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THE FOOD AND YOU SURVEY

WAVE 5

Secondary Analysis: The Current Food Landscape across England, Wales and Northern Ireland

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Key findings

This report describes the current food landscape across England, Wales and Northern Ireland using evidence from the existing academic and grey literature and data from the Food Standards Agency's Food and You survey. Key findings are summarised below. Unless otherwise specified, all data reported is drawn from Wave 5 (2018) of the Food and You survey.

Eating outside the home

- Most Food and You respondents report eating out, with 85% of respondents eating out for dinner, 70% eating out for lunch and 38% eating out for breakfast.
- Eating out for breakfast, lunch and dinner is more common among young people (aged 16-34 years) than among people aged 65+ years.
- Men tend to eat out more than women for breakfast, lunch and dinner.
- Eating out for breakfast is also more common among people with marginal food security status, compared to those with high food security or from food insecure households, but not for lunch or dinner.
- Respondents who reported that they didn't have time to cook or prepare food were more likely to eat out than those who reported having enough time for cooking.

Food shopping and cooking

- Women are responsible for most of the food shopping and cooking in multi-adult households.
- In comparison to other age groups, people aged between 16 and 34 years old in multi-adult households are least likely to report having responsibility for all or most of the food shopping and cooking and most likely to report that everyone in their household is responsible for their own food shopping and cooking.
- People who are retired are most likely to report cooking at least once a day, while people in work are least likely to cook at least once a day.
- People who are retired and living in multi-adult households are more likely than those in paid work, unemployed or those with another type of employment or income, such as carers, students, and those claiming disability benefits, to have all or most of the responsibility for food shopping or cooking, while people who are working are most likely to report sharing these responsibilities.
- People with vegetarian and vegan dietary preferences are more likely than those with no dietary preferences to cook at least once a day.

Meat and dairy consumption

- There has been a substantial decrease in overall meat consumption from Wave 2 of the Food and You survey (2012) to Wave 5 (2018), and a smaller decrease in poultry consumption.
- Among Wave 5 (2018) respondents, over one in 10 (11%) reported adopting a vegetarian, partly vegetarian or vegan diet, with 3% identifying as vegetarian and 1% as vegan.
- Consumption of dairy products, including milk, cheese and yoghurts declined between Wave 2 (2012) and Wave 5 (2018).

Technical notes

Notes to text and tables

1. Tables accompanying each chapter in this report can be found in the appendices. The chapter texts include references to the relevant tables.
2. The data used in the report have been weighted. Weighted and unweighted sample sizes are shown at the foot of each table.
3. Weights were applied to correct for the lower selection probabilities of adults aged 16 and over in multi-adult households and dwellings, as well as for the selection of one dwelling unit or household if two or more were found at the selected address.
4. Unless stated otherwise, where comparisons are made in the text between different population groups or variables, only those differences found to be statistically significant at the 95% level are reported. In other words, differences as large as those reported have no more than a five per cent probability of occurring by chance. The term 'significant' refers to statistical significance (at the 95% level) and is not intended to imply substantive importance.
5. The following conventions have been used in tables:
   – no observations (zero value)
   0 non-zero values of less than 0.5% and thus rounded to zero
   [ ] estimates based on 30 to 49 cases are presented in square brackets.
   * estimates based on fewer than 30 cases are not shown.
6. Owing to rounding, column percentages may not add exactly to 100%. For questions where respondents could give more than one response, the percentages will add up to more than 100%.
7. 'Missing values' occur for several reasons, including refusal or inability to answer a particular question/section and cases where the question is not applicable to the participant.
8. Where a table contains more than one variable, the bases may not be exactly the same. Tables will usually show the bases for the first variable in the table, and for any other variables where the bases are not of a similar magnitude.

Introduction

The food landscape is constantly evolving, reflecting cultural, economic, political, environmental and technical changes in society. The Food Standards Agency (FSA) is set up to protect the interests of consumers across England, Wales and Northern Ireland through a range of activities, including regulation of food businesses and developing and targeting messages and initiatives for the public relating to food safety. It is therefore important for the FSA to understand the food landscape in these countries, as this will influence the attitudes and actions of consumers.

One of the most striking shifts in the food landscape in recent years has been the increase in the number of people eating out, both for pleasure and speed/convenience leading to up to 98% of people in the UK eating out at least occasionally.[1] In 2017-2018, an average household spent £38.80 a week on food prepared out of the home, including £18.60 on restaurants and cafés and a further £5.10 on takeaway food eaten at home.[2] Accompanying this change has been a decline in domestic food preparation, especially from raw ingredients.[3] Changes in household size and structure, such as the rise of single person households, are likely to have contributed to this shift towards more convenient and less time-consuming cooking and eating.[4] The desire for convenience and time-saving is likely to be one of the drivers behind the recent rise in usage of supermarket home delivery services.[5]

There have also been changes in what people are buying and eating. Longitudinal data from the Living Costs and Food Survey 2017 shows a decrease in spending on cow's milk and milk products, as well as meat and meat products (excluding poultry).[6] In contrast, there has been increased purchasing of ethical foods, such as organic, fair trade and free-range products.[7] These changes have been accompanied by an increased awareness and interest in environmental concerns such as climate change and sustainability, as well as by growing concern about animal welfare issues.[8]

The aim of this report is to provide the FSA with a better understanding of the current food landscape across England, Wales and Northern Ireland drawing on evidence from the FSA's flagship survey, Food and You,[9] as well as external academic and grey literature. Specifically, this report will explore recent trends concerning eating out and eating at home, cooking and preparing food, food shopping practices, and meat and dairy consumption.

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1 Cooke, K. (2018). The UK spent over £49bn on eating and drinking out last year [Online]. Available at: https://uk.kantar.com/consumer/shoppers/2018/the-uk-spent-over-%C2%A349bn-on-eating-and-drinking-out-last-year/.

2 Office for National Statistics (2019). Family spending in the UK: April 2017 to March 2018. [Online] Available at: https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/bulletins/familyspendingintheuk/financialyearending2018.

3 Murcott, A. (2019). *Introducing the sociology of food & eating*. Bloomsbury Academic, London.

4 Julier, A.P. (2013). Meals: "eating in" and "eating out". In Murcott, A., et al. (Eds) *The Handbook of Food Research*, Bloomsbury, London.

5 Ling, A.J., et al. (2013). Measuring consumer perceptions of online shopping convenience. *Journal of Service Management*, 24(2), pp.191-214.

6 Office for National Statistics (2017). Living Costs and Food Survey: user guidance and technical information for the Living Costs and Food Survey. [Online] Available at: https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/incomeandwealth/methodologies/livingcostsandfoodsurvey.

7 DEFRA (2017). Family Food 2015. [Online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/597667/Family_Food_2015-09mar17.pdf.

8 Harper, G.C. and Makatouni, A. (2002). Consumer perception of organic food production and farm animal welfare. *British Food Journal*, 104(3/4/5), pp.287-299.

9 The Food and You survey used in this report is the FSA's principal source of methodologically robust and representative evidence on consumers' food-related activities and attitudes. Food and You has been running since 2012 and currently has five waves of data. It is conducted with a statistically representative sample of adults (over 16) in England, Wales and Northern Ireland. Respondents are asked about their self-reported attitudes, knowledge and behaviours relating to a range of food issues, including their eating, cooking and shopping patterns.

Eating out

Eating out

Perhaps one of the most striking shifts in the overall UK food landscape over the last five years has been the increase in eating out.[10] [11] According to Kantar Worldpanel survey, in 2018, 98% of people in the UK reported eating or drinking out, with overall UK expenditure on food and drink reaching £49 billion a year.[12] The Office for National Statistics (ONS) estimates that on average people in the UK spend £18.60 a week on eating out in restaurants and cafés.[13]

Throughout this section, differences in eating out behaviour by socio-demographic characteristics (e.g., gender, age) are described, drawing on data from Wave 5 of Food and You.

How frequently do people eat outside the home?

In the Wave 5 Food and You survey (2018) combining data from England, Wales and Northern Ireland, almost all respondents reported buying and eating food outside the home during the last month. When breaking this down by meal time, almost all respondents reported eating dinner out (85%), 70% reported eating out for lunch and 38% said they eat out for breakfast. Owing to changes in the question structure and wording in Wave 5, direct comparisons with previous waves on the frequency of eating out is not possible.[14] However, data from previous surveys indicates similarly high levels of eating out. For example, in Wave 2 (2012) and Wave 3 (2014), 75% of respondents reported that they had eaten out or bought food to take-away in the previous seven days.[15] Almost all respondents (96%) in Wave 4 (2016) ate out, with 43% doing so at least once or twice a week.[16]

Socio-demographic differences in frequency of eating out

Men, young people and single respondents are most likely to frequently eat out

This analysis found that men were more likely to report eating outside the home for all meals compared to women, and that younger respondents were more likely to eat out than older people. Being single was also associated with a greater likelihood of eating out (for any of the three meals) more than once a week, compared to being married, cohabiting or in a civil partnership and having children.

10 Office for National Statistics (2019). Family spending in the UK. [Online] Available at: https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/bulletins/familyspendingintheuk/financialyearending2018.

11 Kantar Worldpanel (2018). Out of home, out of mind? Understanding food and drink habits. [Online] Available at: https://www.kantarworldpanel.com/global/News/New-report-out-Out-of-home-out-of-mind.

12 Ibid.

13 Office for National Statistics (2019). Family spending in the UK. [Online] Available at: https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/bulletins/familyspendingintheuk/financialyearending2018.

14 In Wave 4 respondents were asked about eating out in the last month, whilst in previous waves, respondents were asked to consider the last seven days. Respondents in Wave 5 were asked about frequency of eating out by meal.

15 Prior, G., et al. (2014). The Food and You Survey: UK Bulletin 3: Eating outside the home. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/food-and-you-2014-uk-bulletin-3_0.pdf.

16 Bates, B., et al. (2017). The Food & You Survey: Wave 4. Combined Report for England, Wales and Northern Ireland. Food Standards Agency. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/food-and-you-w4-combined-report_0.pdf.

Age

When looking at the relationship between age and frequency of eating out, younger respondents aged 16-34 years old (19%) had a greater likelihood of eating out for breakfast frequently[17] than respondents aged 35-64 years (10%) and respondents above the age of 65 years (3%) (Table 1).

Similarly, older respondents were less likely to frequently eat out for lunch and dinner compared to younger respondents, with 16% of respondents aged 65 and over eating out for lunch and 14% eating out for dinner. In contrast, among respondents aged 16-34 years, 42% reported frequently eating out for lunch and 38% reported eating out for dinner at least once a week or more (Table 2 and Table 3).

Gender

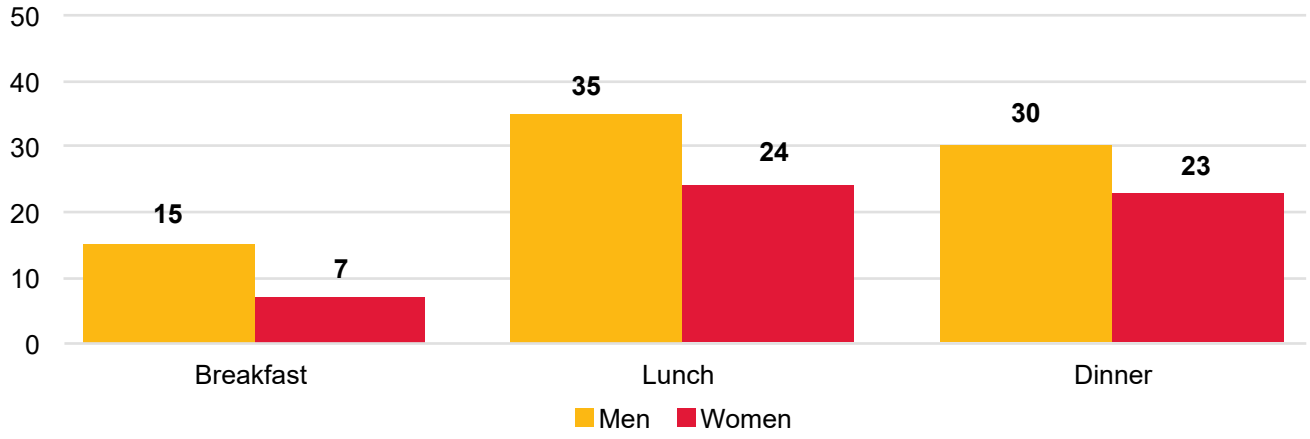
Frequency of eating out for breakfast also varied by gender, with 15% of men eating out for breakfast frequently compared to only 7% of women (Figure 1 and Table 4).

