

F&Y2 Wave 10 Chapter 5: Eating at home

Introduction

The FSA is responsible for protecting the public from foodborne diseases. This involves working with farmers, food producers and processors, and the retail and hospitality sectors to ensure that the food people buy is safe. The FSA also gives practical guidance and recommendations to consumers on [food safety and hygiene](#) in the home.

The Food and You 2 survey asks respondents about their food-related behaviours in the home, including knowledge and reported behaviour in relation to five important aspects of food safety: cleaning, cooking, chilling, avoiding cross-contamination and use-by dates.

Two versions of the 'Eating at home' module have been created; a 'core' module which includes a limited number of key questions which are fielded annually, and a 'deep dive' module, which includes additional questions and is fielded every 2 years. This chapter reports on questions from the core 'Eating at home' module. [\(footnote 1\)](#)

Cleaning

Handwashing in the home

The [FSA recommends](#) that everyone should wash their hands before they prepare, cook or eat food, after handling raw food and before preparing ready-to-eat food.

Most respondents (70%) reported that they always wash their hands before preparing or cooking food, 29% reported that they do this most of the time or less often, whilst 1% reported never doing this. [\(footnote 2\)](#)

Most respondents (92%) reported that they always wash their hands immediately after handling raw meat, poultry, or fish, 7% reported that they do this most of the time or less often, and less than 1% reported never doing this. [\(footnote 3\)](#)

Around four in ten (44%) respondents reported that they always wash their hands before eating, 52% reported doing this most of the time or less often, and 3% reported never washing their hands before eating. [\(footnote 4\)](#)

Handwashing when eating out

Respondents were asked, how often, if at all, they washed their hands or used hand sanitising gel or wipes before eating when they ate outside of their home. Around six in ten (62%) respondents reported that they always or most of the time washed their hands, or used hand sanitising gel or wipes when they ate outside of their home, 29% did this about half the time or less often and 8% never did this. [\(footnote 5\)](#)

Chilling

The FSA provides guidance on how to chill food properly to help stop harmful bacteria growing.

If and how respondents check refrigerator temperature

When asked what temperature the inside of a fridge should be, 60% of respondents who have a fridge, reported that it should be between 0-5 degrees Celsius, [as recommended by the FSA](#). One fifth (19%) of respondents reported that the temperature should be above 5 degrees, 5% reported that the temperature should be below 0 degrees, and 16% of respondents did not know what temperature the inside of their fridge should be. [\(footnote 6\)](#)

Of those respondents with a fridge, six in ten reported that they monitored the temperature (60%); either manually (49%) or via an internal temperature alarm (11%). [\(footnote 7\)](#)

Of the respondents who manually monitor the temperature of their fridge (i.e. do not rely on a fridge alarm) 49% reported they check this once a week or more often, [as recommended by the FSA](#). [\(footnote 8\)](#)

Cooking

The [FSA recommends](#) that cooking food at the right temperature and for the correct length of time will ensure that any harmful bacteria are killed. When cooking pork, poultry, and minced meat products the [FSA recommends](#) that the meat is steaming hot and cooked all the way through, that none of the meat is pink and that any juices run clear.

Most respondents (80%) reported that they always cook food until it is steaming hot and cooked all the way through, however 19% reported that they do not always do this. [\(footnote 9\)](#)

Respondents were asked to indicate how often they eat chicken or turkey when the meat is pink or has pink juices. [\(footnote 10\)](#) Of those who eat chicken or turkey, around nine in ten (89%) reported that they never eat chicken or turkey when it is pink or has pink juices. However, 9% of respondents reported eating chicken or turkey at least occasionally when it is pink or has pink juices. [\(footnote 11\)](#)

