All questions were presented in Italian

FOOD WASTE IN TIMES OF COVID-19 SURVEY

18-05-2020 FINAL

SAMPLE CRITERIA

- Age ≥ 18 years
- Only respondents who are responsible for at least half of the shopping trips AND meal preparations in their household
- Representative sample of Italian household composition
- Furthermore, representative spread of: age, gender (M/F), income groups, education, region and small/large city.

AIM OF THE STUDY

The aim of this project is to gain insights on the effects of the COVID-crisis with its quarantine and social distancing restrictions on shopping, storing, preparation and discard behaviors of households, and how these differ from the pre-COVID-19 period.

QUESTIONNAIRE

INTRODUCTION SCREEN

Welcome

The corona virus had and has a substantial impact on all of our daily lives.

In this online survey we aim to investigate how the corona restrictions taken by the Italian government affect shopping routines, purchasing behavior and the way food is handled in households.

A few remarks before filling out the survey:

- Please take your household in mind when answering the questions. If the question only applies to yourself, it will be clearly stated.

- Whenever we are talking about the start of the corona crisis and the quarantine period, we talk about the **11th of March**, when the restrictions were announced by the Italian government

- The 17th of May is considered the last day of quarantine when the majority of the restrictions were officially removed by the Italian government.

- Therefore when we ask questions regarding the quarantine period we refer to the period between the 11th of March and the 17th of May. When we ask questions regarding the period prior the quarantine we refer to the period before the 11th of March

- For some questions we ask you to answer if things have changed now, as compared to before the corona crisis on 7-point scales. If the statement does not apply to your household at all (before corona, and now) – then please select zero (not applicable/never). This also applies if you do not know the answer.

- The participation is on voluntary basis. You can decide not to take the questionnaire. If you decide to take the questionnaire you can decide to withdraw at any time. The provision of data required by the questionnaire is optional and refusal to provide it will have no consequence.

- This questionnaire is carried out by Alma Mater Studiorum - Università di Bologna in partnership with MSI-ACI Europe BV

It will take about 15-20 minutes to complete the questionnaire.

We thank you very much in advance for your contribution to this study.

Answers are confidential and the survey is completely anonymous. The collection of information through the questionnaire is aimed exclusively to research and dissemination purposes. The data will be processed anonymously with the support of automated tools. Specific security measures are implemented to prevent the loss, unauthorized access and the illicit or non-correct use of data.

The data owner is Alma Mater Studiorum University of Bologna and the privacy policies fulfil the requirements laid down in Regulation (EU) 2016/679 on the protection of natural persons with regard to the processing of personal data (the GDPR). In any case, data will not be stored for more than 24 months.

If you have any question regarding the survey you can contact us at:

matteo.vittuari@unibo.it; matteo.masotti8@unibo.it; elisa.iori5@unibo.it.

Criteria for representative sample:

C1. Household size (question for representative sample); see socio-demographic questions

C2. Gender (question for representative sample); see socio-demographic questions

C3. Age (question for representative sample); see socio-demographic questions

C4. Income groups (question for representative sample); see socio-demographic questions

C5. Education (question for representative sample); see socio-demographic questions

C6. Province/region (question for representative sample); see socio-demographic questions

C7. Small/large city (question for representative sample); see socio-demographic questions

Screening:

S1. Age [screening question, <18 years = screen out]; see socio-demographic questions

S2. How often do you do the groceries in your household? [1=screen out]
      1. Less than half the times [screen out]
      2. Half of the times.
      3. More than half of the times

S3. How often do you do the cooking in your household? [screening question, 1=screen out]
      1. Less than half the times
      2. Half the times.
      3. More than half the times

S4. Have you been ill since the start of the corona crisis for more than 2 weeks? [screening question, yes=screen out]

- □ Yes
- □ No

SHOPPING BEHAVIOUR

The following questions are related to grocery shopping.

FREQUENCY OF SHOPPING

Q1. How often did your household (on average) do groceries <u>before the corona crisis</u>?

- □ (Almost) every day
- □ 4-6 times a week
- □ 2-3 times a week
- □ Once a week
- □ 2-3 times a month
- □ 1 a month or Less often

Q2. How often does you household (on average) do groceries <u>now</u> (during the corona crisis)?

