0.17 (0.08)	NA	3.49 (0.06)	3.70 (0.05)	0.21 (0.05)	NA	3.66 (0.08)	0.006 (0.09)	0.95
Cooking ability⁸, enjoyment and satisfaction													
I enjoy eating a meal with others	0.217	N/S	3.54 (0.09)	3.54 (0.08)	0.004 (0.09)	NA	3.46 (0.05)	3.58 (0.05)	0.12 (0.05)	NA	3.55 (0.09)	0.03 (0.08)	0.723
Attitudes & beliefs of affordability of a healthy meal⁸													
I can prepare a meal from basic ingredients that is low in price	0.161	N/S	2.72 (0.12)	3.05 (0.09)	0.328 (0.10)	NA	2.92 (0.07)	3.40 (0.06)	0.484 (0.06)	NA	3.39 (0.09)	-0.05 (0.08)	0.498
Buying more fruit and vegetables would be difficult on my budget [^]	0.588	N/S	3.05 (0.11)	3.16 (0.10)	0.11 (0.11)	NA	3.18 (0.07)	3.36 (0.06)	0.067 (0.01)	NA	3.35 (0.11)	-0.10 (0.13)	0.440

¹Values reported are adjusted for the effects of age, gender, BMI, income and education; ²SE = Standard Error of Measurement; ³N/S = No significant overall interaction effect; ⁴Not Applicable as the overall interaction effect is not significant; ⁵*p<0.05 and ** p<0.01; ⁶Partial eta squared effect size ranges: small effect = 0.00-0.01; medium effect = 0.01-0.06; large effect = 0.06 – 0.14; ⁷Categorical response items where “Never” = 1 “Less than once a month” = 2 “Once a week” = 3 “2 times a week” = 4 “3-4 times a week” = 5 “5 or more times a week” = 6 “Don’t know” = Missing = 7; ⁸Likert scale response items where “Strongly disagree” = 1 “Somewhat disagree” = 2 “Somewhat agree” = 3 “Strongly agree” = 4; [^] Item response recoded where “Strongly disagree” = 4 “Somewhat disagree” = 3 “Somewhat agree” = 2 “Strongly agree” = 1