

1) Below is a list of things that some people find important when it comes to food. Please use the boxes next to each statement to order them in terms of their importance to you. (Put a '1' next to the thing which is most important, through to a '5' for the least important. We understand that for some people, all of these things are important, but we ask you to take a moment to consider which are most important to you.)

- Choosing food products and dishes that you enjoy eating
- Eating a healthy diet
- Keeping your spending on food as low as possible
- Eating your meals in the company of other people
- Choosing food products and dishes that are quick and easy to prepare

2) The following questions ask you to indicate how confident you are about a number of things related to food. On a scale of 1 to 7, with 1 having no confidence at all, and 7 being extremely confident, how confident are you about...

	No confidence at all ←————→ Extremely confident						
	1	2	3	4	5	6	7
...eating healthily?							
...choosing healthy foods when shopping?							
...being able to shop on a budget for healthy ingredients?							
...being able to prepare and cook meals from basic ingredients?							
...following a simple recipe?							
...cooking food safely, e.g. storing/cooking food at right temperature, making sure work surfaces are clean?							
... understanding food labels?							
...growing your own food?							

2) Do you think you will continue to eat a more healthy diet?

- Yes
- No

3) What barriers to healthy eating do you think still exist for you? (tick all that apply)

- There are no shops that sell healthy food in my area
- The range of healthy food in local shops is limited
- Healthy food that is available locally is too expensive

- I have difficulty getting shopping home
- It is easier and cheaper to buy take aways and convenience food
- I find it hard to get my family to eat a healthy balanced diet
- My family won't try new food
- I haven't got time to prepare and cook food for a healthy diet
- I don't have the skills to prepare and cook food from basic ingredients
- Healthy food I buy goes to waste
- My family doesn't cook healthy food for me
- I have no garden or few gardening skills for growing my own healthy food
- Other (please state) \_\_\_\_\_