- □ (Almost) every day
- □ 4-6 times a week
- □ 2-3 times a week
- □ Once a week
- □ 2-3 times a month
- □ 1 a month or Less often

The following questions are about <u>where</u> your household does most of the grocery shopping/buys most foods, and whether this has changed due to the pandemic.

Q3a. Please indicate whether your household did groceries/bought foods at one of the following places, <u>before the quarantine</u>:

	Yes	No
1. Online supermarkets	□	□
2. Online shops different from supermarkets	□	□
23. Local shops (e.g. bakeries, butchers, specialty stores)	□	□
4. Farms	□	□
5. Market places	□	□
6. Supermarkets	□	□
7. Take-away/delivery restaurants (no pizzerias)	□	□
8. Take-away/delivery Pizzerias	□	□

Q3b. Please indicate whether your household was doing groceries or buying food products at one of the following places , <u>during the quarantine</u>:

	never buy here/not applicable	much less often	less often	a bit less often	just as much	a bit more often	more often	much more often
	0	**1**	**2**	**3**	**4**	**5**	**6**	**7**
1. Online supermarkets	□	□	□	□	□	□	□	□
2. Online shops different from supermarkets	□	□	□	□	□	□	□	□
33. Local shops (e.g. bakeries, butchers, specialty stores)	□	□	□	□	□	□	□	□
4. Farms	□	□	□	□	□	□	□	□
5. Market places	□	□	□	□	□	□	□	□
6. Supermarkets	□	□	□	□	□	□	□	□
7. Take-away/delivery restaurants (no pizzerias)	□	□	□	□	□	□	□	□
8. Take-away/delivery Pizzerias	□	□	□	□	□	□	□	□

If we talk about 'shops' in the next questions, we mean all places for grocery shopping like (online) supermarkets, specialty stores, markets, local farms etc.

For the following statements, we ask you to indicate how often you did something before the quarantine, and how often you did it during the quarantine.

Q4. I plan what my household will eat before going to the shop (planner)

a) before the quarantine:

Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every time
1	2	3	4	5	6	7
□	□	□	□	□	□	□

b) after the quarantine:

Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every time
1	2	3	4	5	6	7
□	□	□	□	□	□	□

Q5. I make the decision of what my household will eat in the supermarket (impulsive buyer)

a) before the quarantine:

Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every time
1	2	3	4	5	6	7
□	□	□	□	□	□	□

b) after the quarantine:

Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every time
1	2	3	4	5	6	7
□	□	□	□	□	□	□

Q6. I usually buy a range of products per week and improvise with the recipes per day (improvisation buyer)

a) before the quarantine:

Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every time
1	2	3	4	5	6	7
□	□	□	□	□	□	□

b) after the quarantine:

Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every time
1	2	3	4	5	6	7
□	□	□	□	□	□	□

Q7. Please indicate if the following statements apply less or more to you.

As compared to before the 11th of March 2020, during the quarantine... ITEMS RANDOM	never do	much less often	less often	a bit less often	just as much	a bit more often	more often	much more often
	0	**1**	**2**	**3**	**4**	**5**	**6**	**7**
1. I made use of a shopping list (planning)	□	□	□	□	□	□	□	□
2. I bought products that I had not planned to buy (impulse buying)	□	□	□	□	□	□	□	□
3. I forgot to buy what I had planned (environmental pressure)	□	□	□	□	□	□	□	□

HOARDING

Q8. The following statements are about the quarantine period . Please indicate to what extend you (dis)agree to the following statements.

During the quarantine...	Completely disagree			Neutral			Completely agree
	1	**2**	**3**	**4**	**5**	**6**	**7**
1. I bought more at once for my household per shopping trip	□	□	□	□	□	□	□
2. I wanted to ensure I have enough foods in my home, so I stocked(piled) up on supplies more than before the quarantine	□	□	□	□	□	□	□
3. I was worried about the availability of food in the shops	□	□	□	□	□	□	□
4. I was worried about going to the shop too often and being in contact with others	□	□	□	□	□	□	□
5. I spent less time in the supermarket than before the quarantine (environmental pressure)	□	□	□	□	□	□	□
6. Inside the supermarket I moved around according to others' movements (environmental pressure)	□	□	□	□	□	□	□
7. I had sufficient storing space in my house for the food I bought (stocking)	□	□	□	□	□	□	□

