

Food Management in COVID-19



instinct^{and}
reason



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1

executive summary
overview



Highlights

There is more interest in food

Half of those living in New South Wales enjoy cooking and preparing food, with 37% valuing food more since Covid-19. The pandemic has also made 44% more interested in where food comes from. This heightened interest has led to 46% being more concerned about the reliability of the food supply in NSW

Families with children most interested in food

Families with children are more likely to enjoy cooking and preparing food and are valuing food more since Covid-19. Families with children are more likely to check what is available in the shops prior to planning meals, and to write a shopping list ahead of time

Food is a financial struggle for 14%

14% say it is a financial struggle to buy food. However, it's families with children who are most likely to be concerned about the reliability of supply. more likely to find they are struggling, both with time pressure in their day to day life and with finding enough

NSW people are planning their shopping/meals more

30% are more often checking the food they already have prior to leaving the house to shop. 22% are planning their weekly meals more; 21% are checking what is in the shops before planning meals more often and 19% are writing a shopping list more



Highlights (2)

Many buy 'just in case'

During the COVID-19 lockdown 32% say they are buying food "just in case" more often which runs the risk that some of this food will never be consumed. On the other hand, almost half of NSW people claim they don't buy food now without knowing what to use it for more often

Changes in storing food

Almost one quarter (24%), of NSW people have been freezing food more often to extend the shelf life of their food and 20% are giving greater consideration to the best way to store food in order to keep it as fresh as possible. 19% are more active in inventory management in the COVID 10 lockdown

Shopping online has benefits

For the 35% of NSW people who shop online and/ or purchasing home delivered meal kits, 71% agree that it allows them to avoid unnecessary social contact. Half (50%) agree that ordering online allows them to avoid buying double ups. Over one quarter have found that their food waste has been reduced since shopping more online

Food disposal changes

18% of NSW people report that they more frequently are trying to eat their leftovers and 16% are more often saving their leftovers in the fridge or freezer to eat later. Unfortunately 9% also report throwing the food they had saved out anyway, more often. 13% report that they have food left over more frequently in the lockdown and 9% have less



Highlights (3)

Food preparation changes

30% are trying new meals and recipes more frequently; 20% are future planning more often when they cook to keep extra for lunch or dinner the next day; 23% are trying more often to use up oldest food first; 13% are more often adapting portion sizes and only making as much as needed; 10% are more frequently considering how much each person is likely to want and 8% are measuring ingredients more often

Food preparation downsides

However, 13% are going the other way and more often making extra, "just in case"

Usefulness of changed food management behaviours

Most NSW people have found the new food management behaviours they have adopted to be very useful and plan to keep doing it after the lockdown ends. The remainder may do it depending on time available. Being mindful about 'use by' dates (79%), trying to use up the oldest food first and moving the oldest food items to the front or top so that they can be used or eaten first (both 74%) are the habits most likely to be enduring after the lockdown

Other enduring food management behaviours

Of the NSW people who changed their habits, 67% will continue to consider the best way to store food to keep it as fresh as possible; check what food they already have before shopping (65%); freeze food to extend its life (64%); save leftovers in the fridge for later (63%); write a shopping list (58%); aim to finish eating the food so there are no leftovers (56%); try to eat the leftovers (52%) and plan meals before shopping (45%)



Highlights (4)

39% bought more food

53% of NSW people report buying the same amount of food as always but 39% were buying extra food items over and above what they normally do -4% significantly more; 6% a fair amount more and 29% a few extra food items. Families with children are significantly more likely to be purchasing a fair amount or significantly more food than usual

Why did they buy more food

45% of those buying more food say it was because they are afraid food won't be available next time. Other reasons include: desire to stay healthy (29%), have more time to cook (25%), they are enjoying cooking, and because there are more people eating at home.

50% community want to know more

50% of NSW people are not interested in learning more about managing food but 50% are; with 23% interested in learning more about growing vegetables and herbs; 19% in finding more recipes on how to use leftover ingredients or meal ideas; 17% in ways to improve their food preparation and cooking skills, and 16% want tips on managing food more effectively and the same proportion want tips on avoiding food waste

Is more food being wasted in lockdown?