There was a similar relationship between gender and frequency of eating out for lunch; 35% of men reported frequently eating out for lunch compared to 24% of women (Table 5). For dinner, 27% of respondents reported frequently eating out. Men (30%) were more likely to eat out for dinner than women (23%) (Table 6).

Family type

Single, widowed or divorced respondents[18] were more likely than their married, cohabiting or civil partnered counterparts[19] to report eating out frequently. This also varied by whether respondents lived with children.

Figure 1: Proportion of Food and You (Wave 5) respondents who eat out at least once a week, by meal time and gender, %

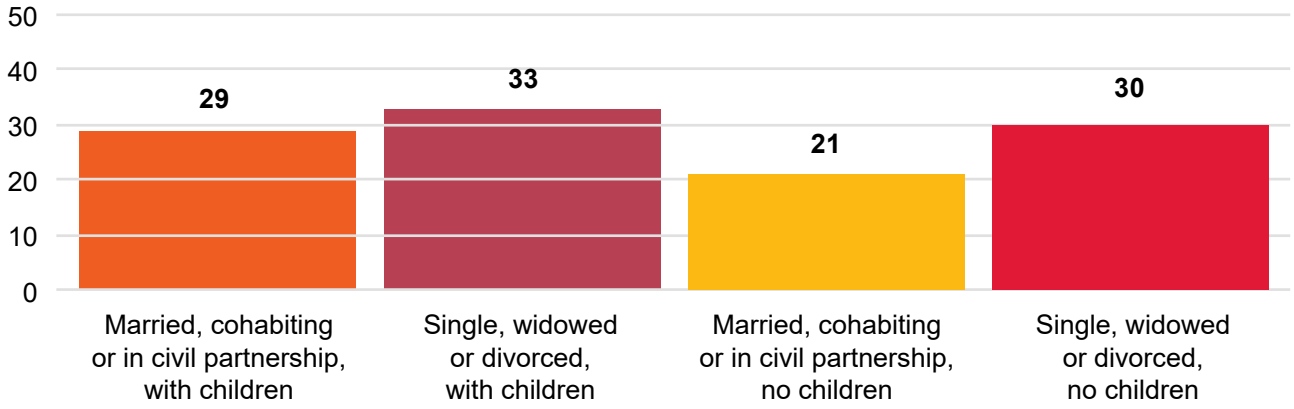


17 Using Wave 5 data, the frequency categories throughout this report are defined as follows: Frequently: from once a day to once or twice a week; Occasionally: from once a fortnight to once a month; Rarely/never: from varies too much to say to never.

18 Referred to as 'single' respondents henceforth for ease of reading.

19 Referred to as 'married' respondents henceforth for ease of reading.

Figure 2: Proportion of Food and You (Wave 5) respondents who eat out for dinner at least once a week, by family type, %



Single respondents with children (16%) and without children (14%) were more likely than the overall population (11%) to eat out for breakfast frequently (Table 7).

Single respondents with no children (36%) were most likely to eat lunch out frequently, followed by single respondents with children (32%). Respondents who were married, cohabiting or in a civil partnership were least likely to eat out for lunch frequently (Table 8).

Single respondents with children (33%) and single respondents without children (30%) were more likely than married respondents with children (29%) and married respondents without children (21%) to frequently eat out for dinner (Figure 2 and Table 9).

Eating out outlets

Eating out outlets

The nature of eating out has changed from being a "special event" to more of an everyday activity, one that saves time as well as provides pleasure.[20] Data from Kantar's Worldpanel suggests that speed and convenience are among the top reasons for eating out, followed by enjoyable experience and social interactions surrounding eating out.[21] According to research by Deloitte, healthy eating, provenance, home delivery and positive experience are some of the lead consumer demands from out of home food establishments.[22] This corresponds with an expansion of both the numbers and types of places to eat out that now range from independent "high end" restaurants, more casual dining restaurants and chains, coffee shops and cafés, roadside restaurants, food courts, and quick service food outlets selling food to take away.[23] In their paper, Yates and Warde explored the differences in meal arrangements by socio-demographic characteristics.[24] In an online diary survey they found that overall, men tend to eat out more often than women; younger people eat more takeaways; part-time workers and the retired are more likely to eat a weekday lunch out; high income groups are more likely to eat out, especially during the week, in restaurants; and those living alone eat out more than those living with others. A more recent study found that people with younger children tend to eat at home with their family members more often than parents of teenagers while single parents spend the least amount of time eating with their families and have fewer communal meals.[25] Some studies suggest people with higher education tend to eat at home more as they dedicate more time to family meals; they also tend to spend more time at the table with their families.[26] Similarly, analysis of social media data has found that those who follow cooking shows tend to eat at home more.[27]

Eating out is also affected by people's dietary preferences. A study on restaurants' perceptions of catering to vegetarian segments of the population indicates that many restaurants are still unaware or uninformed about many issues related to vegetarianism and vegetarian customers.[28] However, when analysing the frequency of eating out by Food and You (Wave 5) respondents' dietary preferences, vegetarians and vegans did not differ in the frequency of eating out when compared to their non-vegetarian/ vegan peers. Similarly, their attitudes towards cooking and eating (e.g. whether they enjoyed trying new foods, their interest in food) did not differ, suggesting that respondents with a

20 Murcott, A. (2019). Introducing the Sociology of Food and Eating. Bloomsbury Academic, London.

21 Kantar Worldpanel (2018). Out of home, out of mind? Understanding food and drink habits. [Online] Available at: https://www.kantarworldpanel.com/global/News/New-report-out-Out-of-home-out-of-mind.

22 Deloitte (2017). Changing tastes: the UK casual dining market. [Online] Available at: https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/ConsumerIndustrialProducts/deloitte-uk-casual-dining-market.pdf.

23 Mintel (2018). UK Eating Out Review Market Report. [Online] Available at: https://academic.mintel.com/display/859403/.

24 Yates, L. and Warde, A. (2017). Eating together and eating alone: meal arrangements in British households. *The British Journal of Sociology*, 68, pp.97-118.

25 Jarosz, E. (2017). Class and eating: Family meals in Britain. *Appetite*, 116, pp.527-535.

26 Ibid.

27 Crimson Hexagon (2016). Consumer Trends Report: Analysing social media to understand how British consumers eat, exercise, commute and spend. [Online] Available at: http://www.uka.org.uk/EasysiteWeb/getresource.axd?AssetID=144578.

28 Rivera, M and Shani, A. (2013). Attitudes and orientation toward vegetarian food in the restaurant industry: An operator's perspective. *International Journal of Contemporary Hospitality Management*, 25(7), pp.1049-1065.

vegetarian, partly vegetarian or vegan diet are able to access their food preferences when eating out, although options may be more limited.

Overall, over 1 in 10 respondents identified that they followed a vegetarian, partly vegetarian or vegan diet (11%), with 3% identifying as vegetarian and 1% as vegan.[29] Women (13%) were more likely than men (9%) to report adopting such a diet, although when age (Table 39) or household income (Table 40) were explored, no significant differences were found between vegetarian/vegan and non-vegetarian dietary practices.

Socio-demographic differences in eating outlets

Takeaway food was most popular amongst men, young people and respondents living with children

Gender

There was a relationship between the choice of where to eat and gender. Men (59%) were more likely to have eaten takeaway food from a restaurant or takeaway outlet in the last twelve months than women (54%). Men (37%) were also more likely than women (27%) to have eaten in fast food restaurants. However, women (50%) were more likely than men (45%) to have eaten in cafés or coffee shops (Table 10).

Age

The type of eating outlets and the respondents' age also seemed to be correlated. Younger age groups are more likely to eat takeaway food or use fast-food outlets than older age groups (Figure 3 and Table 11).

Dietary preferences

Vegans and vegetarians prefer cafés and coffee shops over fast-food restaurants

Respondents who did not have a vegan or vegetarian diet (33%) were more likely than those with vegetarian or vegan dietary requirements (25%) to eat out in a fast food restaurant. In contrast, those adhering to a vegetarian, partly vegetarian or vegan diet (56%) were more likely to have eaten out in a café or coffee shop than non-vegetarians/vegans (46%) (Table 12).

Family type

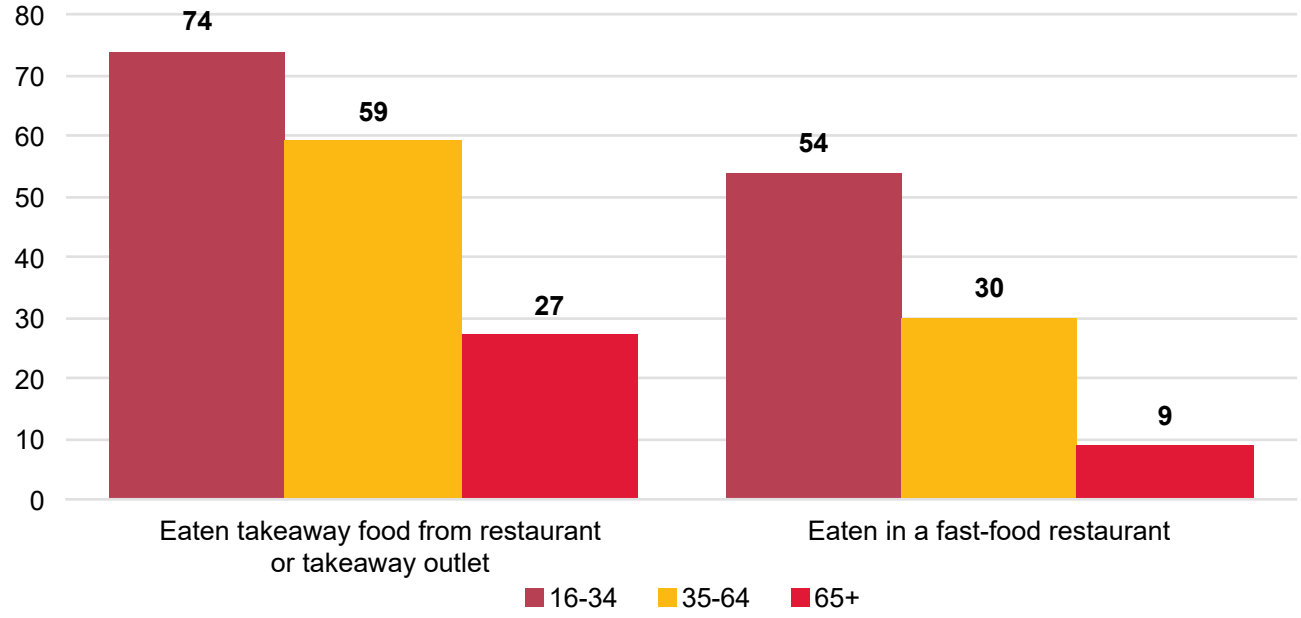
Having children was associated with a greater likelihood of eating takeaway food from a restaurant or takeaway outlet, as well as eating out in a fast food restaurant. Respondents with children who were married, cohabiting or in a civil partnership and single respondents with children were more likely to have eaten takeaway food and to have eaten in a fast food outlet than respondents without children (Figure 4 and Table 13).

Consequences of eating out

Eating out might be associated with some important social and health-related consequences. A study on food in Britain suggests that eating with family members is associated with improvement in wellbeing, nutritional status, and even educational

29 Fuller, E., et al. (2019). Food and You Wave 5: Combined report. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/food-and-you-wave5-combined-report-web-revised.pdf.

Figure 3: Proportion of Food and You (Wave 5) respondents who have eaten takeaway and fast-food, by age, %



performance in children.[30] Therefore, if this practice is replaced by frequent eating out, it may potentially have a negative effect on these positive outcomes.

Food prepared out of home tends to be less healthy than home-made food, leading to a positive association between frequency of eating out, fat intake, higher body mass (BMI)[31 32] and poorer health status.[33] An analysis of data from 10 European countries demonstrated that eating outside the home was associated with a sedentary lifestyle, excessive energy intake and higher consumption of sweets and sugary drinks.[34] Similarly, studies have shown a negative association between frequency of eating out of the home and eating fruit and vegetables.[35] Therefore, people who are socio-economically disadvantaged might eat outside the home more, which in itself may have negative consequences for their health and wellbeing. Analysis of eating outside the home by socio-economic variables and food security status is presented below.

