

Food and You 2

Food and You 2 is our official statistic survey that measures people's self-reported knowledge, attitudes and behaviour relating to food safety and other food-related behaviours. If you have received a letter inviting you to take part in the Food and You 2 survey, please visit the survey website.

What is Food and You 2?

Food and You 2 is our official statistic survey with adults (aged 16 or over) in England, Wales and Northern Ireland.

The survey measures people's self-reported knowledge, attitudes and behaviour relating to food safety and other food-related behaviours.

Food and You uses a 'push-to-web' method. This means that participants are initially sent a letter via post inviting them to take part in an online survey. Participants are also given the option of completing a paper version of the questionnaire.

From wave 1 of data collection (beginning in July 2020) to wave 10 (September 2025), the survey was conducted approximately every 6 months From September 2025, following the publication of the wave 10 report, Food and You 2 will move to an annual survey, with wave 11 Food and You 2 representing our first survey in the move to annual.

This will be published March/April 2026 with all reports published annually the following spring.

Topics covered in Food and You 2

Food and You 2 covers topics such as food safety in the home, food shopping, eating out and takeaways, food security, concerns about food, and trust in the FSA and food supply chain.

During the biannual series of Food and You 2, (between wave 1 and wave 10), some questions were asked in every wave of the survey, whereas others are asked less frequently, for example every year or every 2 years.

From wave 11, when the survey is conducted and reported annually, the questionnaire will be standardised with the same questions asked every wave.

The following table provides a list of the topics covered and when findings on each topic were last published:

Module Topics covered Frequency Latest available data

About you and your household	Dietary preferences and food hypersensitivities (prevalence and diagnosis) Shopping and cooking responsibilities Demographic and household information	6 months	Food and You 2 - Wave 10
Food you can trust	Awareness and trust in FSA Confidence in food safety and authenticity Confidence in the food supply chain	6 months	Food and You 2 - Wave 10
Food concerns	Concerns about food	6 months	Food and You 2 - Wave 10
Food security	Food insecurity prevalence (USDA food security module) Changes people have made for financial reasons	6 months	Food and You 2 - Wave 10
Food shopping	Food purchasing behaviour Confidence in allergen information Awareness and actions taken in response to food and allergy alerts Attitudes towards animal welfare, provenance and the environmental impact of food	12 months	Food and You 2 - Wave 9
Eating out and the Food Hygiene Rating Scheme (FHRS)	Attitudes and behaviour relating to eating out and ordering takeaways Awareness and use of FHRS	12 months	Food and You 2 - Wave 10
Eating at home (core)	Food safety knowledge and behaviour in the home (core questions)	12 months	Food and You 2 - Wave 10
Eating at home (deep dive)	Food safety knowledge and behaviour in the home	24 months	Food and You 2 - Wave 9
Food hypersensitivities (deep dive)	Detailed questions on food hypersensitivities	Ad-hoc	Food and You 2 - Wave 10
Healthy eating (Northern Ireland only)	 Healthy eating including knowledge (for example government guidance) attitudes and behaviour 	24 months	Food and You 2 - Wave 7
Emerging issues (deep dive)	Sustainable diets and purchasing behaviour Consumption and perceptions of meat alternatives	24 months	Food and You 2 - Wave 9

Publications

Food and You 2 official statistic reports

The main report, technical report and data for each wave can be found at the following links:

- Food and You 2: Wave 10
- Food and You 2: Wave 9
- Food and You 2: Wave 8
- Food and You 2: Wave 7
- Food and You 2 Wave 6

- Food and You 2 Wave 5
- Food and You 2 Wave 4
- Food and You 2 Wave 3
- Food and You 2 Wave 2
- Food and You 2 Wave 1

Technical report

Food and You 2 Technical Report all waves

Secondary analysis reports

Food and You 2 trends

- Food and You 2: 2020-2024 trends
- Food and You 2: 2020-2023 trends

Food Hygiene Rating Scheme

- Food Hygiene Rating Scheme (FHRS) Food and You 2: Wave 8
- Food Hygiene Rating Scheme (FHRS) Food and You 2: Wave 6
- Food Hygiene Rating Scheme (FHRS) Food and You 2: Wave 4
- Food Hygiene Rating Scheme (FHRS) Food and You 2: Wave 2

Individual country reports

- Food and You 2: Northern Ireland Wave 7-8 Key Findings
- Food and You 2: Northern Ireland Wave 5-6 Key Findings
- Food and You 2: Northern Ireland Wave 3-4 Key Findings
- Food and You 2: Northern Ireland and Wales Specific Wave 1-2 Key Findings
- Food Security in Northern Ireland Wave 1 (PDF)

Data tables, data set, and data user guide

- Individual waves
- Trend data

SPSS data and survey materials (accessed via the UK Data Service)

Food and You 2: Waves 1 to 8, 2020 to 2024

Future publications

Report	Date
Food and You 2: Wave 11 Key findings	Spring 2026

Related research

Consumer Insights tracker: Food Standards Agency

Contact details

You can contact the Food and You 2 team using the following email address: foodandyou@food.gov.uk