Only 2% of NSW people say they are throwing away a little more food than usual while 8% say they are throwing away a lot less than usual and another 9% a little less than usual. 35% claim they never throw any food away at all, and a further 45% are throwing away the same amount as usual.



Highlights (5)

Will NSW people reduce food they throw away?

Reducing the amount of food that they throw away is something 62% say they have already been doing for a long time, while another 6% say it's a recent change. 17% say it's something they are more concerned about and 6% say it's something they intend to do something about. Only 9% say it's something they won't do anything about. Those with young families are less likely to have been watching their food waste but is something they intend to do in the future

Will changes to attitudes endure?

For those who have changed their attitudes most think they will endure;

90% appreciate farmers more and 90% will continue to be glad to live where there's enough food grown

- 89% now know where food comes from
- 87% are determined to waste less food
- 84% appreciate food more

The lockdown has changed attitudes to food & farmers

The pandemic experience has made 86% glad to live in a country like Australia that grows enough food. 70% say they appreciate farmers more and encouragingly, 59% say they are determined to waste less food due to the lockdown experience

In addition, 46% say they appreciate food more and 47% understand more about where food comes from and what it takes to get it to them

What attitudes of those with young families will endure?

For those young families who have changed their attitudes they are more likely to feel that understanding where food comes from and the efforts made to get it to them; will endure



2 background, objectives and methodology



2a background and research objectives



research purpose + objectives

RESEARCH BACKGROUND AND PURPOSE

- The DPIE is rightly concerned that the surge in panic buying due to the COVID-19 pandemic may lead to an increase in food waste levels
- Interestingly a study in the UK found that in that market these concerns appear to be unfounded (according to research from environmental charity Hubbub). For example, they found almost half of people in the UK (48%) said they were throwing away less food since the restrictions began and only 6% said they were throwing away more
- Similar impacts may also be occurring in NSW and the DPIE wants to know whether the amount of food thrown away by householders has risen as stockpiled food is discarded

RESEARCH OBJECTIVES

- The UK research revealed many issues that are worth understanding within NSW, including:
 - Behaviours around planning and doing grocery shopping, how food is being stored, cooking and food preparation and how leftover food is being disposed
 - Changes to attitudes toward food in general
 - Changes to behaviours around food consumption
 - Behaviours and attitudes around online grocery shopping and ready made meal kits
 - Understanding whether changes to attitudes and behaviours around food due to COVID-19 will endure



2b methodology

methodology



Objectives

- To understand whether panic buying due to the COVID-19 pandemic will lead to increased food waste
- To discover if behaviour and attitudinal changes cited in a recent UK study are similarly occurring in NSW



Method

- 12-minute questionnaire
- Respondents recruited through a quality-accredited online research-only panel with over one million members.
- Conduct of survey with respondents who have done the National Food Waste Behaviour Benchmark study conducted in 2019



Sample n=415

415 interviews were undertaken to ensure sufficient reliability if the results and that there was adequate sample for comparisons to be made with past measures



Screening criteria

All participants met the following screening criteria:

- Participated in the National Food Waste Behaviour Benchmark study conducted by instinct and reason in 2019
- Residents of NSW
- Aged 18+



to



Timing

- 15th to 18th of May 2020.
- 4 days in field



Weighting

The data was post-weighted to reflect the actual NSW population in terms of gender and age according to the latest available ABS statistics.

Please note:

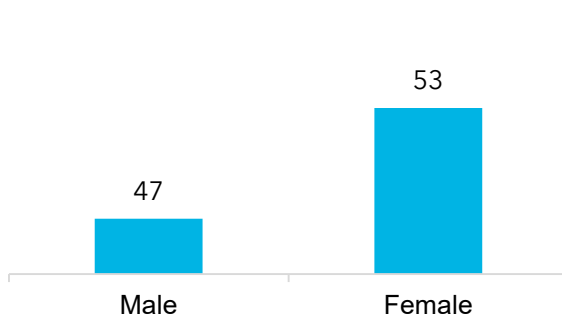
*Detailed sample structure found in the appendix.