	Completely disagree			Neutral		Completely agree	
	1	**2**	**3**	**4**	**5**	**6**	**7**
6. When I stocked up on supplies, there might have been less food left for others	☐	☐	☐	☐	☐	☐	☐
7. When I stocked up on supplies, I might have wasted more of this food later	☐	☐	☐	☐	☐	☐	☐

PRODUCT TYPES
Q9. Please indicate if your household in general purchases less or more of the following food products as compared to before the corona crisis.

	never buy	much less	less	a bit less	just as much	a bit more	more	much more
	0	**1**	**2**	**3**	**4**	**5**	**6**	**7**
1.Bread, pasta, rice	☐	☐	☐	☐	☐	☐	☐	☐
2. Flour and yeast	☐	☐	☐	☐	☐	☐	☐	☐
3. Cured meat	☐	☐	☐	☐	☐	☐	☐	☐
4. White meat (poultry, rabbit, cattle, oyster...)	☐	☐	☐	☐	☐	☐	☐	☐
5. Beef meat	☐	☐	☐	☐	☐	☐	☐	☐
6. Pork meat	☐	☐	☐	☐	☐	☐	☐	☐
7. Milk	☐	☐	☐	☐	☐	☐	☐	☐
8. Cheese and other dairy products	☐	☐	☐	☐	☐	☐	☐	☐
9. Eggs	☐	☐	☐	☐	☐	☐	☐	☐
10. Fish and shellfish (fresh)	☐	☐	☐	☐	☐	☐	☐	☐
11. Fish and shellfish (deep frozen)	☐	☐	☐	☐	☐	☐	☐	☐
12. Fish and shellfish (canned)	☐	☐	☐	☐	☐	☐	☐	☐
13. Fresh vegetables	☐	☐	☐	☐	☐	☐	☐	☐
14. Deep-frozen vegetables	☐	☐	☐	☐	☐	☐	☐	☐
15. Preserved vegetables	☐	☐	☐	☐	☐	☐	☐	☐
16. Fresh Fruit	☐	☐	☐	☐	☐	☐	☐	☐
17. Preserved fruit	☐	☐	☐	☐	☐	☐	☐	☐
18. Potatoes and derived products	☐	☐	☐	☐	☐	☐	☐	☐
19. Savory snacks	☐	☐	☐	☐	☐	☐	☐	☐

20. Sweets	□	□	□	□	□	□	□	□
21. Wine	□	□	□	□	□	□	□	□
22. Alcoholic beer	□	□	□	□	□	□	□	□
23. Spirits	□	□	□	□	□	□	□	□
24. Other alcoholic drinks	□	□	□	□	□	□	□	□
25. Sweetened drinks and cola	□	□	□	□	□	□	□	□
26. Ready to eat meals	□	□	□	□	□	□	□	□
27. Frozen meals and pizzas	□	□	□	□	□	□	□	□
28. Pulses	□	□	□	□	□	□	□	□
29. Olive oil	□	□	□	□	□	□	□	□
30. Butter	□	□	□	□	□	□	□	□

Q10. In general, did you buy more food for your household during the quarantine, as compared to before the quarantine (prior 11th of March 2020)?

Much less	Less	A bit less	Just as much	A bit more	More	Much more
1	2	3	4	5	6	7
□	□	□	□	□	□	□

Q11. In general, did you eat at home more often <u>during the quarantine</u>, as compared to before the quarantine (prior 11th of March 2020)?

Much less	Less	A bit less	Just as much	A bit more	More	Much more
1	2	3	4	5	6	7
□	□	□	□	□	□	□

Q11a. How often did you eat out (alone or with other members of the household) <u>before</u> the quarantine, during the following meal moments?

Breakfast:

- □ Never
- □ Less than once a month
- □ Once a month
- □ 2-3 times a month
- □ 1-2 times per week
- □ 3-4 times per week
- □ More than 5 times per week

Lunch:

- □ Never
- □ Less than once a month
- □ Once a month
- □ 2-3 times a month
- □ 1-2 times per week
- □ 3-4 times per week
- □ More than 5 times per week

Diner:

- □ Never
- □ Less than once a month
- □ Once a month
- □ 2-3 times a month
- □ 1-2 times per week
- □ 3-4 times per week
- □ More than 5 times per week

PREPARATION BEHAVIOUR

The following questions are related to the preparations of food in your household.