30 Jarosz, E. (2017). Class and eating: Family meals in Britain. *Appetite*, 116, pp.527-535.

31 Adams, J. (2015). Frequency and socio-demographic correlates of eating meals out and take-away meals at home: cross-sectional analysis of the UK national diet and nutrition survey, waves 1–4 (2008–12). *International Journal of Behavioural Nutrition and Physical Activity*, 12, p.51.

32 Jiao, J. (2015). Health Implications of Adults' Eating at and Living near Fast Food or Quick Service Restaurants. *Nutrition and Diabetes*, 5, p.171.

33 Ibid.

34 Orfanos, P. (2007). Eating out of home and its correlates in 10 European countries: The European Prospective Investigation into Cancer and Nutrition (EPIC) study. *Public Health Nutrition*, 10(12), pp.1515-1525.

35 Seguin, R. et al. (2016). Consumption Frequency of Foods Away from Home Linked with Higher Body Mass Index and Lower Fruit and Vegetable Intake among Adults: A Cross-Sectional Study. *Journal of Environmental and Public Health*, 6, pp.1-12.

Socio-economic differences in eating out frequency

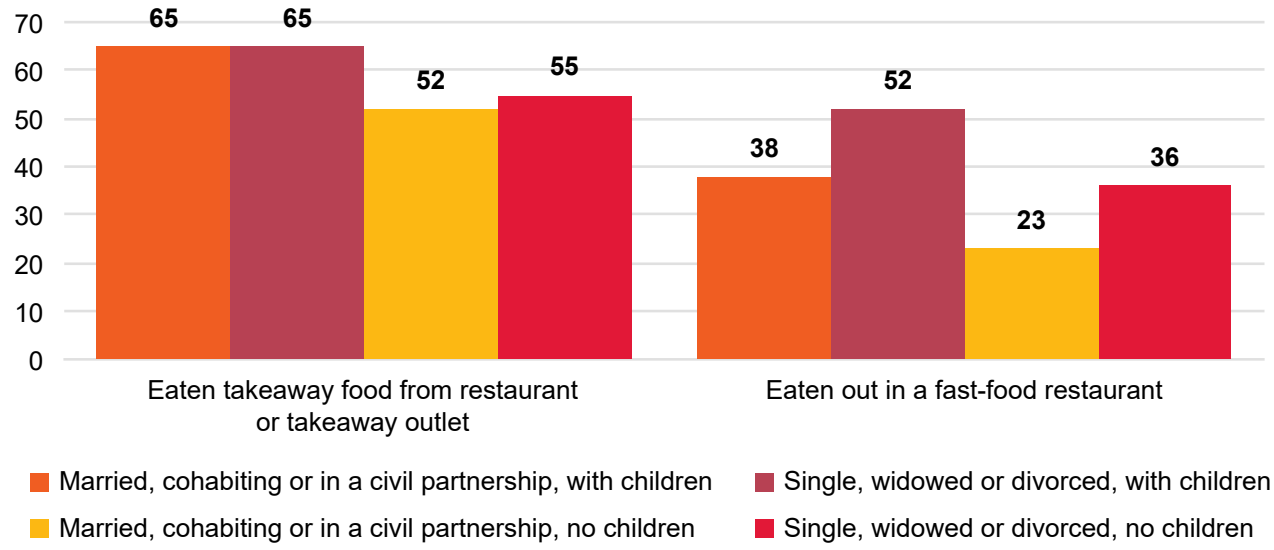
Few differences exist between respondents with high, marginal and low food security in frequency of eating out

Food security status

As part of the Food and You survey, respondents are asked a series of questions designed to assess their food security status. Food security exists when people, at all times, "have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life".[36] In contrast, food insecurity is defined as "limited or uncertain availability of nutritionally adequate and safe foods or, limited or uncertain ability to acquire acceptable foods in socially acceptable ways (e.g. without resorting to emergency food supplies, scavenging, stealing or other coping strategies)".[37] A 2018 report by the Food and Agriculture Organisation reported that, averaging data from 2015 to 2017, approximately 2.2 million people in the UK were severely food insecure.[38]

To assess food security, a number of statements were rated by respondents about their food situation and whether they or other adults in their household had to make changes to their food intake in the last year for financial reasons. Answers were scored

Figure 4: Proportion of Food and You (Wave 5) respondents who have eaten takeaway food and eaten in a fast-food restaurant, by family type, %



36 Derived from guidance from Food and Agriculture Organisation of the United Nations (1996). *Rome Declaration on World Food Security and World Food Summit Plan of Action*. Rome.

37 Taylor, A. and Loopstra, R. (2016). Too Poor to Eat: Food insecurity in the UK. [Online] Available at: https://foodfoundation.org.uk/wp-content/uploads/2016/07/FoodInsecurityBriefing-May-2016-FINAL.pdf.

38 Food and Agriculture Organisation of the United Nations (2018). *The state of food security and nutrition in the world: building climate resilience for food security and nutrition*. Rome.

Figure 5: Proportion of Food and You (Wave 5) respondents eating out at each meal, by income group, %

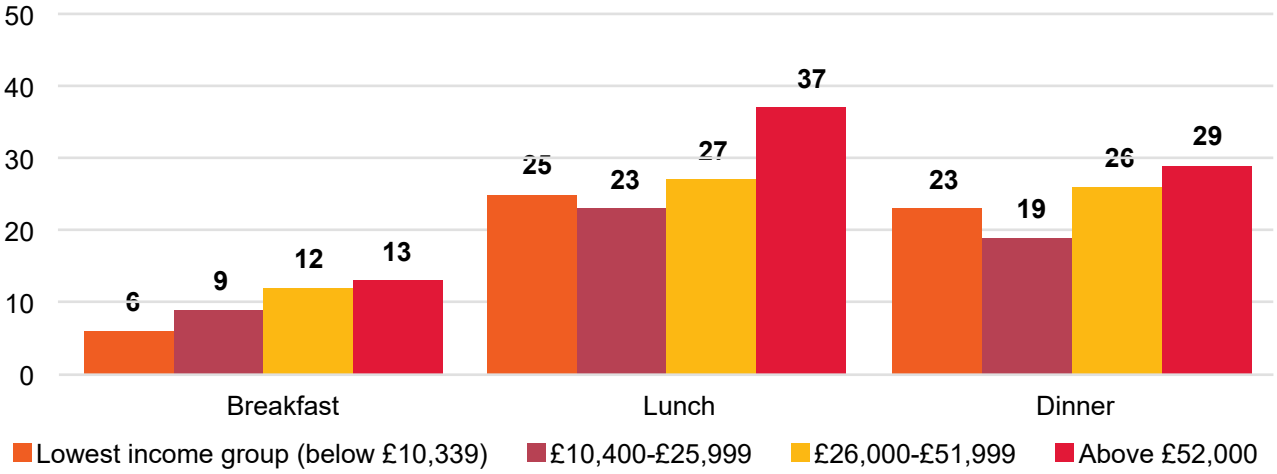
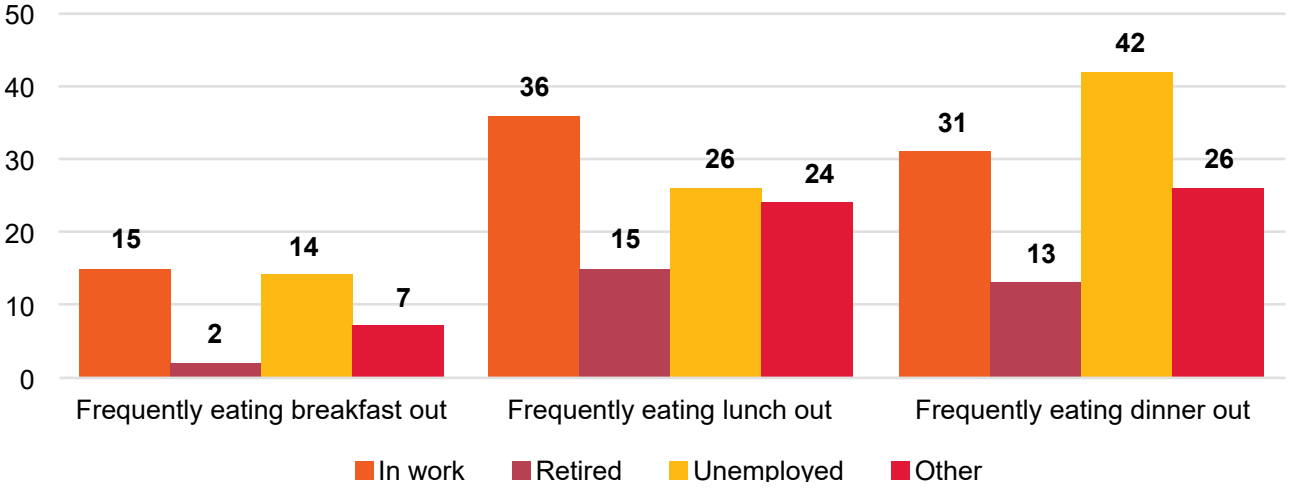


Figure 6: Proportion of Food and You (Wave 5) respondents who eat out at least once a week, by meal and employment status, %



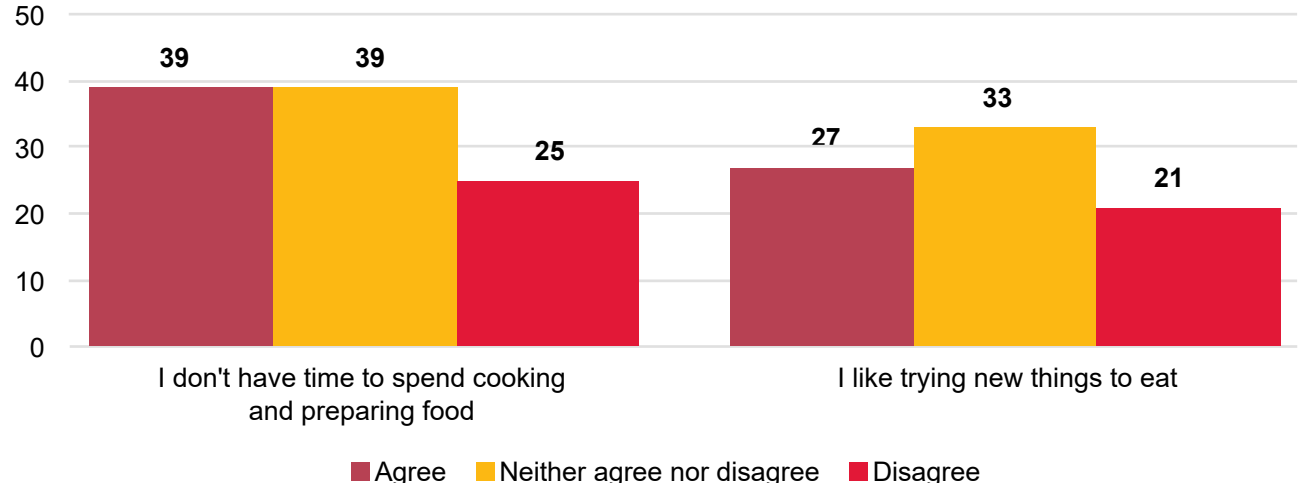
and grouped into three categories relating to the degree of food security: 1) High; 2) Marginal; and 3) Low.

Analysis found a relationship between the frequency of eating out and food security status. The respondents with marginal food security (18%) were more likely to frequently eat out for breakfast compared to those with low food security (13%). In contrast, individuals with high food security (10%) were least likely to frequently eat out for breakfast (Table 14). There were no significant differences for other meals.

Household income

Frequency of eating out for breakfast increased with household income. Of those respondents with an income below £10,399, 6% reported eating out for breakfast frequently, compared to 9% of those within incomes between £10,400 and £25,999, 12% of those with incomes between £26,000 and £51,999, and 13% with incomes above £52,000 (Table 15).

Figure 7: Proportion of Food and You (Wave 5) respondents who eat out at least once a week, by attitudes towards food, %



This pattern is unsurprisingly similar when looking at the relationship between household income and eating out for lunch and dinner. Of those with household income greater than £52,000, 37% reported eating out for lunch frequently, compared to 25% of respondents with household incomes below £10,399. Respondents with household incomes between £10,400 and £25,999 were least likely to eat out for lunch frequently (23%) (Table 16).

Respondents with a household income above £52,000 (29%) were found to be more likely than respondents with a household income below £10,339 (23%) and between £10,400 and £25,999 (19%) to eat out for dinner at least once a week (Figure 5 and Table 17).

Employment status

Differences in eating out emerged when looking at employment status (Figure 6). Respondents were categorised into four groups: in paid work; unemployed and looking for work; in retirement; and with another type of employment or income. This latter group includes respondents on maternity leave, respondents with care responsibilities, full-time students, those with long-term disabilities, and respondents unable to work because of short-term illness or injury.

