



Serial

Date

LOTTERY FUNDED

Location

**Real Food Wythenshawe Baseline Questionnaire**

Thank you for agreeing to be interviewed for the Real Food Wythenshawe Research Project. We are asking people across Wythenshawe to tell us about the foods they eat, their lifestyle and health, so that we can plan the right kind of activities to help people grow, cook and enjoy fresh, healthy foods and check the project is working

**Please tick if you live in Wythenshawe**

**Please tick if you have answered a RFW questionnaire before**

**Food shopping**

**1) On average, where do you buy the following types of food? (Tick all that apply)**

	<b>Supermarket</b> (Tesco, Asda, Morrison's, Sainsbury's) (1)	<b>Value Supermarket</b> (Aldi, Lidl, Nisa) (2)	<b>Market stall or specialist shop</b> (fruit and veg stall, butcher, baker) (3)	<b>General shop</b> (One shop, poundshop, B&M) (4)	<b>Other</b> (Foodbank, vegbox scheme, milkman) (5)	<b>Don't buy/eat this</b> (6)
Fruit and vegetables						
Meat						
Fish						
Eggs						
Milk and dairy						
Bread						
Dry goods (tins, rice, pasta)						

**Growing your own**

**2) In the last 2 years have you grown your own fruit and vegetables at any of the following places? (Tick all that apply)**

	Yes	Where (give name if applicable)
Allotment		
School		
Community Garden		
Own garden/windowsill		
Other, <b>please specify</b> -----		

**3) If you answered 'No' to all of question 2.**

**Is there anything stopping you from getting involved with growing your own food? (Tick all that apply)**

- No space to grow at home  1
- No time  2
- Allotment waiting list  3
- Lack of skills/knowledge  4
- Health problems  5
- Cost  6
- No Interest  7
- Other, **please specify**

**[Go to question 6]**

**4) If you answered 'Yes' to any of question 2.**

**Do you use chemical pesticides, herbicides and fertilisers in your growing activities? (Tick one box)**

- Yes  1      No  2

**5) Are you interested in learning about more environmentally friendly growing methods? (Tick one box)**

- Very interested  1
- Would like to know a bit more  2
- No opinion  3
- Definitely not interested  4
- No - Already qualified  5

## Eating seasonal and local foods

### Prompts for interviewer if needed

**Local food:** There is no strict definition of local food, but in Wythenshawe it would generally be categorised as being produced (i.e. grown or reared) within Greater Manchester, Cheshire or Lancashire (30-50 miles). It can apply to meat, dairy, fruit and veg or even bread, and will often be labelled to say where it is from.

**Seasonal foods** are those which can generally only be produced in the UK at certain times of year, for example tomatoes and strawberries in summer, apples in autumn and parsnips, turnips and other root veg in winter. "Seasonal" is mainly about fruit and veg, but some meat can also be seasonal such as game. Most locally grown fruit and veg will be seasonal.

**6) In a typical week, do you deliberately buy any of the following? This means that you make a conscious effort to buy any of the following:  
(Tick all that apply)**

- Locally** produced meat, dairy or vegetables (see definition)  1
- Seasonal** fruit and vegetables (see definition)  2
- Organic** meat, dairy or vegetables  3

## Food waste

**7) What sorts of foods are most likely to be wasted in your home?  
(Tick up to 3 items from the list below)**

- Bread  1
- Milk  2
- Salad  3
- Other fruit or vegetables  4
- Cooked food (e.g. leftovers)  5
- Raw meat or poultry  6
- Other, **please specify**
- 

**8) Do you compost or use your compost caddy for any of your food waste?**

- Yes  1 No  2

**Packaging**

9) If there is a large amount of packaging on an item, would it put you off buying it? (Tick one box only)

- Yes  1  
 No  2

**Eating more fruit and vegetables**

10) Please name the five main fruit and vegetables that are eaten by your household each week:

1)	4)
2)	5)
3)	

11) On a typical day, how many portions of fruit and vegetables do you eat? This includes fruit and vegetables that have been eaten as part of meals (e.g. vegetables in a stir-fry). (Tick one box only)

**A portion** is an apple, a glass of fresh fruit juice or a large spoonful of vegetables. Generally the amount of F&V you can fit in the palm of your hand

- The recommended 5 portions a day or more  1  
 1-4 portions a day  2  
 None  3



12) What are the main difficulties, if any, preventing you or your family eating more fresh fruit and vegetables? (Tick any that apply)

- Too expensive  1  
 Poor quality  2  
 Not available where I shop  3  
 Too heavy to carry home  4  
 Doesn't get eaten before it goes off  5  
 Don't enjoy fruit or veg  6  
 Don't know how to cook or prepare  7  
 No difficulties  8  
 Other, **please specify**

**Eating less red meat and more white meat**

**13) How many times per week do you use the following foods as the main part of the meal?**

		0	1	2	3	4	5	6	7
<b>Red Meat</b> (Beef, Lamb)	Breakfast								
	Lunch								
	Tea								
<b>White Meat</b> (Chicken, Turkey, Pork)	Breakfast								
	Lunch								
	Tea								
<b>Fish</b>	Breakfast								
	Lunch								
	Tea								
<b>Meat-free</b>	Breakfast								
	Lunch								
	Tea								