PRECISION COOKING

Q12. Please indicate if the following statements applied less or more to your household, during the quarantine as compared to before the quarantine.

Compared to before the quarantine...	never do	much less often	less often	a bit less often	just as much	a bit more often	more often	much more often
ITEMS RANDOM	0	1	2	3	4	5	6	7
1. We aimed to have no unnecessary leftovers	□	□	□	□	□	□	□	□
2. We were precise in cooking the right quantities	□	□	□	□	□	□	□	□
3. We more often weighted/measured our ingredients during cooking	□	□	□	□	□	□	□	□

Q13. During the quarantine period, we bought more/less: ITEMS RANDOM	never buy 0	much less 1	a bit less 2	less 3	just as much 4	a bit more 5	more 6	much more 7
1. Deep-frozen products	□	□	□	□	□	□	□	□
2. Preserved products	□	□	□	□	□	□	□	□
3. Fresh products	□	□	□	□	□	□	□	□
4. Basic ingredients to make products myself (such as flour for pancakes, bread etc.)	□	□	□	□	□	□	□	□

FREQUENCY OF COOKING

Q14. How often did you household cook per week <u>during the quarantine</u>?

- □ (Almost) every day
- □ 4-6 times a week
- □ 2-3 times a week
- □ Once a week
- □ Less often

Q15. Did your household less/more frequently cook during the quarantine, as compared to before the quarantine (prior the 11th of March 2020)?

We never cook 0	Much less frequent 1	Less frequent 2	A bit less frequent 3	Just as much 4	A bit more frequent 5	More frequent 6	Much more frequent 7
□	□	□	□	□	□	□	□

Q16. Did your household spend less/more time on cooking per meal during the quarantine, as compared to before quarantine (prior the 11th of March 2020)?

We never cook 0	Much less time 1	Less time 2	A bit less time 3	Just as much time 4	A bit more time 5	More time 6	Much more time 7
□	□	□	□	□	□	□	□

The following questions are related to the storage of foods in your household.

STOCK MANAGEMENT

Q17. Did your household have less/more foods in stock during the quarantine, as compared to before the quarantine (prior the 11th of March 2020)?

Much less	Less	A bit less	Just as much	A bit more	More	Much more
1	2	3	4	5	6	7
□	□	□	□	□	□	□

Q18. Please indicate if the following statements apply less or more to you, during the quarantine as compared to before the quarantine.

Compared to before the quarantine... ITEMS RANDOM	much worse	worse	a bit worse	just as good	a bit better	better	much better
	1	2	3	4	5	6	7
1. I knew .... what I had in stock	□	□	□	□	□	□	□
2. My shelves and/or fridges were.... organized	□	□	□	□	□	□	□

FOOD WASTE AMOUNTS

The following questions are about the foods your household discards.

Q19. Do you feel like your household in general discarded less, just as much or more of the following food products during the quarantine, as compared to before the quarantine (prior the 11th of March 2020)?

Compared to before the quarantine, we discarded...	never buy	much less	less	a bit less	just as much	a bit more	more	much more
	0	1	2	3	4	5	6	7
1.Bread, pasta, rice	□	□	□	□	□	□	□	□
2. Flour and yeast	□	□	□	□	□	□	□	□
3. Cured meat	□	□	□	□	□	□	□	□
4. White meat (poultry, rabbit, cattle, oyster...)	□	□	□	□	□	□	□	□
5. Beef meat	□	□	□	□	□	□	□	□
6. Pork meat	□	□	□	□	□	□	□	□
7. Milk	□	□	□	□	□	□	□	□
8. Cheese and other dairy products	□	□	□	□	□	□	□	□
9. Eggs	□	□	□	□	□	□	□	□
10. Fish and shellfish (fresh)	□	□	□	□	□	□	□	□
11. Fish and shellfish (deep frozen)	□	□	□	□	□	□	□	□
12. Fish and shellfish (canned)	□	□	□	□	□	□	□	□
13. Fresh vegetables	□	□	□	□	□	□	□	□
14. Deep-frozen vegetables	□	□	□	□	□	□	□	□
15. Preserved vegetables	□	□	□	□	□	□	□	□
16. Fresh Fruit	□	□	□	□	□	□	□	□
17. Preserved fruit	□	□	□	□	□	□	□	□
18. Potatoes and derived products	□	□	□	□	□	□	□	□
19. Savory snacks	□	□	□	□	□	□	□	□
20. Sweets	□	□	□	□	□	□	□	□
21. Wine	□	□	□	□	□	□	□	□
22. Alcoholic beer	□	□	□	□	□	□	□	□
23. Spirits	□	□	□	□	□	□	□	□
24. Other alcoholic drinks	□	□	□	□	□	□	□	□
25. Sweetened drinks and cola	□	□	□	□	□	□	□	□
26. Ready to eat meals	□	□	□	□	□	□	□	□
27. Frozen meals and pizzas	□	□	□	□	□	□	□	□
28. Pulses	□	□	□	□	□	□	□	□
29. Olive oil	□	□	□	□	□	□	□	□
31. Leftovers	□	□	□	□	□	□	□	□

