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 **fifth wave** of a monthly tracker which started in May 2020.

During this wave, Ipsos MORI interviewed a representative sample of **511 adults, aged 16-75 living in Scotland**. Interviews were conducted online via i:Omnibus from: **18-21 September 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.

**NB. All Scottish results have been cross-referenced against the Rest of the UK and are in line with UK results.**
Key findings from Wave 5

Worries about affordability have stabilised

- Worries about **being able to afford food** have stabilised at 18% after a slight rise last month, and are still below the peak of concern during first wave of the pandemic (25%).
- Use of **foodbanks/food charities** has remained fairly static since the start of lockdown at 5-6%. The % of households with children using foodbanks has fallen from 14% in Aug to 10% in Sept but is still significantly higher than the total.
- 14% of households have **skipped meals** because of affordability, this figure has remained stable since May.

Slightly more concerns about food availability

- Concerns about **food availability** are rising slightly (but not significantly) to levels similar to the early stages of lockdown at 18% in Sept, compared to 19% in May.
Key findings from Wave 5

Nutrition behaviours

• In May, there was a clear spike in people cooking from scratch more (40%), but this has now become more of the norm with only 16% saying they do this more often, and the majority (71%) saying they’ve done this at the same level as the previous month.
  • In terms of how often they’re cooking from scratch, 17% of people are doing this every day with 67% of people doing this at least once/week (but not every day of the week)
• It’s a similar trend with eating healthy meals with an initial spike in May of people doing that more often (29%), which is now at 14%, with 73% of people saying they’ve done this at the same level as the previous month.
  • In terms of how often they’re eating healthy meals, 10% of people are doing this every day, with 73% doing this at least once/week (down slightly from 77% in August)
Key findings from Wave 5

Nutrition behaviours (contd.)

- In May, there was a clear spike in people snacking on cakes/biscuits/confectionery/savoury snacks more often than pre-lockdown (44%), but this has now levelled out with only 20% saying they do this more than the previous month, and 59% saying they’ve done this at the same level as the previous month.
  - In terms of how often they’re snacking, 8% of people are snacking every day of the week, and 72% of people doing this at least once/week (but not every day).
  - There is a slight trend starting to show in terms of moving this behaviour to monthly/fortnightly or cutting out altogether.
  - Figures are very similar across all social grades.
Key findings from Wave 5

Food safety behaviours remain stable

- Similar pattern across Waves 1-5 on key **food safety** behaviours, with no consistent changes. Key risks are:
  - 15% of people still only sometimes check use-by dates when they’re about to cook or prepare food
  - Washing raw chicken – 18% of people always do this, with 10% doing this most of the time.

Purchasing behaviour

- 34% of people have had an **online delivery** from a supermarket in the last month
- 14% of people are buying food from a **takeaway** every week. The main reasons for not buying a takeaway in the last month are: preferring to cook at home (50%), prefer to eat more healthily (39%) and not being able to afford/trying to save money (24%/25%)

Eating behaviours

- 24% of people **eat together with the family** every day, with 47% doing this at least once/week, unchanged since August. 64% of people said this was the same as the previous month.
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: 14%
  - Not very worried: 36%
  - Not at all worried: 44%

- You/your household will not be able to afford food in the next month:
  - Very worried: 5%
  - Somewhat worried: 14%
  - Not very worried: 31%
  - Not at all worried: 49%

Base: 511 Online Scottish adults 16-75, 18-21 September 2020

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

[Graph showing percentage distribution over time]

Base: Online Scottish adults 16-75, 8-12 May (508); 12-15 June (503); 10-14 July (495); 14-17 August (511); 18-21 September (511)
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?

Base: Online Scottish adults 16-75, 8-12 May (508); 12-15 June (503); 10-14 July (495); 14-17 August (511); 18-21 September (511)
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?

By household composition

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18%</td>
<td>17%</td>
<td>14%</td>
<td>17%</td>
<td>19%</td>
</tr>
<tr>
<td>80%</td>
<td>81%</td>
<td>85%</td>
<td>81%</td>
<td>80%</td>
</tr>
<tr>
<td><strong>With children</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30% ▲</td>
<td>27% ▲</td>
<td>21% ▲</td>
<td>27% ▲</td>
<td>34% ▲</td>
</tr>
<tr>
<td>68% ▼</td>
<td>71% ▼</td>
<td>79%</td>
<td>71% ▼</td>
<td>65% ▼</td>
</tr>
<tr>
<td><strong>Without children</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15% ▼</td>
<td>13% ▼</td>
<td>12% ▼</td>
<td>13% ▼</td>
<td>15% ▼</td>
</tr>
<tr>
<td>83% ▲</td>
<td>85% ▲</td>
<td>87%</td>
<td>85% ▲</td>
<td>84% ▲</td>
</tr>
</tbody>
</table>

Very/somewhat worried

Not very/not at all worried

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

Base: 511 Online Scottish adults 16-75, With children (120), Without children (391), 18-21 September 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?