Respondents who are unemployed (14%) are nearly as likely as respondents in paid work (15%) to eat out for breakfast frequently (Table 18). Perhaps not surprisingly, (owing to being out of the home during the day), respondents in paid work (36%) are the most likely group to eat out for lunch once a week, in comparison to those with another form of employment or income (24%) or retirees (15%) (Table 19).

Respondents who were unemployed (42%) were most likely to report that they ate out for dinner frequently, compared to 31% of respondents in paid work (Table 20). Whilst Food and You does not tell us why this may be, one possible explanation is that eating out (which includes takeaways and fast-food) is seen as short-term value for money amongst this group. However further research is required to understand the real reasons for this behaviour.

Attitudes to food and reasons for eating out

The survey asked questions about respondent's attitudes towards preparing food, as well as willingness to try new things to eat.

Findings suggested that 39% of respondents who reported not having time to prepare and cook food were more likely to eat lunch out frequently, in comparison with 25% of respondents who agreed they had time to prepare and cook food. Overall, 39% of respondents who neither agreed nor disagreed with the statement of not having time to spend preparing and cooking food reported eating lunch out frequently (Table 21).

Among the respondents who reported neither liking nor disliking trying new things to eat, 33% reported eating dinner out at least once a week. Respondents who indicated that they did like trying new things to eat (27%) were also more likely to go out for dinner frequently than those who disagreed with the statement (21%) (Table 22 and Figure 7).

Cooking

Cooking

Women, older respondents and retired respondents are most likely to cook at least once a day

Historically women were often perceived as gatekeepers when it comes to taking decisions about what their families eat.[39] It was the traditional role of women to prepare proper meals for their families[40 41], associated with the important symbolism of providing care for the husband, the main breadwinner.[42] With the increase of working women, this previously unequivocal role seemed to start changing.[43] Nevertheless, women are still predominantly responsible for food-related tasks such as shopping for food and cooking.[44 45 46] While self-reported data tend to indicate more shared responsibilities for shopping and cooking among men and women, other types of data demonstrate that in reality, women still take primary responsibility for shopping and cooking, and are less likely than men to report no responsibility at all.[47]

When exploring socio-demographic differences in the level of responsibility for shopping or cooking, analysis was conducted separately for individuals living in multi-adult households and individuals living in single-adult households, as household size is likely to influence responsibility. For example, those living alone are likely to be solely responsible for their food shopping and cooking, as they are responsible only for their own food, while in households with two or more adults, other factors, such as responsibility for other household chores, children, age and work, may affect who manages the household shopping and cooking.

Age

Older respondents in Wave 5 (2018) were found to cook most frequently. Those aged 65 and over (70%) were more likely to cook at least once a day than those aged 35-64 years (60%) and those aged 16-34 years (48%). This corroborates the age-related frequency of eating out (Figure 8 and Table 23).

Among those living in households with more than one adult, those in the youngest age group (16-34 years old) were least likely to report that they were responsible for all or most of the preparing and cooking of food (24%) and most likely to report that they were responsible for less than half of the cooking (30%) compared to other age groups. Respondents aged 16-34 were also more likely than any other age group to report that everyone in the home

39 Lewin, K. (1943). Forces behind food habits and methods of change. In Guthe, C.E. and Mead, M. (Eds) *The Problem of Changing Food Habits, National Research Council*, Washington DC.

40 Murcott, A. (1982). On the social significance of the 'cooked dinner' in south Wales. *Social Science Information*, 21(4/5), pp.677-96.

41 Charles, N. and Kerr, M. (1988). Women, Food and Families, *Manchester University Press*, Manchester.

42 Murcott, A. (1982). On the social significance of the 'cooked dinner' in south Wales. *Social Science Information*, 21(4/5), pp.677-96.

43 Worsley, A. (1988). Cohabitation-gender effects on food consumption. *International Journal of Biosocial Research*, 10(2), pp.107-22.

44 Murcott, A. (2000). Is it still a pleasure to cook for him? Social changes in the household and the family. *Journal of Consumer Studies and Home Economics*, 24(2), pp.78-84.

45 Lake, A., et al. (2006). Food shopping and preparation among the 30-somethings: whose job is it? (The ASH30 study). *British Food Journal*, 108(6), pp.475-486.

46 O'Connell, R. and Brannen, J. (2016). *Food, families and work*. Bloomsbury Academic, London.

47 Flagg, L., et al. (2014). The influence of gender, age, education and household size on meal preparation and food shopping responsibilities. *Public Health Nutrition*, 17(9), pp.2061-2070.

was responsible for their own cooking, which may be due to people in this age group being more likely to rent short-term accommodation with non-relative peers (i.e. in flat or house shares) than other age groups.[48] Those aged 35-64 were least likely to report having no responsibility for any of the preparing or cooking of food (9%) compared to those aged 16-34 (17%) and those over 65 (15%) (Table 24).

Gender

In Wave 5 (2018), it was found that regardless of household size, women cook more frequently than men, with 71% of women cooking at least once a day compared with 46% of men (Table 25). In multi-person households, women tend to report a greater degree of responsibility for cooking compared with men; 54% of women in these households reported that they are responsible for all or most of the preparing or cooking of food compared to 21% of men (Figure 9 and Table 26).

It was found in Wave 5 (2018), that the frequency of cooking is associated with respondents' employment status. Respondents who are retired (72%) were more likely than those who are unemployed (62%) or have an alternative form of employment or income (62%) to cook at least once a day. Those who are in paid work (53%) were found to be least likely to cook at least once a day (Table 27).

When assessing cooking responsibility in multi-adult households, those who were retired were more likely than other

Figure 8: Proportion of Food and You (Wave 5) respondents who cook at least once a day, by age group, %

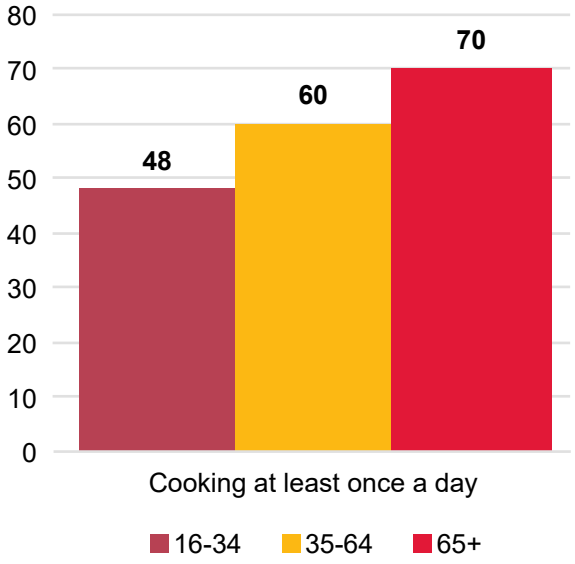
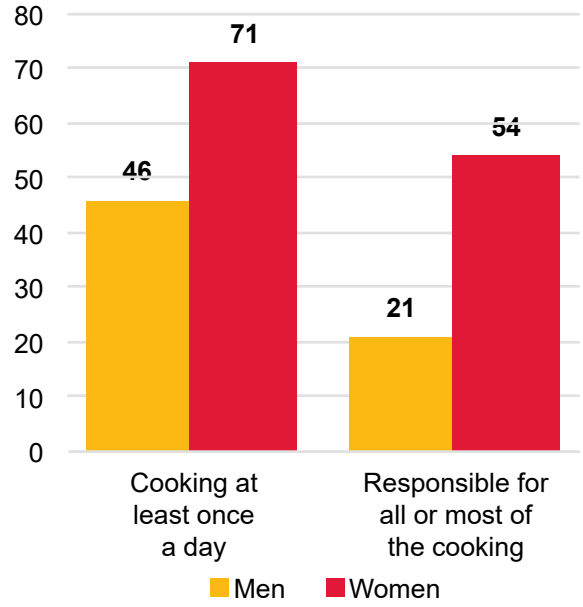


Figure 9: Proportion of Food and You (Wave 5) respondents who cook at least once a day (all households) and who are responsible for all or most of the cooking (multi-adult households) by gender, %



48 Office for National Statistics (2019). UK private rented sector: 2018. [Online] Accessed at: https://www.ons.gov.uk/economy/inflationandpriceindices/articles/ukprivaterentedsector/2018.

respondent groups to report that they were responsible for all or most of the preparing or cooking of food (46%) while those in work were least likely to report this (34%) (Table 28). Those in work were most likely to have around half of this responsibility (26%), suggesting that this group are most likely to share this responsibility with someone else in their household.

In single-adult households, retired respondents (8%) and those with other type of employment or income[49] (12%) were more likely than those who were employed (4%) or unemployed (5%) to not have full responsibility for cooking at home, suggesting reliance on an external source of support for cooking (e.g. family members, carer or meals being delivered) (Table 29).

Vegetarian/vegan dietary requirements

It was found that the frequency of cooking varied with the presence of vegetarian or vegan dietary requirements in Wave 5 (2018). Those with vegetarian or vegan dietary requirements (67%) were more likely than those without such requirements (57%) to cook at least once a day (Table 30).

Eating at home

The frequency of eating out has increased and subsequently fewer meals are being eaten at home together with families. Analysis of historical data, however, does not support the notion of the centrality of the family meal in household eating arrangements.[50] Findings from an online diary survey suggests that household size and structure influence eating arrangements with smaller households as well as households with children eating together less frequently, the latter due to difficulties in coordinating the schedules of family members.[51] In the same study, those living alone were found to eat alone more often and eating alone was associated with quicker and simpler meals.

As such, with the rise of single-person households, more individuals are likely to be eating alone at home and preparing quicker and simpler meals.[52] [53] Apparent declines in food preparation and cooking skills have also been linked with the increased availability of convenience foods, but this is contested. Some argue that rather than a process of de-skilling, cooking skills are shifting to include different types of knowledge and competencies.[54] The nutritional consequences of any alleged change in the status of the family meal, increased use of pre-prepared foods or a decline in cooking skills are unclear.[55]

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49 Includes categories such as people on maternity leave, people looking after family or home, full-time students, people with long-term disabilities, unable to work because of short-term illness or injury, etc.

50 Jackson, P., et al. (2009). Myths of the family meal: re-reading Edwardian life. In Jackson P. (Ed.) *Changing Families, Changing Food, Palgrave Macmillan Publishers*, Basingstoke.

51 Yates, L. and Warde, A. (2017). Eating together and eating alone; meal arrangements in British households. *The British Journal of Sociology*, 68, pp.97-118.

52 Fleming, A. (2019). Table for one: how eating alone is radically changing our diets. Guardian. [Online] Available at: https://www.theguardian.com/lifeandstyle/2019/may/06/table-for-one-how-eating-alone-changing-our-diets.

53 Yates, L. and Warde, A. (2017). Eating together and eating alone; meal arrangements in British households. *The British Journal of Sociology*, 68, pp.97-118.

54 Short, F. (2003). Domestic cooking skills – what are they? *Journal of the HEIA*, 10, pp.13-22.

55 Murcott, A. (2019). *Introducing the sociology of food & eating*. Bloomsbury Academic, London.

Food shopping

Food shopping

Women, older respondents and retired respondents have greatest responsibility for food shopping

Who is responsible for food shopping?

Historically, women tended to take decisions on the types of food consumed in their households.[56] Just as with cooking, this role seemed to start to change owing to women increasingly being an equal part of the labour market.[57] Nevertheless, women are still predominantly responsible for food shopping.[58 59 60] Similarly, within households, the types of goods purchased seems to be associated with the gender of the person responsible for food shopping.[61]

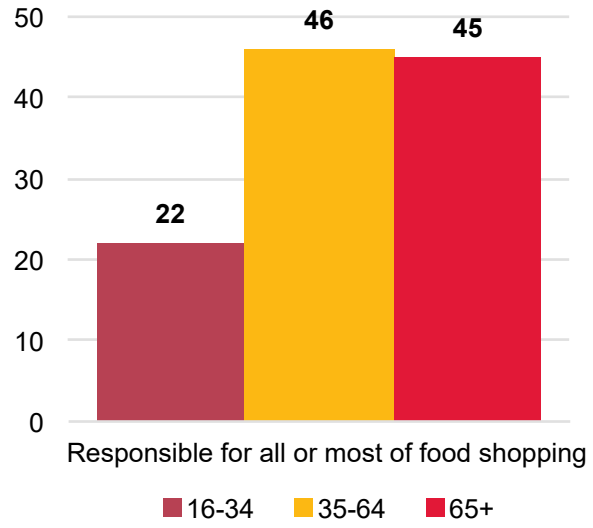
This pattern is reflected in Food and You. In Wave 5 (2018), amongst those living in households with two or more adults, women (56%) were more likely to be responsible for all or most of the food and grocery shopping compared to men (20%) (Table 31).