Q20a. What was/were the main reason(s) your household discarded <u>more</u> of this product than before quarantine?

(max 3 answers possible, ranking in order of importance)

- □   We bought too much of the product
- □   There was too much of the food in one package
- □   We prepared/cooked too much
- □   We forgot it was there
- □   We prepared the product in the wrong way
- □   We disliked the taste
- □   The expiration date had exceeded
- □   The product was spoiled
- □   We decided to finish other products first, so this product was left
- □   It did not fit into my menu schedule
- □   There was too little left to keep it for storage and/or use it for another meal
- □   We ate it more often now, so we discarded more
- □   No specific reason
- □   Other: _____

Q20b. What was/were the reason(s) your household discarded <u>less</u> of this product than before quarantine?

(max 3 answers possible, ranking in order of importance)

- □   We did not buy it
- □   only buy exactly what I need of this product now
- □   We ate everything I bought
- □   We make us of easy-to-portion products
- □   We eat it less often so I throw away less
- □   No specific reason
- □   Other: _____

Q21. Do you in general feel like your household was wasting less or more food during the quarantine, compared to before quarantine (prior the 11ᵗʰ of March 2020)?

Much less	Less	A bit less	Just as much	A bit more	More	Much more
1	**2**	**3**	**4**	**5**	**6**	**7**
□	□	□	□	□	□	□

IF≤ 3

Q22a Why do you think your household was wasting <u>less</u> food during the quarantine?

(max 3 answers possible, ranking in order of importance)

- □   We cooked more precise
- □   We had a better overview of what we have in stock
- □   We did less often (unexpectedly) eat out
- □   We were more aware of the food supply chain
- □   We wanted to use all the food we had in home to avoid going out to the supermarket again
- □   We cooked more often at home, so we could use leftovers more easily the next day
- □   We more often cooked with left-overs
- □   We prepared better tasting meals during the quarantine, that we were usually finishing
- □   We paid more attention to the best-by and use-before dates
- □   We paid more attention to storing foods in the right way to keep them fresh as long as possible
- □   We felt more guilty about discarding food
- □   We could better estimate how much the household should eat
- □   We had less unexpected circumstances that led to food leftovers
- □   No specific reason
- □   Other: _____

IF ≥5

Q22b Why do you think your household was wasting <u>more</u> food during the quarantine?

(max 3 answers possible, ranking in order of importance)

- □   We ate at home more often, so we were discarding more
- □   We were buying more food per shopping trip We had a larger stock of food products
- □   We were cooking less precise
- □   We had a worse overview of what we have in stock
- □   We were less often cooking with left-overs
- □   We spent less time on our meals to make them taste good, so we did not finish them
- □   We paid less attention to the best-by and use-before dates
- □   We paid less attention to storing our foods in the right way to keep them fresh as long as possible
- □   We felt less guilty about discarding food
- □   We had other things on our minds than thinking about food waste
- □   We could estimate worse how much the household should eat
- □   We had more unexpected circumstances that led to food leftovers
- □   No specific reason
- □   Other: _____

The following questions are about all <u>meal</u> left-overs (hot meals and bread meals) in your household.

Q23. Did your household in general have less or more meal left-overs during the quarantine, as compared to before the quarantine (prior March 11)?

We never have leftovers	Much less	Less	A bit less	Just as much	A bit more	More	Much more
0	**1**	**2**	**3**	**4**	**5**	**6**	**7**
□	□	□	□	□	□	□	□

Q24. How did your household mostly handle these meal left-overs <u>before the</u> quarantine (prior the 11th of March 2020)?

