Food Standards Scotland (FSS) commissioned Ipsos MORI to track behaviour and attitudes toward food purchasing and consumption during the COVID-19 pandemic.

This is the second of a monthly tracker which will run for three months from May to July 2020.

During this wave, Ipsos MORI interviewed a representative sample of 503 adults, aged 16-75 living in Scotland. Interviews were conducted online via i:Omnibus from: 12-15 June 2020.

Findings for subgroups are included to highlight similarities and differences in responses for key questions. Where subgroups are reported on, the base size is provided in the footnote. The data is weighted to best reflect the demographic profile of the adult population sampled.

Where results do not sum to 100, this may be due to computer rounding. Where appropriate the ‘not applicable’ and ‘don’t know’ responses are not shown.
Levels of concern about food availability and affordability

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
- Very worried: 4%
- Somewhat worried: 11%
- Not very worried: 31%
- Not at all worried: 53%

May not add to 100% as the “Don’t know and Prefer not to answer” options are not charted

You/your household will not be able to afford food in the next month
- Very worried: 5%
- Somewhat worried: 13%
- Not very worried: 26%
- Not at all worried: 55%

Base: 503 Online Scottish adults 16-75, 12-15- June 2020
Levels of concern about food affordability over time

To what extent, if at all, are you worried that you/your household will not be able to afford food in the next month?

To what extent, if at all, are you worried that you/your household will not be able to afford food in the next month?

- Very/somewhat worried
- Not very/not at all worried

Base: 503 Online Scottish adults 16-75, 12-15- June 2020
Levels of concern about food availability over time

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?

<table>
<thead>
<tr>
<th>Date</th>
<th>Very/somewhat worried</th>
<th>Not very/not at all worried</th>
</tr>
</thead>
<tbody>
<tr>
<td>W1 May</td>
<td>20%</td>
<td>80%</td>
</tr>
<tr>
<td>W2 June</td>
<td>15%</td>
<td>84%</td>
</tr>
<tr>
<td>W3 July</td>
<td>19%</td>
<td>81%</td>
</tr>
</tbody>
</table>

Base: 503 Online Scottish adults 16-75, 12-15- June 2020
Concern about food affordability by household composition

To what extent, if at all, are you worried you/your household will not be able to afford food in the next month?

Total

18% (Very/somewhat worried)
81% (Not very/not at all worried)

By household composition

With children

26% (Very/somewhat worried)
73% (Not very/not at all worried)

Without children

16% (Very/somewhat worried)
83% (Not very/not at all worried)

Base: 503 Online Scottish adults 16-75, With children (107), Without children (396), 12-15 June 2020

May not add to 100% as the “Don’t know and Prefer not to answer” options are not charted

= significantly higher than the total

= significantly lower than the total
Concern about food availability by household composition

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?

<table>
<thead>
<tr>
<th>Household Composition</th>
<th>Very/somewhat worried</th>
<th>Not very/not at all worried</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>15%</td>
<td>84%</td>
</tr>
<tr>
<td>With children</td>
<td>24%</td>
<td>75%</td>
</tr>
<tr>
<td>Without children</td>
<td>13%</td>
<td>86%</td>
</tr>
</tbody>
</table>

Base: 503 Online Scottish adults 16-75, With children (107), Without children (396), 12-15 June 2020

May not add to 100% as the “Don’t know and Prefer not to answer” options are not charted.
Impacts on food consumption

In the last month have you cut down the size of your meals or skipped meals for any of these reasons?

You did not have enough money to buy food

- Yes, this happened every week
- Yes, this happened some weeks but not every week
- Yes, this happened just one week in the last month
- No, never

Base: 503 Online Scottish adults 18-75, 12-15 June 2020

May not add to 100% as the “Don’t know/can’t remember and Prefer not to answer” options are not charted
Impacts on food consumption over time

In the last month have you cut down the size of your meals or skipped meals for any of these reasons?
You did not have enough money to buy food

- **Yes**: 83%
- **No**: 84%

**Base:** Online Scottish adults 18-75, 8-12 May 2020 (508); 12-15 June (508)
Impact on food consumption: ‘You did not have enough money to buy food’ by household composition

In the last month have you cut down the size of your meals or skipped meals for any of these reasons? You did not have enough money to buy food

- **Total**: 15% Yes, 84% No
- **With children**: 25% Yes, 73% No
- **Without children**: 12% Yes, 86% No

Base: 503 Online Scottish adults 16-75, With children (107), Without children (396), 12-15 June 2020

May not add to 100% as the “Prefer not to answer” options are not charted.
Impacts on food consumption

In the last month have you cut down the size of your meals or skipped meals for any of these reasons?

- You (or others in your household) were not well enough to shop or cook food: 88% (10% Yes, 88% No, never)
- You had no means to get to the shops to buy food: 87% (12% Yes, 87% No, never)
- You were unable to get a delivery of food or obtain it in other ways: 78% (19% Yes, 78% No, never)

Base: 503 Online Scottish adults 18-75, 12-15 June 2020

May not add to 100% as the “Don’t know/can’t remember and Prefer not to answer” options are not charted.
Changes in food purchasing behaviour

Compared to the period before lockdown, have you done any of the following more or less often?