Reheating

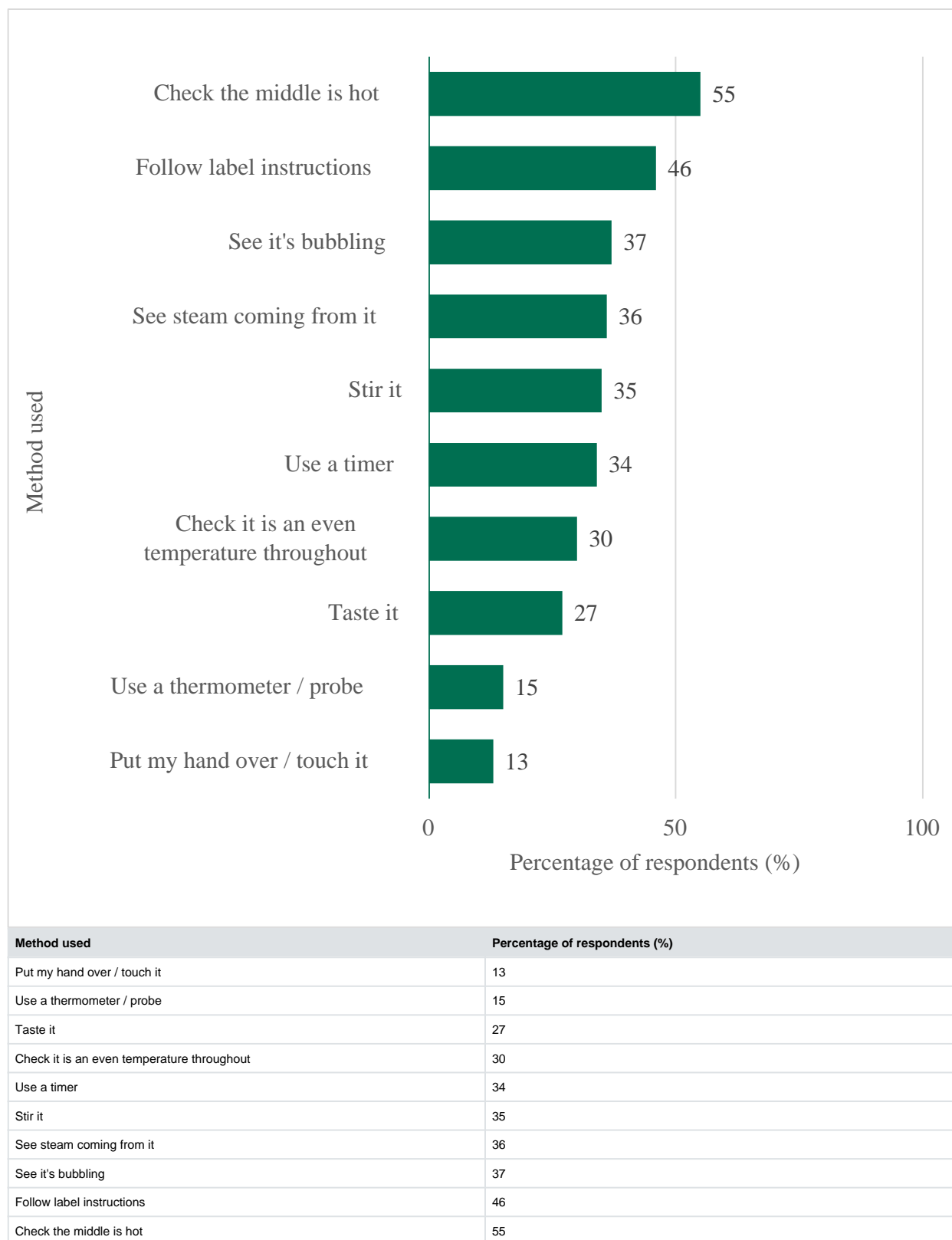
Respondents were asked to indicate how they check food is ready to eat when they reheat it. The most common method was to check the middle is hot (55%), and the least common methods were to use a thermometer or probe (15%) or put a hand over the food or touch the food (13%) (Figure 21). [\(footnote 12\)](#)

The [FSA recommends](#) that food is only reheated once. When respondents were asked how many times they would reheat food, the majority reported that they would only reheat food once (81%), 10% would reheat food twice, and 3% would reheat food more than twice. [\(footnote 13\)](#)

Figure 21. How respondents check whether reheated food is ready to eat

Change to table and accessible view

Change to chart view



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Source: Food & You 2: Wave 10

Leftovers

The FSA provides guidelines on [how to store leftovers](#). The FSA recommends that people eat leftovers within two days or freeze them. Respondents were asked for how long they would keep leftovers in the fridge. Around six in ten (63%) respondents reported that they would eat leftovers within 2 days, 28% of respondents reported that they would eat leftovers within 3-5 days and 2% would eat leftovers more than 5 days later. [\(footnote 14\)](#)

Avoiding cross-contamination

The FSA provides guidelines on [how to avoid cross-contamination](#). The FSA recommends that people do not wash raw meat, fish or poultry. Washing raw meat can spread harmful bacteria onto your hands, clothes, utensils, and worktops.