Shopping responsibility by age

There was an association between the level of responsibility for food shopping and age (Figure 10). Among respondents living in multi-adult households, those aged 16-34 were least likely to report having responsibility for all or most of the food or grocery shopping (22%) and most likely to report having no responsibility for food shopping (27%). In contrast, 46% of adults aged 35-64 had most or all responsibility for food shopping whilst fewer than one in ten (8%) had no responsibility. In the older age groups, 45% of those aged 65 and over had most or all responsibility for food shopping with 12% highlighting that they had no responsibility (Table 32).

Among adults living in single-adult households, those aged 65 and over (11%) were least likely to be responsible for all or most of the food shopping in comparison to 2% of adults aged 16-34 and 6% of adults aged 35-64 (Table 33).

Figure 10: Proportion of Food and You (Wave 5) respondents who are responsible for all or most of the food shopping (multi-adult households) by age, %



56 Lewin, K. (1943). Forces behind food habits and methods of change. In Guthe, C.E. and Mead, M. (Eds). *The Problem of Changing Food Habits, National Research Council*, Washington DC.

57 Worsley, A. (1988). Cohabitation-gender effects on food consumption. *International Journal of Biosocial Research*, 10(2), pp.107-22.

58 Murcott, A. (2000). Is it still a pleasure to cook for him? Social changes in the household and the family. *Journal of Consumer Studies and Home Economics*, 24(2), pp.78-84.

59 Lake, A., et al. (2006). Food shopping and preparation among the 30-somethings: whose job is it? (The ASH30 study). *British Food Journal*, 108(6), pp.475-486.

60 O'Connell, R. and Brannen, J. (2016). *Food, families and work*. Bloomsbury Academic, London.

61 Dholakia, R.R., et al. (1995). Married males and shopping: are they sleeping partners? *International Journal of Retail & Distribution Management*, 23(3), pp. 27-33.

Employment status

In households with two or more adults, retired respondents were most likely to report being responsible for all or most of the food and grocery shopping (46%) and least likely to report having no responsibility for food shopping (11%), in comparison to those in paid work (36% of whom had most or all of the responsibility and 13% who had no responsibility), those who were unemployed (34% of whom had most or all of the responsibility and 22% had no responsibility) and those with another type of employment or income[62] (36% of whom had most or all of the responsibility and 27% had no responsibility) (Table 34).

In single-adult households, people who were retired (11%) and people with another type of employment or income[63] (19%) were more likely than people in work (2%) or people who were unemployed (2%) to report that they did not have full responsibility for food shopping, suggesting that they are potentially more likely to have an external source of support for food shopping (see Table 35).

The rise of online food shopping

Food shopping in the UK has been undergoing remarkable changes in the recent years. While hypermarkets, supermarkets and convenience stores remain lead food shopping outlets in the UK, online shopping is the fastest growing sector, expecting to demonstrate a value increase of more than 52% from 2018 to 2023.[64] Two large UK food retailers, Ocado and AmazonFresh, are exclusively online based.[65] Whilst Food and You survey respondents tend to shop in large supermarkets (96%), followed by mini supermarkets (43%) and independent butchers (31%), the use of home delivery from supermarkets has increased from 10% to 17% since 2012.[66]

Online shopping can be helpful to a range of individuals. Age UK has identified that some of the leading causes of malnutrition are older age, as well as living in locations where food shopping outlets are unavailable.[67] Carrying groceries, limited options for transport and financial constraints pose substantial challenges for food shopping to older people.[68] In the UK, many local food shops have closed, being forced out of the market by economic competition from large supermarkets; the latter often located outside residential neighbourhoods.[69]

Online shopping could be considered as a potential solution for this problem. Among Food and You respondents in Wave 5 (2018), however, the highest use of online delivery is concentrated among respondents

62 Includes categories such as people on maternity leave, people looking after family or home, full-time students, people with long-term disabilities, unable to work because of short-term illness or injury, etc.

63 Ibid.

64 IGD (2018). UK food and grocery market to grow 14.8% by £28.2bn by 2023. [Online] Available at: https://www.igd.com/articles/article-viewer/t/uk-food-and-grocery-market-to-grow-148-by-282bn-by-2023/i/19052.

65 Statista (2019). Online grocery shopping in the United Kingdom – Statistics and Facts. [Online] Available at: https://www.statista.com/topics/3144/online-grocery-shopping-in-the-united-kingdom/.

66 Fuller, E., et al. (2019). Food and You Wave 5: Combined report. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/food-and-you-wave5-combined-report-web-revised.pdf.

67 Age UK (2012). Food shopping in later life: barriers and service solutions. [Online] Available at: https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Conferences/Final_Food_Shopping_Report.pdf?dtrk=true.

68 Herne, S. (1995). Research on food choice and nutritional status in elderly people: a review. *British Food Journal*, 97, pp.12–29.

69 Thompson, J.L., et al. (2011). Food shopping habits, physical activity and health-related indicators among adults aged >70 years. *Public Health Nutrition*, 14(9), pp.1640–1649.

aged 35-44 years (22%) and lowest for respondents aged 65 and over (only 6%) (Table 36).

The Institute of Grocery Distribution (IGD) finds that 61% of online grocery shoppers state that they would like online retailers to personalise special offers based on what they regularly buy.[70] This should be an easy task in the era of 'big data': retailers collect invaluable market information based on people's loyalty card and credit card use. Moreover, data collected from online shopping itself can inform customisation of offers for specific consumers.

Some online retailers make emphasis on food provenance by supporting local British food producers.[71] Food produced locally has previously been demonstrated to be important for many UK consumers, with affluent, older consumers identified as having a 'greater willingness to pay' for locally produced food.[72]

70 IGD (2018). UK food and grocery market to grow 14.8% by £28.2bn by 2023. [Online] Available at: https://www.igd.com/articles/article-viewer/t/uk-food-and-grocery-market-to-grow-148-by-282bn-by-2023/i/19052.

71 Askew, K. (2017). What trends will shape grocery retail in 2018? [Online] Available at: https://www.foodnavigator.com/Article/2017/12/18/What-trends-will-shape-grocery-retail-in-2018.

72 Feldmann, C. and Hamm, U. (2015). Consumers' perceptions and preferences for local food: A review. *Food Quality and Preference*, 40, pp.152-164.

Changes to animal and dairy consumption

Changes in animal product consumption

Meat and dairy consumption continues to decline, with the biggest decrease in beef, lamb and pork

Meat consumption

Beef has historically played an important role within the traditional British diet, so much so that Britain has been internationally perceived as a nation of avid meat-eaters.[73] However, evidence from the National Food Survey suggests that meat, particularly beef, consumption has been in long term decline since the late 1950s.[74]

Meat consumption trends

In the most recent wave of Food and You (2018), just 3% of respondents said they were completely vegetarian and 1% said they were vegan.[75] This is consistent with findings from the British Social Attitudes (BSA) 2013-2014 data, which finds that 3% of the sample in 2014 were vegetarian and/or vegan.[76] While only a small percentage of people in the UK identify as being completely vegetarian, the attractiveness of meat-free products goes beyond this group[77] with market research studies from 2017-2018 suggesting that 56% of adults in the UK have eaten vegetarian food in the last six months.[78] Data from Kantar Worldpanel further suggests a rise in 'flexitarian' eating. While 79% of the population identify as meat-eaters, the next largest group was flexitarian vegetarian (9%), predominantly eating vegetarian or vegan food but occasionally eating meat and fish.[79]

These trends are seen in the Food and You data. Since 2012, there has been an overall decline in reported overall meat consumption (Figure 11). In particular, the consumption of beef, lamb or pork has declined sharply. In Wave 2 (2012) of Food and You, 75% of adults ate cuts of beef, lamb or pork at least once a week, compared with 55% in the current wave (2018). Similarly, 65% ate pre-cooked meats at least once a week in Wave 2 (2012), but this declined steadily to 52% in Wave 5 (2018). Consumption of chicken and turkey has declined across the same period but remains high, from 86% in 2012 to 81% in 2018.[80]

Again, this trend is consistent with findings from the 2014 British Social Attitudes Survey which found that 29% of respondents reported reducing their meat consumption

73 Wilson, C. A. (1976). *Food and Drink in Britain*. Harmondsworth: Penguin.

74 Ministry of Agriculture, Fisheries and Food (1999). *National Food Survey 1999: Annual report on food expenditure, consumption and nutrient intakes*. The Stationery Office, London.

75 Fuller, E., et al. (2019). Food and You Wave 5: Combined report. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/food-and-you-wave5-combined-report-web-revised.pdf.

76 Simpson, I. and Lee, L. (2016). Are we eating less meat? A British Social Attitudes report. NatCen, London. [Online] Available at: http://natcen.ac.uk/media/1116002/vegetarian-society-bsa-2014.pdf.

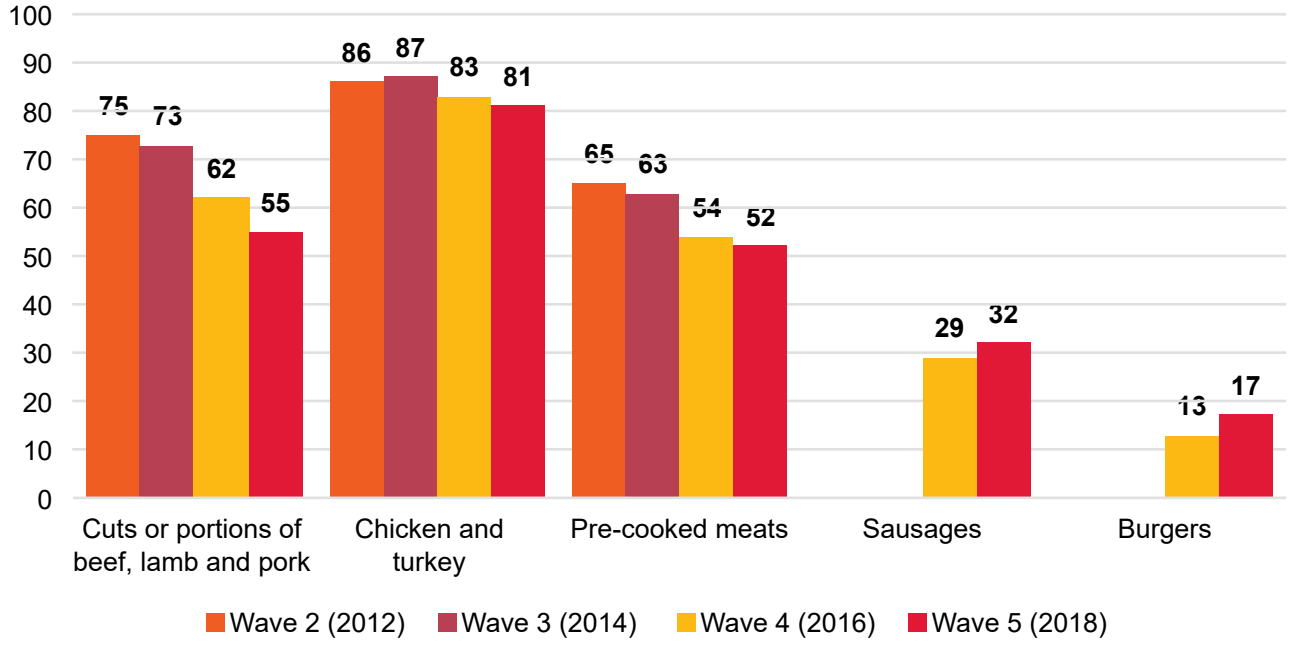
77 Ibid.

78 Mintel (2018). UK Meat-free Foods Market Report. [Online] Available at: https://store.mintel.com/uk-meat-free-foods-market-report..

79 George, E. (2019). Only 3% of UK self-define as 'vegan'. [Online] Available at: https://uk.kantar.com/consumer/shoppers/2019/only-3-of-uk-self-define-as-vegan/.

80 Fuller, E., et al. (2019). Food and You Wave 5: Combined report. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/food-and-you-wave5-combined-report-web-revised.pdf.

