

## FSS C-19 Tracker –questionnaire

### ASK ALL

**Q1.** Which, if any, of the following applies to you? *Please select from the options listed*

#### MULTICODE -1-5, RANDOMISE 1-5

1. I have been advised to self-isolate because I have been contacted via the NHS 'test and trace' scheme or because I have returned from a trip to another country that requires self-isolation on return
2. I am choosing to self-isolate for another reason
3. I, or a member of my household, is in the shielding category
4. I, or a member of my household, have suspected Covid-19 symptoms
5. I have physical or mental health condition(s) or illness(es) that has lasted or is expected to last 12 months or more
6. None of these **[EXCLUSIVE, FIX]**
7. Prefer not to say **[EXCLUSIVE, FIX]**

### ASK ALL

**Q4.** To what extent, if at all, are you worried about there not being enough food available for you/your household to buy in the next month? *Please select one answer only*

#### SINGLE CODE, FORWARD/REVERSE CODES

1. Very worried
2. Somewhat worried
3. Not very worried
4. Not at all worried
5. Don't know **FIX**
6. Prefer not to answer **FIX**

### ASK ALL

**Q5.** To what extent, if at all, are you worried you/your household will not be able to afford food in the next month? *Please select one answer only*

#### SINGLE CODE, FORWARD/REVERSE CODES

1. Very worried
2. Somewhat worried
3. Not very worried
4. Not at all worried
5. Don't know **FIX**
6. Prefer not to answer **FIX**

**ASK ALL**

**Q6.** In the last month have you cut down the size of your meals or skipped meals for any of the following reasons? *Please select one answer for each statement.*

**RANDOMISE ROWS 1-4. PROGRESSIVE GRID, SINGLE CODE PER ROW**

**ROWS**

1. You did not have enough money to buy food
2. You (or others in your household) were not well enough to shop or cook food
3. You had no means to get to the shops to buy food
4. You were unable to get a delivery of food or obtain it in other ways

**COLUMNS**

1. Yes, this happened every week
2. Yes, this happened some weeks but not every week
3. Yes, this happened just one week in the last month
4. No, never
5. Don't know/can't remember
6. Prefer not to answer

**ASK ALL**

**Q7.** In the last month, how often, if at all, have you done any of the following? *Please select one answer for each statement.*

**SINGLE CODE PER ROW. RANDOMISE ROWS 1-4, BUT FIX ROW 5 AT THE BOTTOM PROGRESSIVE GRID. FORWARD/REVERSE COLUMNS**

**ROWS**

1. Had an online food delivery from a supermarket
2. Purchased food from a takeaway, either direct or online
3. Purchased food from a local supplier (i.e. farm shops, veg box), either direct or online
4. Had a food delivery from an online food ordering company (e.g. Deliveroo, Just Eat, Uber Eats)
5. Purchased food through an online marketplace such as Facebook marketplace, Etsy, Gumtree, Instagram, Nextdoor etc. **FIX**

**COLUMNS**

1. Every day
2. Most days but not every day
3. 2 to 3 times a week
4. Every week
5. Some weeks but not every week
6. Just one week in the last month
7. I have not done this in the last month
8. Don't know/can't remember
9. Prefer not to answer

**ASK IF CODES 7 AT Q7 (HAVE NOT DONE THIS IN PAST MONTH OPTIONS 2 & 5)**

**Q8.** Which, if any, of the following are reasons why you did not buy a take-away in the past month? *Please select from the options listed*

**RANDOMISE, MULTICODE 1-8**

1. I prefer to cook at home
2. I prefer to eat more healthily
3. I can't afford take-aways
4. I am concerned about Covid-19
5. I want to save money
6. I am concerned about adequate food hygiene
7. Other (specify) **FIX**

**ASK ALL**

**Q9.** In the last month, how often, if at all, have you arranged for food to be delivered to your house in the following ways? *Please select one answer for each statement.*

**SINGLE CODE PER ROW. PROGRESSIVE GRID. RANDOMISE ROWS 1-8**

**ROWS**

1. Through a food sharing app (e.g. Olio)
2. Through a government or local authority scheme
3. Through a food charity or food bank

**COLUMNS**

1. Every week
2. Some weeks but not every week
3. Just one week in the last month
4. I have not done this in the last month
5. Don't know/can't remember
6. Prefer not to answer

**ASK ALL**

**Q15.** In the last month have you or anyone in your family eaten any of the following foods that has gone past its 'use by' date? *Please select one answer for each food.*

**SINGLE CODE PER ROW. RANDOMISE ROWS. PROGRESSIVE GRID.**

**ROWS**

1. Cooked meats
2. Smoked fish
3. Bagged salads
4. Cheese
5. Milk

**COLUMNS**

1. Yes, this happened every week
2. Yes, this happened some weeks but not every week
3. Yes, this happened just one week in the last month
4. No, never
5. We haven't eaten this in the last month
6. Don't know/can't remember
7. Prefer not to say

**ASK ALL**

**Q16** In the last month, how often, if at all, have you done any of the following?

*Please select one answer for each statement.*

**RANDOMISE ROWS 1-10. PROGRESSIVE GRID. SINGLE CODE PER ROW.  
FORWARD/REVERSE COLUMNS 1-5**

**ROWS**

1. Cooked food from scratch
2. Cooked to freeze food for later
3. Wasted or thrown away food
4. Bought processed food
5. Eaten together with the family
6. Snacked on cakes, biscuits, confectionery and savoury snacks
7. Bought food from local shops
8. Eaten healthy meals
9. Eaten meat

**COLUMNS**

1. Every day
2. Most days
3. 2 to 3 times a week
4. At least once a week
5. At least once a fortnight
6. At least once a month
7. I have not done this in the last month
8. Don't know/can't remember
9. Prefer not to answer

**ASK ALL**

**Q16\_1** In the last month, have you done any of the following more or less often when compared to the month before?

*Please select one answer for each statement.*

**RANDOMISE ROWS 1-10. PROGRESSIVE GRID. SINGLE CODE PER ROW.  
FORWARD/REVERSE COLUMNS 1-5**

**ROWS**

1. Cooked food from scratch
2. Cooked to freeze food for later
3. Wasted or thrown away food
4. Bought processed food
5. Eaten together with the family
6. Snacked on cakes, biscuits, confectionery and savoury snacks
7. Bought food from local shops
8. Eaten healthy meals
9. Eaten meat

**COLUMNS**

1. A lot more this month
2. A little more this month
3. About the same
4. A little less this month
5. A lot less this month
6. I have not done this in the past month

**ASK ALL**

**Q18** How often, if at all, do you do each of the following?

*Please select one answer for each statement.*

**SINGLE CODE PER ROW. RANDOMISE ROWS. PROGRESSIVE GRID.**

**ROWS**

1. Cook food until it is steaming hot throughout
2. Follow instructions on food packaging which tells you how long food should be stored once opened
3. Washing raw chicken
4. Use different chopping boards for different foods
5. Check use-by dates when you are about to cook or prepare food

**COLUMNS**

1. Always
2. Most of the time
3. Sometimes
4. Never
5. I don't cook