**Base:** 511 Online Scottish adults 16-75, With children (120), Without children (391), 18-21 September 2020

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

**Wave 5 (Sept)**
- Total: 18%
- With children: 31% ▲
- Without children: 15% ▼

**Wave 4 (Aug)**
- Total: 20%
- With children: 25%
- Without children: 17%

**Wave 3 (Jul)**
- Total: 19%
- With children: 29% ▲
- Without children: 16% ▼

**Wave 2 (Jun)**
- Total: 18%
- With children: 26% ▲
- Without children: 16% ▼

**Wave 1 (May)**
- Total: 25%
- With children: 42% ▲
- Without children: 20% ▼

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

= significantly lower than the total
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: 511 Online Scottish adults 16-75, 18-21 September 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

Base: Online Scottish adults 16-75, 8-12 May 2020 (508); 12-15 June (503); 10-14 July (495); 14-17 August (511); 18-21 September (511)
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

By household composition

- **Total**:
  - Yes: 14%
  - No: 84%

- **With children**:
  - Yes: 24% (▲)
  - No: 76% (▼)

- **Without children**:
  - Yes: 11% (▼)
  - No: 86% (▲)

Base: 511 Online Scottish adults 16-75, With children (120), Without children (391), 18-21 September 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: 12% (87% said no)
- You had no means to get to the shops to buy food: 10% (89% said no)
- You were unable to get a delivery of food or obtain it in other ways: 12% (85% said no)

Base: 511 Online Scottish adults 16-75, 18-21 September 2020

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

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

<table>
<thead>
<tr>
<th>Wave 5 (Sept)</th>
<th>Wave 4 (Aug)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Had an online food delivery from a supermarket</td>
<td>15% 13%</td>
</tr>
<tr>
<td>Purchased food from a takeaway, either direct or online</td>
<td>14% 15%</td>
</tr>
<tr>
<td>Purchased food from a local supplier (i.e. farm shops, veg box), either direct or online</td>
<td>12% 14%</td>
</tr>
<tr>
<td>Had a food delivery from an online food ordering company (e.g. Deliveroo, Just Eat, Uber Eats)</td>
<td>9% 9%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Wave 3 (July)</th>
<th>Wave 2 (June)</th>
<th>Wave 1 (May)</th>
</tr>
</thead>
<tbody>
<tr>
<td>At least once a month but not every week combines – some weeks but not every week, and just one week in the last month</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Base:** 511 Online Scottish adults 16-75, 18-21 September 2020
## Reasons for buying fewer take-aways

Which, if any, of the following are reasons why you did not buy a take-away in the past month?

<table>
<thead>
<tr>
<th>Wave 5 (Sept)</th>
<th>Wave 4 (Aug)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I prefer to cook at home</td>
<td>50%</td>
</tr>
<tr>
<td>I prefer to eat more healthily</td>
<td>39%</td>
</tr>
<tr>
<td>I want to save money</td>
<td>25%</td>
</tr>
<tr>
<td>I can't afford take-aways</td>
<td>24%</td>
</tr>
<tr>
<td>I am concerned about Covid-19</td>
<td>12%</td>
</tr>
<tr>
<td>I am concerned about adequate food hygiene</td>
<td>11%</td>
</tr>
<tr>
<td>Other</td>
<td>8%</td>
</tr>
</tbody>
</table>

Multiple-response question, will not sum to 100%

**Base:** 196 Online Scottish adults 16-75 not buying takeaways in the last month, 18-21 September 2020

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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?

<table>
<thead>
<tr>
<th>Wave 3 (July)</th>
<th>Wave 2 (June)</th>
<th>Wave 1 (May)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking more at home</td>
<td>34%</td>
<td>41%</td>
</tr>
<tr>
<td>Concern about Covid-19</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>Want to save money</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>Want to follow guidelines of staying at home</td>
<td>24%</td>
<td>31%</td>
</tr>
<tr>
<td>Take-aways not open</td>
<td>23%</td>
<td>35%</td>
</tr>
<tr>
<td>Concern about adequate food hygiene</td>
<td>23%</td>
<td>31%</td>
</tr>
<tr>
<td>Eating more healthily</td>
<td>20%</td>
<td>27%</td>
</tr>
<tr>
<td>Can't afford take-aways</td>
<td>19%</td>
<td>27%</td>
</tr>
<tr>
<td>Other</td>
<td>5%</td>
<td>17%</td>
</tr>
</tbody>
</table>