- □ We threw away what was left
- □ We saved what was left and consumed it later
- □ We saved what was left and (often) threw it away later
- □ We fed it to animals
- □ We never had leftovers
- □ Other:_____

Q25. How did your household mostly handle these meal left-overs during the quarantine?

- □ We threw away what is left
- □ We saved what was left and consumed it later
- □ We saved what was left and threw it away later
- □ We fed it to animals
- □ We never had leftovers during the quarantine
- □ Other:_____

The following questions are related to your perceptions about food and food waste.

MOTIVATION

Q26. Please indicate if the following statements apply less or more to you during the quarantine, as compared to before the quarantine (prior the 11th of March 2020).

Compared to before the quarantine... ITEMS RANDOM	much less	less	a bit less	just as much	a bit more	more	much more
	1	2	3	4	5	6	7
1. I felt less/more guilty about throwing away food (M)	□	□	□	□	□	□	□
2. I was more/less aware of the food that I waste (M)	□	□	□	□	□	□	□
3. I thought people in my surroundings threw away more/less food (M)	□	□	□	□	□	□	□
4. I thought people in my surroundings found it important to waste more/less food (M)	□	□	□	□	□	□	□
3. I paid less/more attention to the expiry dates, such as use-by and best-before dates (A)	□	□	□	□	□	□	□
4. I paid less/more attention to storing my food in the right way to keep my food fresh as long as possible (A)	□	□	□	□	□	□	□
5. I found it less/more difficult to prepare leftovers into new meals (A)	□	□	□	□	□	□	□
6. I found it less/more difficult to estimate how much food my household should eat (A)	□	□	□	□	□	□	□
7. I found it less/more difficult to estimate how much food I needed to buy (A)	□	□	□	□	□	□	□
8. I tried less/more new recipes and cooking techniques (A)	□	□	□	□	□	□	□
9. I paid less/more attention to the amount of food I wasted (behavior)	□	□	□	□	□	□	□
10. I had meals at regular times	□						
11. I paid attention to the taste of what I ate							
12. I had more sustainable habits in the kitchen (less energy, less waste, less packaging)							
13. I felt good in kitchen, I took care of it.							

Note: "(M)", "(A)", and "(behavior)" labels appear in red in the source.

Q27. Please indicate if the following statements applied less or more to you during the quarantine, as compared to before quarantine (prior the 11th of March 2020)
MOTIVATION + ABILITY

Compared to before the quarantine, I found... (competing motives) ITEMS RANDOM	not appli-cable 0	much less 1	less 2	a bit less 3	just as much 4	a bit more 5	more 6	much more 7
1. eating healthy ... important (health)	□	□	□	□	□	□	□	□
2. eating tasty food ... important (taste)	□	□	□	□	□	□	□	□
3. having cheap foods ... important (price)	□	□	□	□	□	□	□	□
4. the convenience of food ... important (convenience)	□	□	□	□	□	□	□	□
5. having enough food ... important (enough food)	□	□	□	□	□	□	□	□
6. not having too much food for my household ... important (too much food)	□	□	□	□	□	□	□	□
7. the safety of food ... important (food safety)	□	□	□	□	□	□	□	□

OPPORTUNITY

Q28. Please indicate if the following statements applied less or more to you during the quarantine, as compared to before quarantine (prior the 11th of March 2020)

Compared to before the quarantine, ITEMS RANDOM	not appli-cable 0	much less 1	less 2	a bit less 3	just as much 4	a bit more 5	more 6	much more 7
1. I used television programs dedicated to cooking to learn new recipes and cooking skills. (A)	□	□	□	□	□	□	□	□
2. I used books and magazines dedicated to cooking to learn new recipes and cooking skills (A)	□	□	□	□	□	□	□	□
3. I used websites and social media pages dedicated to cooking to learn new recipes and cooking skills (A)	□	□	□	□	□	□	□	□
4. I used social media channels and pages of food bloggers and influencers dedicated to cooking to learn new recipes and cooking skills (A)	□	□	□	□	□	□	□	□

Q29. Please indicate if the following statements applied less or more to you during the quarantine, as compared to before quarantine (prior the 11th of March 2020)