Respondents were asked how often, if at all, they washed raw chicken. [\(footnote 15\)](#) Around six in ten (58%) respondents reported that they never wash raw chicken, however, 39% of respondents reported that they do this at least occasionally. [\(footnote 16\)](#)

How and where respondents store raw meat and poultry in the fridge

The [FSA recommends](#) that refrigerated raw meat and poultry are kept covered, separately from ready-to-eat foods, and stored at the bottom of the fridge to avoid cross-contamination.

Respondents were asked to indicate, from a range of responses, how they store meat and poultry in the fridge. Respondents were most likely to report storing raw meat and poultry in its original packaging (71%) or away from cooked foods (50%). Around four in ten respondents reported storing raw meat and poultry in a sealed container (41%) and covered raw meat and poultry with film/foil (35%), with 13% keeping the product on a plate. [\(footnote 17\)](#)

Most respondents (62%) reported only storing raw meat and poultry at the bottom of the fridge, [as recommended by the FSA](#). However, 21% of respondents reported storing raw meat and poultry wherever there is space in the fridge, 12% reported storing raw meat and poultry in the middle of the fridge, and 7% at the top of the fridge. [\(footnote 18\)](#)

Use-by and best before dates

Respondents were asked about their understanding of the different types of [date labels](#) and instructions on food packaging, as storing food for too long or at the wrong temperature can cause food poisoning. Use-by dates relate to food safety. Best before (BBE) dates relate to food quality.

Respondents were asked to indicate which date shows that food is no longer safe to eat. Around two-thirds (64%) of respondents correctly identified the use-by date as the information which shows that food is no longer safe to eat. However, some respondents identified the best before date (11%) as the date which shows food is no longer safe to eat. [\(footnote 19\)](#)