Figure 11: Proportion of respondents eating different types of meat at least once a week, by survey wave, % [81]



in the last 12 months.[82] According to a survey of UK residents, in the 1990s, 28% of people in the UK reported reducing their meat consumption.[83] Mostly, this trend was triggered by considerations of healthiness, taste, value for money and animal welfare.[84]

Potential reasons behind changing meat consumption trends

Concerns with climate change and environmental impact of meat farming have been named as some of the lead causes for reduction in meat consumption at the population level in recent years.[85] Studies conducted in the last decade indicate that dietary greenhouse gas (GHG) emissions in meat-eaters are approximately twice as high as those in vegans.[86] Some media sources suggest that, in part, meat consumption in the UK has been declining in response to media-powered social campaigns, such as Meat Free Mondays or Veganuary,[87] although it is not clear whether these campaigns are the cause of, or the response to, this consumer trend. By the mid-2000s,

81 Fuller, E., et al. (2019). Food and You Wave 5: Combined report. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/food-and-you-wave5-combined-report-web-revised.pdf.

82 Simpson, I. and Lee, L. (2016). Are we eating less meat? A British Social Attitudes report. NatCen, London. [Online] Available at: http://natcen.ac.uk/media/1116002/vegetarian-society-bsa-2014.pdf.

83 Richardson, N. J., et al. (1993). Current attitudes and future influences on meat consumption in the U.K. *Appetite*, 21(1), pp.41-51.

84 Ibid.

85 Knight, R. (2019). Cutting down on meat saved British people more than £2.8bn last year, survey claims. The Independent. [Online] Available at: https://www.independent.co.uk/news/uk/home-news/vegetarian-food-cost-savings-benefit-health-environment-vegan-meat-eating-a8722771.html.

86 Scarborough, P., et al. (2014). Dietary greenhouse gas emissions of meat-eaters, fish-eaters, vegetarians and vegans in the UK. *Climatic Change*, 125, p.179.

87 Ritchie, H. (2019). Which countries eat the most meat? BBC News. [Online] Available at: https://www.bbc.co.uk/news/health-47057341.

the percentage of vegetarians in the UK notably increased.[88] According to figures from the 2018-2019 Waitrose Food and Drink Report, 33.5% of the population is reducing or completely cutting their meat consumption, contributing to a remarkable increase in people adopting a vegetarian lifestyle.[89] Waitrose claims that 40% of current vegetarians have stopped eating meat in the past five years. These specific findings do need to be interpreted with care. Whilst this poll did include both Waitrose and non-Waitrose customers (n=2,000), the sampling framework applied is unclear and may not be representative of the wider population.

Biodiversity, which in turn is responsible for a large part of global food supply, is being affected across the world by an unsustainable meat industry in the UK and other high-income countries.[90] [91] There is increased media awareness of the ethical considerations related to the impact that the meat industry has on the environment and the burden it places on global food production. Nevertheless, how far these ideas have been widely accepted is unclear, with individuals uncertain as to the impact the UK meat industry has on food supply systems in other parts of the world. In Food and You Wave 4 (2016), respondents were asked whether they agree or disagree with the statement that people in the UK would have to start eating less meat to help ensure there is enough food to feed the population worldwide: 13% strongly agreed in comparison to 10% who strongly disagreed, although the largest response (27%) was from those who neither agreed nor disagreed (Table 37). When exploring the socio-demographic characteristics of those who reported that they were completely or partly vegetarian or vegan in the Food and You Wave 5 (2018) survey, women (13%) were more likely than men (9%) to be completely or partly vegetarian or vegan (Table 38).[92] This might be connected with more interest in healthy diets among women.[93]

While vegetarian diets tend to be cheaper than diets that include meat, research suggests that people with lower incomes consider meat good value for money and therefore tend to consume more meat than people from high-income households.[94] Analysis of Food and You (Wave 5) data revealed no significant differences between vegetarians and non-vegetarians when examined by age or household income (Tables 39 and 40).

Dairy consumption

The UK is the third-largest milk producer in the EU following Germany and France, and the tenth-largest producer in the world with milk constituting 18% of total agricultural output in the UK in 2014 (£4.6bn in market prices).[95]

88 Cade, J. E., et al. (2004). The UK Women's Cohort Study: comparison of vegetarians, fish-eaters and meat-eaters and UK Women's Cohort Study Steering Group. *Public Health Nutrition*, 7(7), pp.871-878.

89 Waitrose & Partners (2018). Food and Drink Report 2018-19: The era of the mindful consumer. [Online] Available at: https://www.waitrose.com/content/dam/waitrose/Inspiration/Waitrose%20%26%20Partners%20Food%20and%20Drink%20Report%202018.pdf.

90 Smithers, R. (2017). Vast animal-feed crops to satisfy our meat needs are destroying planet. The Guardian. [Online] Available at: https://www.theguardian.com/environment/2017/oct/05/vast-animal-feed-crops-meat-needs-destroying-planet.

91 Global Food Security. UK Threat. [Online] Accessed at: https://www.foodsecurity.ac.uk/challenge/uk-threat/.

92 The categories of 'partly vegetarian', 'completely vegetarian' and 'vegan' are combined for this analysis to provide a large enough base size for analysis by demographic characteristics.

93 Mintel (2018). UK Meat-free Foods Market Report. [Online] Available at: https://store.mintel.com/uk-meat-free-foods-market-report.

94 Ibid.

95 Bate, A. (2016). House of Commons UK Dairy Industry Statistics Briefing Paper, 2721. [Online] Available at: https://researchbriefings.parliament.uk/ResearchBriefing/Summary/SN02721.

Dairy consumption trends

The Food and You survey identified that between Wave 2 (2012) and Wave 5 (2018) there has been a decline in the reported consumption of dairy products, including milk, cheese and yoghurts. The proportion of respondents eating dairy products at least once a week declined from 97% to 92%. During the same period, the percentage of those who reported 'never' eating dairy products increased from 2% to 5% (Table 41).

Potential reasons behind changing dairy consumption trends

The reasons behind this reduction in diary consumption are, as yet, unclear. For example, whilst the adoption of veganism (a diet that excludes dairy products) is perceived as increasing, the numbers of individuals who adhere to a solely vegan diet are still small. In the Food and You survey (Wave 5), only 1% of respondents identified as completely vegan[96], numbers that are unlikely to exclusively account for this changing trend.

Perhaps a more likely rationale is the reported increase in food allergies and intolerances.[97] Food allergies are increasing in prevalence for unclear reasons[98] and are rising at "an alarming rate".[99] Prior research has demonstrated that the most common reported adverse reactions are to cows' milk and cows' milk products.[100] As around a fifth (20%) to a third (32%) of the population may be living with a food allergy or intolerance[101 102], it could be argued that it is these adverse reactions to dairy foods and food groups that is influencing the reduction in the consumption of dairy products.

Further explanations put forward by other studies and surveys that may also be impacting on this trend include: environmental concerns[103], perceived unethical farming practices[104], health and well-being; food-safety[105], as well as the decline in doorstep milk and dairy deliveries, (falling from 45% in 1995 to 3% by the end of 2015), reducing easy product access for consumers.[106] Nevertheless, additional research is necessary to further understand the behaviours and choices underpinning this continued decline.

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96 Fuller, E., et al. (2019). The Food and You Survey, Wave 5, Combined Report for England, Wales and Northern Ireland. FSA, London. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/food-and-you-wave5-combined-report-web-revised.pdf.

97 McBride, D., et al. (2012). The EuroPrevall birth cohort study on food allergy: baseline characteristics of 12,000 newborns and their families from nine European countries. *Pediatric Allergy Immunology*, 23, pp. 230–239.

98 Benedé, S., et al. (2016). The rise of food allergy: Environmental factors and emerging treatments. *EBioMedicine* 7, pp.27-34.

99 Savage, J. and Johns, C.B. (2015). Food Allergy: Epidemiology and Natural History. *Immunology and Allergy Clinics of North America*, 35 (1), pp.45-59.

100 Nwaru, B., et al. (2014). Prevalence of common food allergies in Europe: a systematic review and meta-analysis. *Allergy*, 69(8), pp.992-1007.

101 Benson A., et al. (2019). The Food and You Survey, Wave 5 Secondary Analysis: Consumers with Food Hypersensitivities. FSA, London. [Online] Available at: https://www.food.gov.uk/sites/default/files/media/document/foodandyouw5secondaryanalysis-consumers withfoodhypersensitivies.pdf.

102 McBride, D., et al. (2012). The EuroPrevall birth cohort study on food allergy: baseline characteristics of 12,000 newborns and their families from nine European countries. Pediatric Allergy Immunology, 23, pp. 230–239.

103 Waitrose & Partners (2018). Food and Drink Report 2018-19: The era of the mindful consumer. [Online] Available at: https://www.waitrose.com/content/dam/waitrose/Inspiration/Waitrose%20%26%20Partners%20Food%20and%20Drink%20Report%202018.pdf.

104 Mintel (2016). UK Free-from Foods Market Report. [Online] Available at: https://store.mintel.com/free-from-foods-uk-december-2016.

105 Van den Heuvel, E., et al. (2018). Could Eggs Help Increase Dietary Protein Intake in Older Adults? – Exploring Reasons for the Consumption and Non-Consumption of Eggs in People over 55 years old. *Journal of Nutrition in Gerontology and Geriatrics*, 37 (3-4), 292-309.

106 Bate, A. (2016). *UK Dairy Industry Statistics*. House of Commons Library Briefing Paper, 2721.

Discussion

In exploring the current food landscape across England, Wales and Northern Ireland, the breadth and range of findings have built on and extended the evidence base, providing greater insight into on-going changes in eating out, food shopping and cooking as well as meat and dairy consumption. To support policy and practice going forward, four elements of this report are further discussed:

- The continued trend in eating out;
- Gendered shopping, preparation and cooking;
- Reduction in the consumption of meat and dairy products; and
- Structural inequalities in accessing appropriate and 'healthy' foods

In addition, existing gaps in research are highlighted to support the overarching need to deliver food safety, consumer choice and accessibility to affordable healthy diets.

As we have discussed, this analysis demonstrated that most of the population now eat out (or order in) on a regular basis. Whilst eating out has always been perceived as maintaining social connection or involvement with family and friends[107] [108], commenters have argued that the increased trend (as seen here) is more likely to be a result of individual perceptions and behaviours. That is, eating out (or ordering in) has moved from that of a 'special occasion' activity to one of convenience.[109] In addition, the rise of technology and mobile apps, enabling consumers to order from a range of restaurants at the tap of a button on their smart phones, is perceived as redefining the eating out market.[110] However, whilst such changes may be welcome in increasing consumer choice, there is little research that identifies the prevalence of the use of mobile food apps or their impact on individual health (including obesity), well-being, food safety or wider food inequalities (i.e., older people are more likely to be digitally excluded).[111] Given the increase in such mobile apps and their perceived usage, such research would provide valuable insights into this continuing (and perhaps dominant) future market.

When the type of meal being eaten out was explored, one somewhat counter-intuitive finding emerged. It was found that those in marginal food security eat out for breakfast more than those in high or low food security. The reason for this finding is unclear as the Food and You survey does not ask respondents why they choose to eat this particular meal (in comparison with lunch or dinner) at a café or restaurant. It may be that a number of factors are influencing this behaviour. For example, the type of occupation those in marginal food security hold is more likely to be manual, low-waged, and perhaps demand early shift work resulting in individuals unable to prepare food at home. In addition, the cost of purchasing breakfast is far cheaper when compared to that of lunch or dinner. Similarly, the high calorie of a cooked breakfast (around 1,100) may

107 Finkelstein, J. (1991). *Dining out: An observation of modern manners*. New York: New York University Press.

108 Julier, A.P. (2013). *Eating together: Food, friendship and inequality*. Chicago: University of Illinois Press.

109 Paddock, J., et al. (2017). The changing meaning of eating out in three English cities 1995-2015. *Appetite*, 119, pp.5-13.

110 Doub, A.E., et al. (2015). Mobile app-etite: Consumer attitudes towar and use of mobile technology in the context of eating behaviour. *Journal of Direct, Data and Digitial Marketing Practice*,17 (2), pp.114 – 129.

111 Matthews K., et al. (2019). Digital inclusion in later life: cohort changes in internet use over a ten-year period in England. *Ageing & Society*, 39, pp.194-1932.

enable individuals to 'skip' later meals. However, whilst prior studies have shown that low income is associated with less time spent cooking[112], it is not clear why this difference was found. Further research will be necessary if the links between food insecurity and eating out is to be fully understood.