Compared to before the quarantine, ITEMS RANDOM	not appli-cable 0	much less 1	less 2	a bit less 3	just as much 4	a bit more 5	more 6	much more 7
1. I used the oven. (A)	□	□	□	□	□	□	□	□
2. I used the stove (gas or electric) (A)	□	□	□	□	□	□	□	□
3. I used the microwave oven (A)	□	□	□	□	□	□	□	□
4. I used the mixer (A)	□	□	□	□	□	□	□	□
5. I used the cutting board (A)	□	□	□	□	□	□	□	□
6. I used the pressure cooker (A)	□	□	□	□	□	□	□	□
7. I did the sorted waste collection of all the packages	□	□	□	□	□	□	□	□
8. I threw away the plastic packages	□	□	□	□	□	□	□	□
9. I threw away the glass packages	□	□	□	□	□	□	□	□
10. I threw away the paper packages	□	□	□	□	□	□	□	□

Q30. Please indicate if the following statements applied less or more to you during the quarantine, as compared to before quarantine (prior the 11th of March 2020)

Compared to before the quarantine, the shops where I bought most of my food products: ITEMS RANDOM	much worse 1	worse 2	a bit worse 3	just as good 4	a bit better 5	better 6	much better 7
1. Had a better/worse supply, which matched with what I needed for my household	□	□	□	□	□	□	□
2. Was better/worse accessible when I wanted to shop for food	□	□	□	□	□	□	□

Q31. Please indicate if the following statements applied less or more to you during the quarantine, as compared to before quarantine (prior the 11th of March 2020)

During the quarantine... ITEMS RANDOM	never occurred **0**	much less often **1**	Less often **2**	a bit less often **3**	just as much **4**	a bit more often **5**	more often **6**	much more often **7**
1. I was too tired to prepare the meal for which I bought the products	□	□	□	□	□	□	□	□
2. Unexpected circumstances occurred, in which I had food left over	□	□	□	□	□	□	□	□
3. I felt under time pressure in my day to day life	□	□	□	□	□	□	□	□
4. The meals during the week diverged from what I had planned	□	□	□	□	□	□	□	□
5. I often felt under stress taking care of housework	□	□	□	□	□	□	□	□

Q32. I am a:

- □ Male
- □ Female
- □ Other/do not want to say

Q33. I am:

____ years old

Q34. On which location did you work during the quarantine?

- □ I (mainly) worked on location
- □ I (mainly) worked from home
- □ I was hardly/not working
- □ Not applicable

Q35. How was your professional workload during the quarantine compared to before the quarantine (prior the 11th pf March 2020?

- □ I work more than normal
- □ I work less than normal
- □ I am doing other work than I used to do
- □ I am not working (same as before corona)

Q36. How was your domestic workload during the quarantine compared to before the quarantine (prior the 11th pf March 2020?

- □ I work more than normal
- □ I work less than normal
- □ I am doing other work than I used to do
- □ I am not working (same as before corona)

Q37. Of how many persons does your household consist?

... persons, of which:

... children (0-12 years)

... children (13-18 years)

... adults (18 years and over)

Q38. What is your highest accomplished education level?

- □ Elementary school degree
- □ Middle school degree
- □ High school degree
- □ Other/vocational diploma
- □ University degree
- □ Master Degree/PhD

Q39. In which region did you spend the quarantine?

- □ Abruzzo
- □ Basilicata
- □ Calabria
- □ Campania
- □ Emilia-Romagna
- □ Friuli Venezia-Giulia
- □ Lazio
- □ Liguria
- □ Lombardia
- □ Marche
- □ Molise
- □ Piemonte
- □ Puglia
- □ Sardegna
- □ Sicilia
- □ Toscana
- □ Trentino Alto-Adige
- □ Umbria
- □ Valle d'Aosta
- □ Veneto

Q40. Is the same region where you usually live?

- □ Yes
- □ No

Q41. What is the total pre-crisis (netto) monthly income of your household?

- □ Less than €1.500
- □ €1.500 to € 3.000
- □ € 3.000 to € 7.500
- □ More than € 7.500
- □ I do not know/do not want to say

Q42. Did you use the COVID-19 food stamps (provided by the municipality)?

- □ Yes
- □ No

IF Q42=Yes

Q42a. How much do you think the covid-19 food stamps contributed to the livelihood of your household?

Don't know/don't answer	Not useful at all			No effects			Essential
0	1	2	3	4	5	6	7
□	□	□	□	□	□	□	□