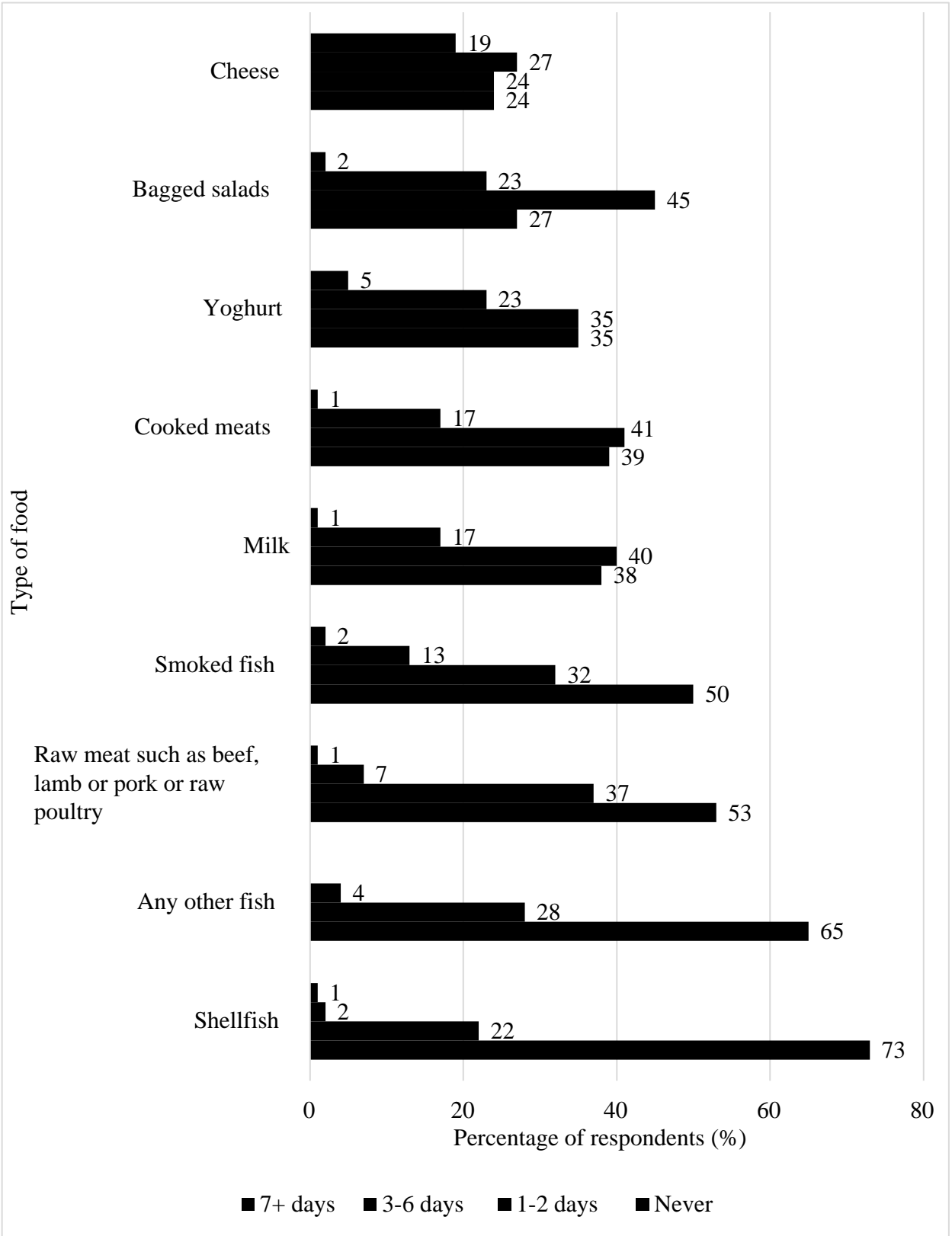
Around two-thirds (65%) of respondents reported that they always check use-by dates before they cook or prepare food, 32% reported checking use-by dates most of the time or less often, and 1% reported never checking use-by dates. [\(footnote 20\)](#)

Respondents who eat certain foods were asked when, if at all, is the latest that they would eat the type of food after the use-by date. [\(footnote 21\)](#) Most respondents reported that they would not eat shellfish (73%), or other fish (65%) past the use-by date. Around half of respondents would not eat raw meat (53%) or smoked fish (50%) past the use-by date. Bagged salad (70%) and cheese (70%) were the foods respondents were most likely to report eating after the use-by date. Around six in ten respondents would eat yoghurt (63%), milk (59%), or cooked meats (59%) after the use-by date (Figure 22). [\(footnote 22\)](#)

Figure 22. How long after the use-by date respondents would consume different foods

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Type of food	7+ days	3-6 days	1-2 days	Never
Shellfish	1	2	22	73
Any other fish		4	28	65
Raw meat such as beef, lamb or pork or raw poultry	1	7	37	53
Smoked fish	2	13	32	50
Milk	1	17	40	38
Cooked meats	1	17	41	39
Yoghurt	5	23	35	35
Bagged salads	2	23	45	27
Cheese	19	27	24	24

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Source: Food & You 2: Wave 10

Changes to eating habits

This section provides an overview of changes respondents had made to their eating and food shopping behaviour in the last 12 months.

Respondents were asked, from a list of options, which, if any, changes they had made in the previous 12 months. The most common changes reported by respondents were that they had eaten less processed food (47%), started eating more fruit and/or vegetables (35%) and started minimising food waste (35%). Around a fifth of respondents reported that they had started buying food with minimal or no packaging (21%), started buying locally produced food or food that is in season (21%), and that they had eaten less meat, poultry, or fish (20%). However, 3% of respondents reported that they had not made any of the listed changes, and 21% of respondents reported that they did not know if they had made any of the listed changes in the previous 12 months (Figure 23). [\(footnote 23\)](#)