This analysis has demonstrated that despite the increase in women's economic activity, the responsibilities for shopping, preparation and cooking of food is still gendered[113] [114] and this applies across all ages.[115] This disparity in responsibility perhaps goes some way to explaining why more men eat out than women and eat fast- and take-away food more often. It is also perhaps not surprising to find that younger people (16-34 years old) have least responsibility in food shopping or preparation, given that they are either increasingly likely to remain in the family home[116] or, in short-term, rented, multi-person accommodation where each individual member of the household may be responsible for their own food shopping, preparation and cooking.[117] In addition, there are some indications that younger adults' skill levels in preparing and cooking food may be lower.[118] [119]

Over 1 in 10 individuals self-reported adopting a vegetarian, partly vegetarian or vegan diet (11%). Similarly, even those not identifying as vegetarian have reported reducing their purchase and preparation of meat. Such findings demonstrate and support overall societal trends. However, as this analysis has highlighted, this pattern is still nuanced, with higher consumption of meat seen in lower socioeconomic groups. There is limited research that discusses this pattern of consumption, although where available, this would seem to mirror these findings.[120] Our findings around the on-going reductions in dairy consumption, similarly provides on-going insight into population behaviour and choices although, as we have argued (above), the reasons behind such changes are still unclear. Further research would provide insight into this important area, enabling future support for food safety as well as the wider agricultural and dairy industry.

Along with those research gaps we have already highlighted, an additional area of exploration is around how older people can be supported to have equitable access to an affordable healthy diet. Research has highlighted the negative impact that poor nutrition has on the health and well-being

112 Wolfson, J.A., et al. (2019). Barriers to health food access: Associations with household income and cooking behaviour. *Preventive Medicine Reports*, 13, pp.298-305.

113 Woolhouse, M., et al. (2019). "Growing your own herbs" and "Cooking from scratch": Contemporary discourse around good mothering food and class-related identities. *Community and Applied Social Psychology*, 29(4), pp.285-296.

114 Carlson, D.L., et al. (2017). Stalled for Whom? Change in the Division of Particular Housework Tasks and Their Consequences for Middle- to Low-Income Couples. *Socius: Sociological Research for a Dynamic World*, 4, pp.1-17.

115 Johannesson, J., et al. (2016). *Journal of ageing research and Clinical Practice*, 5(4), pp.220-228.

116 Craig, L., et al. (2015). Co-resident Parents and Young People Aged 15-34: Who Does What Housework? *Social Indicators Research*, 121(2), p.588.

117 Lennartz, C., et al. (2015). Younger Adults and Homeownership in Europe Through the Global Financial Crisis. *Population, Space and Place*, 22(8), pp.823-835.

118 Utter, J., et al. (2018). Self-Perceived Cooking Skills in Emerging Adulthood Predict Better Dietary Behaviours and Intake 10 years later: A Longitudinal Study. *Journal of Nutrition Education and Behaviour*, 50(5), pp.494-500.

119 Colatruglio, S. and Slater, J. (2016). Challenges to acquiring and using food literacy: Perspectives of young Canadian adults. *Canadian Food Studies*, 3(1), pp.96-118.

120 Clonan, A., et al. (2016). Socioeconomic and demographic drivers of red and processed meat consumption: implications for health and environmental sustainability. *Proceedings of the Nutrition Society*, 75, pp.367-373.

of older people.[121] As we have reported, older people face a range of (substantial) challenges in accessing food shops as well as shopping for food (e.g., living in locations where food shopping outlets are unavailable, inability to carry groceries as well as financial or transport constraints).[122] [123] In addition, we have identified that whilst those aged 65 and over are more likely to prepare and cook food and less likely to eat out, they are the least likely group to be responsible for all or most of the food shopping or to carry out their food shopping on-line. Further research is necessary to understand what type of support or infrastructure (e.g., technology skills, community-run shops) is required to encourage food choice and purchases within this population; ensuring appropriate access to an affordable and healthy diet across the life-course.[124]

In considering those policy recommendations that stem from this report, it could be argued that few are solely applicable to the FSA, with many of the likely future policy interventions requiring cross-government action. For example, parallel policies across the Departments of Education, Business, Energy and Industrial Strategy and Health and Social Care are necessary if interventions to develop and embed food literacy in younger adults are to be identified, funded and implemented.[125]

As food skills and behaviours learnt in adolescence are sustained in later life and arguably lead to long-term positive health impacts[126], such programmes are important. Similarly, if inequalities to affordable healthy diets are to be mitigated, there needs to be an alignment of environmental, business and health policies to deliver and apply equal access.[127]

This report has built on the existing evidence base, confirming many of the cultural and social changes seen over the last decade whilst identifying those important differences and nuances in these patterns. In addition, it has highlighted those research gaps, supporting the FSA to continue to tackle existing challenges, whilst identifying and addressing future risks.

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121 Grunnet, K.G., et al. (2017). Older People, Food and Satisfaction with Life. In Raats, M., et al. (Eds). *Food for the Ageing Population*. Woodhead, Cambridge.

122 Age UK (2012). Food shopping in later life: barriers and service solutions. [Online] Available at: https://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Conferences/Final_Food_Shopping_Report.pdf?dtrk=true.

123 Herne, S. (1995). Research on food choice and nutritional status in elderly people: a review. *British Food Journal*, 97, pp.12–29.

124 In England and Wales, responsibility for nutrition lies with Public Health England whilst in Northern Ireland, it lies with the Food Standards Agency.

125 Hutchinson, J., et al. (2016). Evaluation of the effectiveness of the Ministry of Food cooking programme on self-reported food consumption and confidence with cooking. *Public Health Nutrition*, 19(8), pp.3417-3427.

126 Perry, E.A., et al. (2017). Identifying attributes of food literacy: a scoping review. *Public Health Nutrition*, 20 (13), pp.2406-2415.

127 Stubbs, R. J., et al. (2018). Responding to food, environment and health challenges by changing meat consumption behaviours in consumers. *Nutrition Bulletin*, 43 (2), pp.125-134.

Appendix A: Tables

Table 1: Frequency of eating out for breakfast by age

Base: All aged 16+	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Frequently	19	10	3	11
Occasionally	17	14	6	13
Rarely/never	64	75	91	75
Unweighted base	605	1,503	952	3,069
Weighted base	923	1,455	683	3,069

Table 2: Frequency of eating out for lunch by age

Base: All aged 16+	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Frequently	42	28	16	29
Occasionally	28	24	22	25
Rarely/never	29	47	62	45
Unweighted base	605	1,503	952	3,069
Weighted base	923	1,455	683	3,069

Table 3: Frequency of eating out for dinner by age

Base: All aged 16+	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Frequently	38	25	14	27
Occasionally	42	45	30	41
Rarely/never	19	30	55	32
Unweighted base	605	1,503	952	3,069
Weighted base	923	1,455	683	3,069

Table 4: Frequency of eating out for breakfast by gender

Base: All aged 16+	Gender		Total
	Male	Female	
	%	%	%
Frequently	15	7	11
Occasionally	16	11	13
Rarely/never	69	81	75
Unweighted base	1,258	1,811	3,069
Weighted base	1,501	1,568	3,069

Table 5: Frequency of eating out for lunch by gender

Base: All aged 16+	Gender		Total
	Male	Female	
	%	%	%
Frequently	35	24	29
Occasionally	23	27	25
Rarely/never	41	48	45
Unweighted base	1,258	1,811	3,069
Weighted base	1,501	1,568	3,069

Table 6: Frequency of eating out for dinner by gender

Base: All aged 16+	Gender		Total
	Male	Female	
	%	%	%
Frequently	30	23	27
Occasionally	40	41	41
Rarely/never	29	35	32
Unweighted base	1,258	1,811	3,069
Weighted base	1,501	1,568	3,069

Table 7: Frequency of eating out for breakfast by family type

Base: All aged 16+	Family Type				Total
	Married, cohabiting or in civil partnership with children	Single, widowed or divorced, with children	Married, cohabiting or in civil partnership, no children	Single, widowed or divorced, no children	
	%	%	%	%	%
Frequently	13	16	7	14	11
Occasionally	12	10	13	14	13
Rarely/never	73	74	79	71	75
Unweighted base	553	218	1,149	1,138	3,069
Weighted base	693	197	1,238	930	3,069

Table 8: Frequency of eating out for lunch by family type

Base: All aged 16+	Family Type				Total
	Married, cohabiting or in civil partnership with children	Single, widowed or divorced, with children	Married, cohabiting or in civil partnership, no children	Single, widowed or divorced, no children	
	%	%	%	%	%
Frequently	31	32	23	36	29
Occasionally	26	25	25	24	25
Rarely/never	41	43	52	39	45
Unweighted base	553	218	1,149	1,138	3,069
Weighted base	693	197	1,238	930	3,069

Table 9: Frequency of eating out for dinner by family type

Base: All aged 16+	Family Type				Total
	Married, cohabiting or in civil partnership with children	Single, widowed or divorced, with children	Married, cohabiting or in civil partnership, no children	Single, widowed or divorced, no children	
	%	%	%	%	%
Frequently	29	33	21	30	27
Occasionally	45	43	44	34	41
Rarely/never	25	24	34	36	32
Unweighted base	553	218	1,149	1,138	3,069
Weighted base	693	197	1,238	930	3,069

Table 10: Eating outlets by gender

Base: All aged 16+	Gender		Total
	Male	Female	
	%	%	%
Eaten takeaway food from a restaurant or takeaway outlet	59	54	57
Eaten in a fast food restaurant	37	27	32
Eaten in a café or coffee shop	45	50	47
Unweighted base	1,258	1,811	3,069
Weighted base	1,501	1,568	3,069

Table 11: Eating outlets by age

Base: All aged 16+	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Eaten takeaway food from a restaurant or takeaway outlet	74	59	27	57
Eaten in a fast food restaurant	54	30	9	32
Eaten in a café or coffee shop	50	48	43	47
Unweighted base	605	1,503	952	3,069
Weighted base	923	1,455	683	3,069

Table 12: Eating outlets by vegetarian/vegan diet

Base: All aged 16+	Vegetarian/ Partly vegetarian/ Vegan		Total
	No	Yes	
	%	%	%
Eaten takeaway food from a restaurant or takeaway outlet	57	51	57
Eaten in a fast food restaurant	33	25	32
Eaten in a café or coffee shop	46	56	47
Unweighted base	2,762	307	3,069
Weighted base	2,725	344	3,069

Table 13: Eating outlets by family type

Base: All aged 16+	Family Type				Total
	Married, cohabiting or in civil partnership with children	Single, widowed or divorced, with children	Married, cohabiting or in civil partnership, no children	Single, widowed or divorced, no children	
	%	%	%	%	%
Eaten takeaway food from a restaurant or takeaway outlet	65	65	52	55	57
Eaten in a fast food restaurant	38	52	23	36	32
Eaten in a café or coffee shop	47	42	47	49	47
Unweighted base	553	218	1,149	1,138	3,069
Weighted base	693	197	1,238	930	3,069

Table 14: Frequency of eating out for breakfast by food security status

Base: All aged 16+	Food Security Status			Total
	High food security	Marginal food security	Low food security	
	%	%	%	%
Frequently	10	18	13	11
Occasionally	13	13	14	13
Rarely/never	76	68	72	75
Unweighted base	2,445	300	324	3,069
Weighted base	2,453	314	301	3,069

Table 15: Frequency of eating out for breakfast by household income

Base: All aged 16+	Household income			
	Lowest income group <£10,399	£10,400 - £25,999	£26,000 - £51,999	Highest income group >£52,000
	%	%	%	%
Frequently	6	9	12	13
Occasionally	13	12	11	16
Rarely/never	80	78	76	70
Unweighted base	289	765	712	549
Weighted base	164	585	742	700

Table 16: Frequency of eating out for lunch by household income

Base: All aged 16+	Household income			
	Lowest income group <£10,399	£10,400 - £25,999	£26,000 - £51,999	Highest income group >£52,000
	%	%	%	%
Frequently	25	23	27	37
Occasionally	25	23	28	26
Rarely/never	50	53	45	36
Unweighted base	289	765	712	549
Weighted base	164	585	742	700

Table 17: Frequency of eating out for dinner by household income

Base: All aged 16+	Household income			
	Lowest income group <£10,399	£10,400 - £25,999	£26,000 - £51,999	Highest income group >£52,000
	%	%	%	%
Frequently	23	19	26	29
Occasionally	32	38	47	49
Rarely/never	44	42	26	22
Unweighted base	289	765	712	549
Weighted base	164	585	742	700