who we spoke with

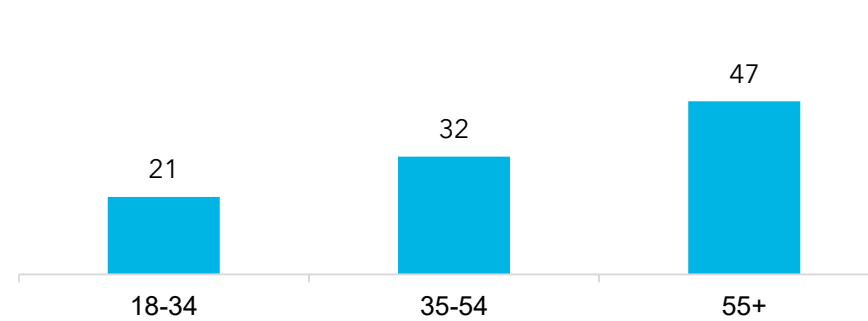
raw data



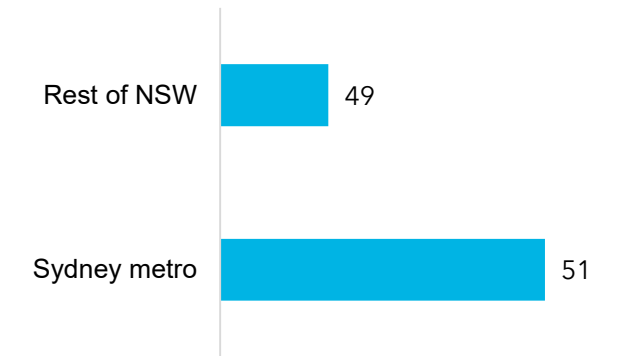
Gender (%)



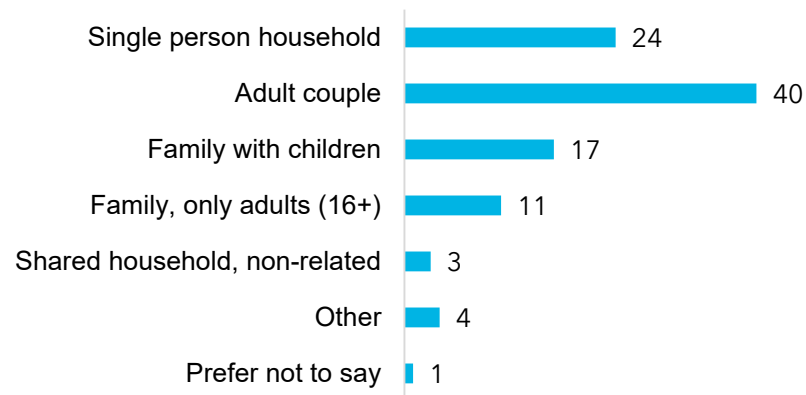
Age (%)



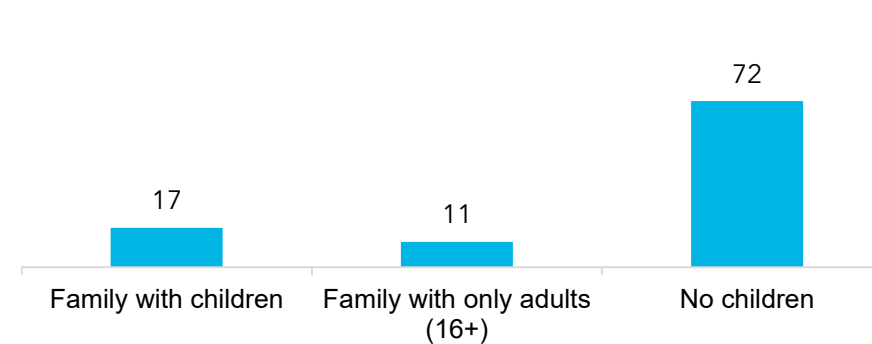
Location (%)



Family type (%)