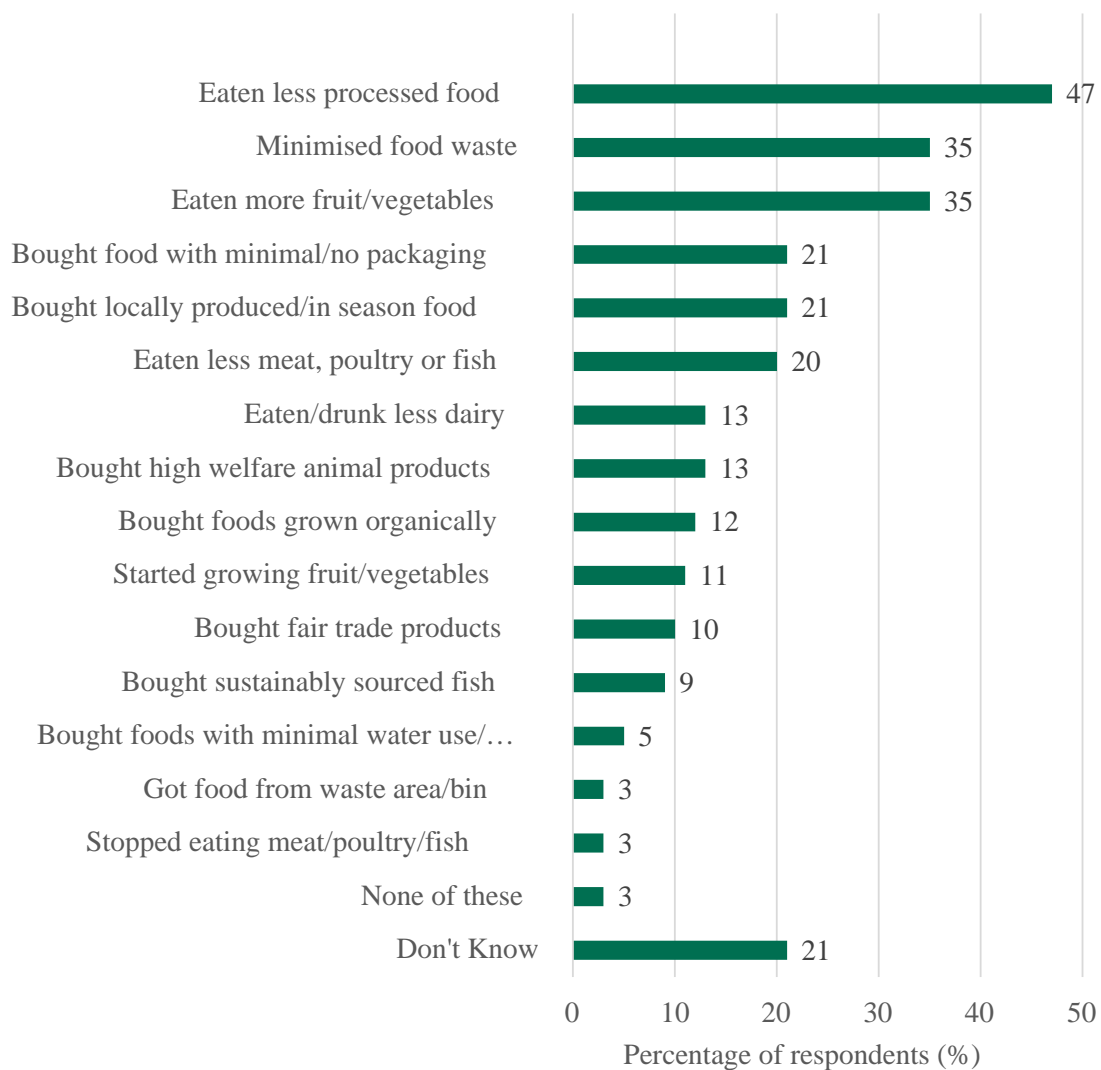
Changes to eating habits and food-related behaviours

Figure 23. Changes respondents had made in the previous 12 months

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Changes made in the previous 12 months



Changes made in the previous 12 months	Percentage of respondents (%)
Stopped eating meat or poultry or fish completely	2
Started buying foods that have been produced with minimal water usage and / or minimal deforestation	4
Started buying foods grown organically	8
Started buying animal products with high welfare standards	9
Don't Know	21
None of these	3
Stopped eating meat/poultry/fish	3
Got food from waste area/bin	3
Bought foods with minimal water use/ deforestation	5
Bought sustainably sourced fish	9
Bought fair trade products	10
Started growing fruit/vegetables	11
Bought foods grown organically	12
Bought high welfare animal products	13
Eaten/drunk less dairy	13
Eaten less meat, poultry or fish	20