Table 18: Frequency of eating out for breakfast by employment status

Base: All aged 16+	Working status				Total
	In work	Retired	Unemployed	Other	
	%	%	%	%	%
Frequently	15	2	14	7	11
Occasionally	17	6	16	7	13
Rarely/never	67	92	69	84	75
Unweighted base	1,547	971	128	422	3,069
Weighted base	1,873	674	115	405	3,069

Table 19: Frequency of eating out for lunch by employment status

Base: All aged 16+	Working status				Total
	In work	Retired	Unemployed	Other	
	%	%	%	%	%
Frequently	36	15	26	24	29
Occasionally	26	22	23	28	25
Rarely/never	38	63	50	47	45
Unweighted base	1,547	971	128	422	3,069
Weighted base	1,873	674	115	405	3,069

Table 20: Frequency of eating out for dinner by employment status

Base: All aged 16+	Working status				Total
	In work	Retired	Unemployed	Other	
	%	%	%	%	%
Frequently	31	13	42	26	27
Occasionally	44	31	35	42	41
Rarely/never	25	55	23	31	32
Unweighted base	1,547	971	128	422	3,069
Weighted base	1,873	674	115	405	3,069

Table 21: Frequency of eating out for lunch by whether respondent has time to prepare and cook food

Base: All aged 16+	I don't have time to spend preparing and cooking food			Total
	Agree strongly or agree	Neither agree nor disagree	Disagree or disagree strongly	
	%	%	%	%
Frequently	39	39	25	29
Occasionally	25	22	25	25
Rarely/never	35	39	49	45
Unweighted base	477	392	2,190	3,069
Weighted base	579	378	2,106	3,069

Table 22: Frequency of eating out for dinner by whether respondent likes trying new things to eat

Base: All aged 16+	I like trying new things to eat - agree/disagree			Total
	Agree	Neither agree nor disagree	Disagree	
	%	%	%	%
Frequently	27	33	21	27
Occasionally	43	37	36	41
Rarely/never	30	31	42	32
Unweighted base	2,053	322	689	3,069
Weighted base	2,201	305	561	3,069

Table 23: Cooking frequency by age

Base: All aged 16+	Age			Total
	16-34	35-64	65+	
	%	%	%	%
At least once a day	48	60	70	58
5-6 times a week	9	11	8	10
3-4 times a week	17	12	7	12
Once or twice a week	14	10	5	10
Once a fortnight	2	2	1	1
Once a month	2	1	1	1
Less than once a month	2	2	2	2
Never	5	3	6	4
It varies too much to say	1	0	0	1
Unweighted base	605	1,503	952	3,069
Weighted base	923	1,455	683	3,069

Table 24: Cooking responsibility by age in multi-adult households

Base: All aged 16+ in multi-adult households	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Responsible for all or most of the preparing/cooking of food	24	44	45	37
Responsible for about half of the preparing/cooking of food	22	24	16	22
Responsible for less than half of the preparing/cooking of food	30	22	23	25
Not responsible for any of the preparing/ cooking of food	17	9	15	12
Each person is responsible for preparing/ cooking their own food	8	1	1	3
Unweighted base	446	1028	459	1939
Weighted base	810	1207	447	2471

Table 25: Cooking frequency by gender

Base: All aged 16+	Gender		Total
	Male	Female	
	%	%	%
At least once a day	46	71	58
5-6 times a week	10	9	10
3-4 times a week	14	11	12
Once or twice a week	15	6	10
Once a fortnight	3	0	1
Once a month	2	0	1
Less than once a month	3	0	2
Never	6	2	4
It varies too much to say	1	0	1
Unweighted base	1,258	1,811	3,069
Weighted base	1,501	1,568	3,069

Table 26: Cooking responsibility by gender in multi-adult households

Base: All aged 16+ in multi-adult households	Gender		Total
	Male	Female	
	%	%	%
Responsible for all or most of the preparing/cooking of food	21	54	37
Responsible for about half of the preparing/cooking of food	20	24	22
Responsible for less than half of the preparing/cooking of food	36	14	25
Not responsible for any of the preparing/cooking of food	20	5	12
Each person is responsible for preparing/cooking their own food	3	3	3
Unweighted base	830	1109	1939
Weighted base	1237	1235	2471

Table 27: Cooking frequency by employment status

Base: All aged 16+	Working status				Total
	In work	Retired	Unemployed	Other	
	%	%	%	%	%
At least once a day	53	72	62	62	58
5-6 times a week	12	6	3	5	10
3-4 times a week	15	6	9	12	12
Once or twice a week	11	6	14	12	10
Once a fortnight	1	1	1	2	1
Once a month	1	1	-	1	1
Less than once a month	2	2	-	1	2
Never	3	6	8	4	4
It varies too much to say	1	0	3	0	1
Unweighted base	1,547	971	128	422	3,069
Weighted base	1,873	674	115	405	3,069

Table 28: Cooking responsibility by employment status in multi-adult households

Base: All aged 16+ in multi-adult households	Working Status				Total
	In work	Retired	Unemployed	Other	
	%	%	%	%	%
Responsible for all or most of the preparing/cooking of food	34	46	39	41	37
Responsible for about half of the preparing/cooking of food	26	16	19	14	22
Responsible for less than half of the preparing/cooking of food	25	24	19	29	25
Not responsible for any of the preparing/cooking of food	11	14	19	15	12
Each person is responsible for preparing/cooking their own food	4	1	4	2	3
Unweighted base	1107	483	77	271	1939
Weighted base	1590	446	87	346	2471

Table 29: Cooking responsibility by employment status in single-adult households

Base: All aged 16+ in multi-adult households	Working Status				Total
	In work	Retired	Unemployed	Other	
	%	%	%	%	%
Responsible for all or most of the preparing/cooking of food	94	92	95	87	93
Responsible for about half of the preparing/cooking of food	3	2	2	4	3
Responsible for less than half of the preparing/cooking of food	1	2	-	4	2
Not responsible for any of the preparing/cooking of food	0	4	2	4	2
Each person is responsible for preparing/cooking their own food	2	-	-	1	1
NET: Responsible for about half, less than half or none of the preparing/cooking of food	4	8	5	12	6
Unweighted base	439	488	51	151	1129
Weighted base	281	227	28	59	595

Table 30: Cooking frequency by vegetarian/vegan diet

Base: All aged 16+	Completely vegetarian/Partly vegetarian/Vegan		Total
	No	Yes	
	%	%	%
At least once a day	57	67	58
5-6 times a week	10	6	10
3-4 times a week	12	12	12
Once or twice a week	11	4	10
Once a fortnight	1	3	1
Once a month	1	-	1
Less than once a month	2	0	2
Never	4	6	4
It varies too much to say	0	1	1
Unweighted base	2,762	307	3,069
Weighted base	2,725	344	3,069

Table 31: Shopping responsibility by gender in multi-adult households

Base: All aged 16+ in multi-adult households	Gender		Total
	Male	Female	
	%	%	%
Responsible for all or most of the food/grocery shopping	20	56	38
Responsible for about half of the food/grocery shopping	30	23	27
Responsible for less than half of the food/grocery shopping	24	11	18
Not responsible for any of the food/grocery shopping	23	7	15
Each person is responsible for their own food/grocery shopping	3	3	3
Unweighted base	830	1110	1940
Weighted base	1237	1238	2474

Table 32: Shopping responsibility by age in multi-adult households

Base: All aged 16+ in multi-adult households	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Responsible for all or most of the food/ grocery shopping	22	46	45	38
Responsible for about half of the food/ grocery shopping	25	28	26	27
Responsible for less than half of the food/ grocery shopping	19	17	17	18
Not responsible for any of the food/grocery shopping	27	8	12	15
Each person is responsible for their own food/grocery shopping	7	1	1	3
Unweighted base	446	1029	459	1940
Weighted base	810	1210	447	2474

Table 33: Shopping responsibility by age in single-adult households

Base: All aged 16+ in multi-adult households	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Responsible for all or most of the food/ grocery shopping	97	94	89	93
Responsible for about half of the food/ grocery shopping	1	3	4	3
Responsible for less than half of the food/ grocery shopping	2	1	2	2
Not responsible for any of the food/grocery shopping	-	1	5	2
Each person is responsible for their own food/grocery shopping	1	0	0	0
NET: Responsible for about half, less than half or none of the food or grocery shopping	2	6	11	7
Unweighted base	159	474	492	1128
Weighted base	113	244	235	593

Table 34: Shopping responsibility by employment status in multi-adult households

Base: All aged 16+ in multi-adult households	Working Status				Total
	In work	Retired	Unemployed	Other	
	%	%	%	%	%
Responsible for all or most of the food/grocery shopping	36	46	34	36	38
Responsible for about half of the food/grocery shopping	29	26	23	17	27
Responsible for less than half of the food/grocery shopping	18	16	19	18	18
Not responsible for any of the food/grocery shopping	13	11	22	27	15
Each person is responsible for their own food/grocery shopping	4	1	3	1	3
Unweighted base	1108	483	77	271	1940
Weighted base	1593	446	87	346	2474

Table 35: Shopping responsibility by employment status in single-adult households

Base: All aged 16+ in multi-adult households	Working Status				Total
	In work	Retired	Unemployed	Other	
	%	%	%	%	%
Responsible for all or most of the food/grocery shopping	98	89	98	80	93
Responsible for about half of the food/grocery shopping	2	4	2	7	3
Responsible for less than half of the food/grocery shopping	0	2	-	7	2
Not responsible for any of the food/grocery shopping	0	5	-	4	2
Each person is responsible for their own food/grocery shopping	0	0	-	1	0
NET: Responsible for about half, less than half or none of the food or grocery shopping	2	11	2	19	7
Unweighted base	439	487	51	151	1128
Weighted base	281	226	28	59	593

Table 36: Shopping locations by age

Base: All aged 16+ in multi-adult households	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Large supermarket	96	96	96	96
Mini supermarket	43	47	34	43
Local/corner shop	36	30	23	30
Garage forecourt	5	7	5	6
Independent greengrocer	12	17	15	15
Independent butcher	26	34	32	31
Independent baker	10	17	16	15
Independent fishmonger	4	8	9	7
Market	16	22	21	20
Farm	6	10	13	10
Home delivery - from a supermarket	18	22	6	17
None	-	0	0	0
Unweighted base	605	1,501	950	3,065
Weighted base	923	1,452	683	3,066

Table 37: Agree/disagree that people in the UK have to start eating less meat in order to help ensure there is enough food to feed the population worldwide

Base: All aged 16+	Survey Year	Total
	Wave 4	
	%	%
Definitely agree	13	13
Tend to agree	24	24
Neither agree nor disagree	27	27
Tend to disagree	26	26
Definitely disagree	10	10
Unweighted base	3,050	3,050
Weighted base	3,061	3,061

Table 38: Dietary preferences by gender

Base: All aged 16+	Sex		Total
	Male	Female	
	%	%	%
No dietary preferences	91	87	89
Vegetarian/Vegan	9	13	11
Unweighted base	1,258	1,811	3,069
Weighted base	1,501	1,568	3,069

Table 39: Age by vegan, vegetarian or partly vegetarian status

Base: All aged 16+ in multi-adult households	Age			Total
	16-34	35-64	65+	
	%	%	%	%
Not vegetarian	87	89	91	89
Vegetarian, partly vegetarian or vegan	13	11	9	11
Unweighted base	605	1503	952	3069
Weighted base	923	1455	683	3069

Table 40: Household income by by vegan, vegetarian or partly vegetarian status

Base: All aged 16+	Household income				Total
	<£10,399	£10,400 - £25,999	£26,000 - £51,999	>£52,000	
	%	%	%	%	%
Not vegetarian	91	90	90	86	89
Vegetarian, partly vegetarian or vegan	9	10	10	14	11
Unweighted base	289	765	712	549	3069
Weighted base	164	585	742	700	3069

Table 41: Frequency of eating milk and dairy products by wave

Base: All aged 16+	Survey Year					Total
	Wave 1	Wave 2	Wave 3	Wave 4	Wave 5	
	%	%	%	%	%	%
At least once a day	70	72	69	74	69	71
5-6 times a week	8	6	8	7	7	7
3-4 times a week	11	11	11	7	9	10
Once or twice a week	7	8	8	7	7	7
Once a fortnight	1	1	1	1	2	1
Once a month	1	0	1	0	1	1
Less than once a month	1	0	1	1	1	1
Never	2	2	2	3	5	3
Don't know	-	-	0	-	-	0
Unweighted base	2,652	2,724	2,978	3,118	3,069	14,541
Weighted base	2,652	2,724	2,978	3,118	3,069	14,541