Measure changed from “more/less” to quantified

**Base:** 196 Online Scottish adults 16-75 not buying takeaways in the last month, 18-21 September 2020
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: 4%
- Through a food sharing app (e.g. Olio): 2%
- Through a food charity or food bank: 5%

I have done this in the last month

I have not done this in the last month

Base: 511 Online Scottish adults 16-75, 18-21 September 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

% done this in the last month

Base: Online Scottish adults 16-75, 8-12 May 2020 (508); 12-15 June (503); 10-14 July (495); 14-17 August (511); 18-21 September (511)
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 through a food charity or food bank?

--- | --- | --- | --- |
Total | 5% | 6% | 5% | 5% |

Wave 1 (May) Total: 6%

With children:
- Wave 5 (Sept): 10%
- Wave 4 (Aug): 14%
- Wave 3 (Jul): 10%
- Wave 2 (Jun): 13%

Without children:
- Wave 5 (Sept): 3%
- Wave 4 (Aug): 2%
- Wave 3 (Jul): 3%
- Wave 2 (Jun): 3%

% done this in last month

Base: 511 Online Scottish adults 16-75, With children (120), Without children (391), 18-21 September 2020

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

▲ = significantly higher than the total
▼ = significantly lower than the total
Food consumption: following ‘use by’ dates

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?

**Base:** 511 Online Scottish adults 16-75, 18-21 September 2020

May not add to 100% as the “Prefer not to answer” and ‘have not eaten this type of food in the past month’ options are not charted.
## Food behaviours – nutrition

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Wave 5 (Sept)</th>
<th>Wave 4 (Aug)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked food from scratch</td>
<td>17%</td>
<td>19%</td>
</tr>
<tr>
<td></td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td></td>
<td>8%</td>
<td>6%</td>
</tr>
<tr>
<td>Bought processed food</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>29%</td>
<td>26%</td>
</tr>
<tr>
<td></td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>Eaten healthy meals</td>
<td>10%</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td>73%</td>
<td>77%</td>
</tr>
<tr>
<td></td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>Eaten meat</td>
<td>8%</td>
<td>7%</td>
</tr>
<tr>
<td></td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Snacked on cakes, biscuits, confectionery and savoury snacks</td>
<td>8%</td>
<td>9%</td>
</tr>
<tr>
<td></td>
<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td></td>
<td>7%</td>
<td>5%</td>
</tr>
</tbody>
</table>

May not add to 100% as the "Prefer not to answer" and 'don't know' options are not charted. At least once a week combines – most days, 2-3 times a week, at least once a week.
Food behaviours – other
In the last month, how often, if at all, have you done any of the following?

**Wave 5 (Sept)**
- Wasted or thrown away food: 1% (Every day), 32% (At least once a week, but not every day of the week), 31% (Monthly/fortnightly), 32% (I have not done this in the past month)
- Cooked to freeze food for later: 2% (Every day), 37% (At least once a week, but not every day of the week), 27% (Monthly/fortnightly), 33% (I have not done this in the past month)
- Bought food from local shops: 3% (Every day), 22% (At least once a week, but not every day of the week), 17% (Monthly/fortnightly), 57% (I have not done this in the past month)
- Eaten together with the family: 5% (Every day), 24% (At least once a week, but not every day of the week), 22% (Monthly/fortnightly), 47% (I have not done this in the past month)

**Wave 4 (Aug)**
- Wasted or thrown away food: 1% (Every day), 36% (At least once a week, but not every day of the week), 25% (Monthly/fortnightly), 34% (I have not done this in the past month)
- Cooked to freeze food for later: 1% (Every day), 45% (At least once a week, but not every day of the week), 21% (Monthly/fortnightly), 31% (I have not done this in the past month)
- Bought food from local shops: 3% (Every day), 20% (At least once a week, but not every day of the week), 14% (Monthly/fortnightly), 60% (I have not done this in the past month)
- Eaten together with the family: 6% (Every day), 24% (At least once a week, but not every day of the week), 20% (Monthly/fortnightly), 47% (I have not done this in the past month)