Changes made in the previous 12 months	Percentage of respondents (%)
Bought locally produced/in season food	21
Bought food with minimal/no packaging	21
Eaten more fruit/vegetables	35
Minimised food waste	35
Eaten less processed food	47

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[\(footnote 24\)](#)

Source: Food and You 2: Wave 10

1. The deep dive 'Eating at home' module was last reported in the [Food and You 2: Wave 9 Key Findings report](#). The core module was last reported in the [Food and You 2: Wave 8 Key Findings report](#).
2. Question: When you are at home, how often, if at all, do you wash your hands before starting to prepare or cook food. Responses: always, most of the time, about half the time, occasionally, never, don't know. Base= 4462, all online respondents and all those who completed the 'Eating at Home' postal questionnaire who ever do some food preparation or cooking for their household.
3. Question: When you are at home, how often, if at all, do you wash your hands immediately after handling raw meat, poultry or fish. Responses: always, most of the time, About half the time, Occasionally, Never, I don't cook meat, poultry or fish, Don't know. Base= 4324, all online respondents and those who completed the 'Eating at Home' postal questionnaire who ever do some food preparation or cooking for their household, excluding 'I don't cook meat, poultry or fish' and 'not stated'.
4. Question: When you are at home, how often, if at all, do you wash your hands before eating. Responses: always, most of the time, about half the time, occasionally, never, don't know. Base= 4812, all online respondents, and those answering the 'Eating at Home' postal questionnaire.
5. Question: When eating outside of the home, how often, if at all, do you wash your hands, or use hand sanitising gel or wipes before eating? Responses: always, most of the time, about half the time, occasionally, never, don't know. Base= 4804, all online respondents, and those answering the 'Eating at Home' postal questionnaire.
6. Question: What do you think the temperature inside your fridge should be? Responses: less than 0 degrees C (less than 32 degrees F), between 0 and 5 degrees C (32 to 41 degrees F), more than 5 but less than 8 degrees C (42 to 46 degrees F), 8 to 10 degrees C (47 to 50 degrees F), more than 10 degrees C (over 50 degrees F), other, don't know. Base=4789, all online respondents and all those who completed the 'Eating at Home' postal questionnaire, excluding those who don't have a fridge.

7. Question: Do you, or anyone else in your household, ever check your fridge temperature? Responses: yes, no, I don't need to - it has an alarm if it is too hot or cold, don't know. Base= 4788, all online respondents and all those who completed the 'Eating at Home' postal questionnaire, excluding those who don't have a fridge.
8. Question: How often, if at all, do you or someone else in your household check the temperature of the fridge? Responses: at least daily, 2-3 times a week, once a week, less than once a week but more than once a month, once a month, four times a year, 1-2 times a year, never/less often, don't know. Base= 2448, all online respondents and all those who completed the 'Eating at Home' questionnaire where someone in household checks fridge temperature.
9. Question: How often, if at all, do you cook food until it is steaming hot and cooked all the way through? Responses: always, most of the time, about half of the time, occasionally, never, don't know. Base= 4462, all online respondents and all those who completed the 'Eating at Home' postal questionnaire who ever do some food preparation or cooking for their household.
10. Data on the consumption of red meat, duck, beefburgers, sausages and pork when the meat is pink or has pink or red juices is available in [Food and You 2: Wave 9](#).
11. Question: How often, if at all, do you eat chicken or turkey when the meat is pink or has pink or red juices? Responses: always, most of the time, about half of the time, occasionally, never, don't know. Base = 4455, all online respondents, and those answering the 'Eating at Home' postal questionnaire, who are not vegan, pescatarian or vegetarian, and who do eat chicken/turkey.
12. Question: When reheating food, how do you know when it is ready to eat? (Select all that apply). Responses: I check the middle is hot, I follow the instructions on the label, I can see its bubbling, I use a timer to ensure it has been cooked for a certain amount of time, I check it's an even temperature throughout, I can see steam coming from it, I taste it, I stir it, I put my hand over it/touch it, I use a thermometer/probe, None of the above, I don't check. Base= 4258, all online respondents and all those who completed the 'Eating at Home' questionnaire who ever do some food preparation or cooking for their household, excluding 'I don't reheat food' and 'not stated'.
13. Question: How many times would you consider reheating food after it was cooked for the first time? Responses: not at all, once, twice, more than twice, don't know. Base= 4267, all online respondents and all those who completed the 'Eating at Home' questionnaire who reheat food using one of the methods in the previous question.
14. Question: When is the latest you would consume any leftovers stored in the fridge? Responses: the same day, within 1-2 days, within 3-5 days, more than 5 days later, it varies too much, don't know. Base= 4812, all online respondents, and those answering the 'Eating at Home' postal questionnaire.
15. Data on washing other types of meat, fish and poultry is available in the full 'Eating at Home' module (see latest results in [Food and You 2: Wave 9](#)).