**Cooking from scratch**

A **Cooked from Scratch** meal is any meal made from fresh, basic ingredients, e.g. raw meat or fish and fresh fruit/vegetables (rather than tinned or frozen)

**14) In a typical week, how many times do you eat any of the following?**

	Less than once	1-2 times	3-4 times	5-6 times	7+ times
"Ready" prepared meals to heat in a microwave or oven					
Takeaways or other "fast" food					
A "cooked from scratch" meal at home					
College or staff canteen					
A meal at a community centre or with other group					
A meal at a café or restaurant					
A meal with friends or family					

**15) Are you responsible for own food?**

**buying or preparing any of your**

**(Tick the one which most applies to your circumstances)**

- Buy and cook for myself and others  1
- Buy and prepare food for myself only  2
- Buy food but not generally involved in cooking  3
- Don't buy but prepare some of my own meals  4
- All my food is provided/prepared by others  5  
(e.g. parents or carers)

**16) Are you interested in learning to cook any of the following? (Tick all that apply)**

- Soups  1
- Bread  2
- Healthy main dishes  3
- One-pot cooking  4
- Cooking for kids  5
- Cooking on a budget  6
- Cooking for one  7
- Basic cookery skills  8
- Preserving food (jams/chutneys etc)  9
- No** – I already know how  10

**Lifestyle and wellbeing**

**17) How would you rate your health over the last 6 months? (Tick one box only)**

- Very Good  1
- Good  2
- Average  3
- Poor  4
- Very Poor  5

**18) How would you describe your lifestyle over the last 6 months? Please take into consideration things like the foods you eat, the amount of alcohol you drink, and whether you smoke or take regular exercise. (Tick one box only)**

- Very Healthy  1
- Healthy  2
- Average  3
- Unhealthy  4
- Very Unhealthy  5



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**19) Do you consider damage to the environment when choosing what foods to buy?  
(Tick one box)**

- Yes, a lot  1
- Quite often  2
- Occasionally  3
- Never  4
- Don't understand what "damage to environment" means  5

**20) Do you understand that there is a link between the food that we choose to eat and damage to the environment? (Tick one box)**

- Yes  1
- No  2

About you

First name \_\_\_\_\_  
Surname \_\_\_\_\_

Home telephone \_\_\_\_\_

Mobile telephone \_\_\_\_\_

Email address \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Number in the household \_\_\_\_\_

**Gender [Please tick one box only]**

Male .....  1                      Female .....  2

**Ethnicity [Please tick one box only]**

White – British	<input type="checkbox"/> 1	Mixed ethnic background	<input type="checkbox"/> 5	Black – African	<input type="checkbox"/> 11
White – Irish	<input type="checkbox"/> 2	Asian – Indian	<input type="checkbox"/> 6	Black – Caribbean	<input type="checkbox"/> 12
White – Gypsy or Irish Traveller	<input type="checkbox"/> 3	Asian – Pakistani	<input type="checkbox"/> 7	Black – Any other Black/African/Caribbean	<input type="checkbox"/> 13
White – Any other white background	<input type="checkbox"/> 4	Asian – Bangladeshi	<input type="checkbox"/> 8	Other – Arab	<input type="checkbox"/> 14
		Asian – Chinese	<input type="checkbox"/> 9	Other – Any other	<input type="checkbox"/> 15
		Asian – Any other Asian background	<input type="checkbox"/> 10	Prefer not to say	<input type="checkbox"/> 16

**Do you consider yourself to have a disability? [Please tick one box only]**

Yes .....  1                      No .....  2                      Prefer not to say .....  3





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**Age group [Please tick one box only]**

- |                                   |                                   |                                  |
|-----------------------------------|-----------------------------------|----------------------------------|
| 0-4 <input type="checkbox"/> 1    | 5-9 <input type="checkbox"/> 2    | 10-14 <input type="checkbox"/> 3 |
| 15-19 <input type="checkbox"/> 4  | 20-24 <input type="checkbox"/> 5  | 25-34 <input type="checkbox"/> 6 |
| 35-44 <input type="checkbox"/> 7  | 45-54 <input type="checkbox"/> 8  | 55-64 <input type="checkbox"/> 9 |
| 65-74 <input type="checkbox"/> 10 | 75-84 <input type="checkbox"/> 11 | 85+ <input type="checkbox"/> 12  |

**Religion or belief [Please tick one box only]**

- |  |  |   |
|--|--|---|
| Prefer not to say <input type="checkbox"/> 1 | No religion <input type="checkbox"/> 2 | Christian <input type="checkbox"/> 3      |
| Buddhist <input type="checkbox"/> 4          | Hindu <input type="checkbox"/> 5       | Jewish <input type="checkbox"/> 6         |
| Muslim <input type="checkbox"/> 7            | Sikh <input type="checkbox"/> 8        | Other religion <input type="checkbox"/> 9 |

**Sexual orientation [Please tick one box only]**

- |  |   |                                    |
|--|---|------------------------------------|
| Prefer not to say <input type="checkbox"/> 1 | Heterosexual <input type="checkbox"/> 2 | LGBT <input type="checkbox"/> 3    |
|  |   | (Lesbian/Gay/Bisexual/Transgender) |



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