- Had an online food delivery from a supermarket
  - More: 20%
  - About the same: 19%
  - Less: 13%
  - I never do this: 48%

- Purchased food from a takeaway, either direct or online
  - More: 16%
  - About the same: 24%
  - Less: 22%
  - I never do this: 38%

- Purchased food from a local supplier (i.e. farm shops, veg box), either direct or online
  - More: 21%
  - About the same: 24%
  - Less: 11%
  - I never do this: 44%

- Had a food delivery from an online food ordering company (e.g. Deliveroo, Just Eat, Uber Eats)
  - More: 12%
  - About the same: 18%
  - Less: 17%
  - I never do this: 54%

**Base:** 503 Online Scottish adults 18-75, 12-15 June 2020
Reasons for buying fewer take-aways

Which, if any of the following, are reasons why you are buying food from a take-away less often compared to the period before lockdown?

- Cooking more at home: 41%
- Take-aways not open: 35%
- Concern about Covid-19: 31%
- Want to follow guidelines of staying at home: 31%
- Want to save money: 30%
- Eating more healthily: 27%
- Concern about adequate food hygiene: 20%
- Can't afford take-aways: 17%
- Other: 2%

Base: 204 Online Scottish adults 16-75 who have had fewer takeaway, 12-15 June 2020

Multiple-response question, will not sum to 100% and “Don’t know/can’t remember, Prefer not to answer” options are not charted
Methods of accessing food

In the last month, how often, if at all, have you arranged for food to be delivered to your house in the following ways?

- From Facebook Marketplace: 3% (I have done this in the last month)
- Through a food sharing app (e.g. Olio): 4% (I have not done this in the last month)
- Through a food charity or food bank: 5% (I have done this in the last month)

Base: 503 Online Scottish adults 18-75, 12-15 June 2020

May not add to 100% as the "Don't know/can't remember and Prefer not to answer" options are not charted.
Methods of accessing food over time

In the last month, how often, if at all, have you arranged for food to be delivered to your house in the following ways?

- From Facebook Marketplace
- Through a food sharing app (e.g. Olio)
- Through a food charity or food bank

<table>
<thead>
<tr>
<th></th>
<th>W1 May</th>
<th>W2 June</th>
<th>W3 July</th>
</tr>
</thead>
<tbody>
<tr>
<td>From Facebook Marketplace</td>
<td>6%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Through a food sharing app (e.g. Olio)</td>
<td>7%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Through a food charity or food bank</td>
<td>0%</td>
<td>5%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Base: 503 Online Scottish adults 18-75, 12-15 June 2020
Methods of accessing food: ‘Through a food charity or food bank’ by household composition

In the last month, how often, if at all, have you arranged for food to be delivered to your house in the following ways?

% done this in last month

Total: 5%  
By household composition:

- With children: 13% ▲
- Without children: 3% ▼

Base: 503 Online Scottish adults 16-75, With children (107), Without children (396), 12-15 June 2020

▲ = significantly higher than the total  
▼ = significantly lower than the total

May not add to 100% as the “Prefer not to answer” options are not charted
Food consumption: following ‘use by’ dates

In the last month, have you or anyone in your family eaten food that has gone past its ‘use by’ date?

- Cooked meats: Yes 26% No 69%
- Smoked fish: Yes 11% No 85%
- Bagged salads: Yes 32% No 64%
- Cheese: Yes 39% No 57%
- Milk: Yes 29% No 66%

-May not add to 100% as the “Prefer not to answer” options are not charted

Base: 503 Online Scottish adults 16-75, 12-15 June 2020
Changes in food behaviours – nutrition

In the last month, have you done any of the following more or less often?

- Cooked food from scratch: 40% more, 6% less
- Bought processed food: 25% more, 14% less
- Eaten healthy meals: 32% more, 2% less
- Eaten meat: 12% more, 8% less
- Snacked on cakes, biscuits, confectionery and savoury snacks: 37% more, 15% less

Base: 503 Online Scottish adults 18-75, 12-15 June 2020
Changes in food behaviours – other

In the last month, have you done any of the following more or less often?

- Wasted or thrown away food: 37% more, 19% less
- Cooked to freeze food for later: 25% more, 9% less
- Bought food from local shops: 35% more, 11% less
- Eaten different food as I rely on others for my supplies: 15% more, 4% less
- Eaten together with the family: 22% more, 11% less

Base: 503 Online Scottish adults 18-75, 12-15 June 2020
Food safety and hygiene in the home

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

- **Cook food until it is steaming hot throughout**
  - Always: 69%
  - Most of the time: 21%
  - Sometimes: 7%
  - Never: 1%

- **Follow instructions on food packaging which tells you how long food should be stored once opened**
  - Always: 38%
  - Most of the time: 30%
  - Sometimes: 7%
  - Never: 14%

- **Washing raw chicken**
  - Always: 57%
  - Most of the time: 14%
  - Sometimes: 7%
  - Never: 11%

- **Use different chopping boards for different foods**
  - Always: 38%
  - Most of the time: 20%
  - Sometimes: 18%
  - Never: 22%

- **Check use-by dates when you are about to cook or prepare food**
  - Always: 47%
  - Most of the time: 27%
  - Sometimes: 20%
  - Never: 4%

Base: 503 Online Scottish adults 18-75, 12-15 June 2020

May not add to 100% as the “I don’t cook” option is not charted.
Frequency of buying from take-aways

How often, if at all, did you buy food from take-aways...

Base: 503 Online Scottish adults 18-75, 12-15 June 2020

May not add to 100% as the "don't know" option is not charted.