16. Question: How often, if at all, do you wash raw chicken? Responses: always, most of the time, about half of the time, occasionally, never, don't know. Base = 4462, all online respondents and all those who completed the 'Eating at Home' postal questionnaire who ever do some food preparation or cooking for their household.
17. Question: How do you store raw meat and poultry in the fridge? Please select all that apply. Responses: away from cooked foods, covered with film/foil, in a sealed container, in its original packaging, on a plate. Base= 4359, All online respondents and all those who completed the 'Eating at Home' postal questionnaire, excluding 'I don't buy or store meat or poultry', 'I don't store raw meat / poultry in the fridge' and 'Don't know'.
18. Question: Where in the fridge do you store raw meat and poultry? Responses: wherever there is space, at the top of the fridge, in the middle of the fridge, at the bottom of the fridge. Base= 4287, all online respondent and all those who completed the 'Eating at Home' postal questionnaire who store raw meat/poultry in the fridge except those who don't buy/store meat/poultry, don't have a fridge, or don't know.
19. Question: Which of these shows when food is no longer safe to eat? Responses: use-by date, best before date, sell by date, display until date, all of these, it depends, none of these, don't know. Base= 4812, all online respondents, and those answering the 'Eating at Home' postal questionnaire.
20. Question: How often, if at all, do you check use-by dates when you are about to cook or prepare food? Responses: always, most of the time, about half of the time, occasionally, never, it varies too much to say, don't know. Base= 4462, all online respondents and all those who completed the 'Eating at Home' postal questionnaire who ever do some food preparation or cooking for their household.
21. Respondents who answered 'don't know / I don't ever check the use-by date of this' are excluded from this net.
22. Question: When, if at all, is the latest you would eat or drink the following items after their use-by date? a=cooked meats, b=smoked fish, c=bagged salads, d=cheese, e=milk, f= raw meat such as beef/pork/lamb/raw poultry, g=shellfish, h=any other fish, i=yoghurt. Responses: 1-2 days after the use-by date, 3-4 days after the use-by date, 5-6 days after the use-by date, 1-2 weeks after the use-by date, more than 2 weeks after the use-by date, I don't eat/drink this after its use-by date, don't know/I don't ever check the use-by date of this. Base A= 4383, B=3387, C=4340, D=4530, E=4510, F=4335, G=3387, H=3836, I=4358, all online respondents and those who completed the 'Eating at Home' postal questionnaire, who eat A/B/C/D/F/F/G/H/I. Please note: the figures shown do not add up to 100% as not all responses are shown.
23. Question Which, if any, of the following changes have you made in the last 12 months? Responses: Stopped eating meat or poultry or fish completely, Eaten less meat or poultry or fish, Eaten fewer eggs/drank less dairy, Eaten less processed food, Started eating more fruit and/or vegetables, Started minimising food waste, Started growing fruit and/or vegetables, Started buying animal products with high welfare standards, Started buying fair trade products, Started buying locally produced food or food that is in season, Started buying foods with minimal or no packaging, Started buying foods that have been produced

with minimal water usage and / or minimal deforestation, Started buying foods grown organically, Started buying sustainably sourced fish, Started getting food from the waste area or bins of a supermarket or shop (i.e., freeganism), Other, None of these, Don't know. Base= 3926, all online respondents.

24. Please note the response options on the y-axis are abbreviated labels.