**Base:** Online Scottish adults 16-75, 14-17 August (511); 18-21 September (511)
Changes in food behaviours – nutrition

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

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked food from scratch</td>
<td>16%</td>
<td>17%</td>
<td>35%</td>
<td>40%</td>
<td>40%</td>
</tr>
<tr>
<td>Bought processed food</td>
<td>9%</td>
<td>12%</td>
<td>6%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Eaten healthy meals</td>
<td>9%</td>
<td>10%</td>
<td>10%</td>
<td>12%</td>
<td>16%</td>
</tr>
<tr>
<td>Eaten meat</td>
<td>14%</td>
<td>19%</td>
<td>28%</td>
<td>32%</td>
<td>29%</td>
</tr>
<tr>
<td>Snacked on cakes, biscuits, confectionery and savoury snacks</td>
<td>20%</td>
<td>24%</td>
<td>37%</td>
<td>37%</td>
<td>44%</td>
</tr>
</tbody>
</table>

Base: 511 Online Scottish adults 16-75, 18-21 September 2020

Questionnaire wording changed in wave 5, from 'In the last month have you done any of the following more or less often?' to ‘compared to the month before’.
Changes in food behaviours – other

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

Wave 5 (Sept)
- Wasted or thrown away food:
  - More: 5%
  - Same: 21%
  - Less: 54%
- Cooked to freeze food for later:
  - More: 12%
  - Same: 12%
  - Less: 56%
- Bought food from local shops:
  - More: 11%
  - Same: 16%
  - Less: 70%
- Eaten together with the family:
  - More: 10%
  - Same: 14%
  - Less: 64%

Wave 4 (Aug)
- Wasted or thrown away food:
  - More: 8%
  - Same: 22%
  - Less: 52%
- Cooked to freeze food for later:
  - More: 12%
  - Same: 15%
  - Less: 51%
- Bought food from local shops:
  - More: 9%
  - Same: 10%
  - Less: 81%
- Eaten together with the family:
  - More: 14%
  - Same: 8%
  - Less: 64%

Wave 3 (July)
- Wasted or thrown away food:
  - More: 10%
  - Same: 28%
  - Less: 42%
- Cooked to freeze food for later:
  - More: 8%
  - Same: 15%
  - Less: 31%
- Bought food from local shops:
  - More: 15%
  - Same: 31%
  - Less: 47%
- Eaten different food as I rely on others for my supplies:
  - More: 9%
  - Same: 6%
  - Less: 53%
- Eaten together with the family:
  - More: 9%
  - Same: 24%
  - Less: 48%

Wave 2 (June)
- Wasted or thrown away food:
  - More: 7%
  - Same: 37%
  - Less: 30%
- Cooked to freeze food for later:
  - More: 11%
  - Same: 9%
  - Less: 45%
- Bought food from local shops:
  - More: 18%
  - Same: 16%
  - Less: 37%
- Eaten different food as I rely on others for my supplies:
  - More: 15%
  - Same: 4%
  - Less: 53%
- Eaten together with the family:
  - More: 11%
  - Same: 22%
  - Less: 49%

Wave 1 (May)
- Wasted or thrown away food:
  - More: 6%
  - Same: 38%
  - Less: 36%
- Cooked to freeze food for later:
  - More: 18%
  - Same: 23%
  - Less: 43%
- Bought food from local shops:
  - More: 16%
  - Same: 9%
  - Less: 41%
- Eaten different food as I rely on others for my supplies:
  - More: 18%
  - Same: 18%
  - Less: 34%
- Eaten together with the family:
  - More: 10%
  - Same: 22%
  - Less: 49%

Base: 511 Online Scottish adults 16-75, 18-21 September 2020

May not add to 100% as the “Prefer not to answer” and ‘don’t know’ options are not charted.
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:
- Wave 5: 68% (Always)
- Wave 4: 64% (Always)
- Wave 3: 72% (Always)
- Wave 2: 63% (Always)
- Wave 1: 69% (Always)

Follow instructions on food packaging which tells you how long food should be stored once opened:
- Wave 5: 1% (Never)
- Wave 4: 1% (Never)
- Wave 3: 1% (Never)
- Wave 2: 1% (Never)
- Wave 1: 2% (Never)

Washing raw chicken:
- Wave 5: 18% (Always)
- Wave 4: 20% (Always)
- Wave 3: 22% (Always)
- Wave 2: 23% (Always)
- Wave 1: 23% (Always)

Use different chopping boards for different foods:
- Wave 5: 22% (Always)
- Wave 4: 21% (Always)
- Wave 3: 22% (Always)
- Wave 2: 22% (Always)
- Wave 1: 22% (Always)

Check use-by dates when you are about to cook or prepare food:
- Wave 5: 2% (Never)
- Wave 4: 3% (Never)
- Wave 3: 3% (Never)
- Wave 2: 4% (Never)
- Wave 1: 3% (Never)

Base: 511 Online Scottish adults 16-75, 18-21 September 2020

May not add to 100% as the "I don't cook" option is not charted.
Covid-19 Consumer Tracker
September 2020

For more information

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