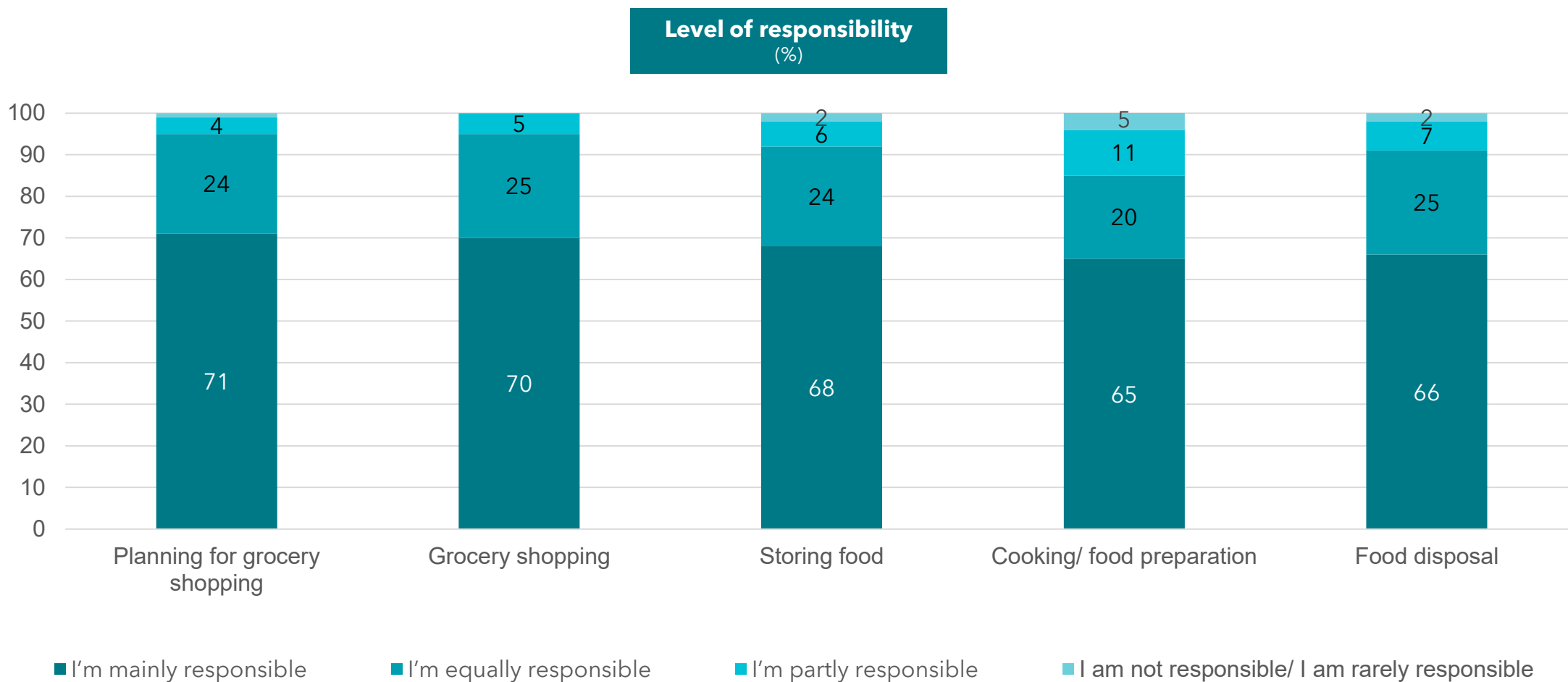
Family type used for comparisons (%)





responsibility for various food-related tasks

total sample





data handling

Weighting of the data

The actual sample profile provides the unweighted responses. The results presented in the rest of the report is weighted to the population based on ABS data by ward area, age and gender.

Statistical significance - 5% at 95 per cent level of confidence

All tests for statistical significance have been undertaken at the 95 per cent level of confidence, and unless otherwise noted, any notation of a 'difference' between subgroups means that the difference discussed is significant at the 95 per cent level of confidence. When reporting significant differences in segments, (+x%; x%) represents the difference in % above total sample, and % of total sample respectively.

A red circle or green square around a value denotes that the result is significantly lower or greater (respectively) than that of the total sample for that question. E.g.



Treatment of means

Where responses are scale variables, for example 1 to 5 where 1 is disagree strongly and 5 is agree strongly, the mean is also calculated with the removal of don't know.

Rounding of figures - may result in anomalies of +/- 1%

All results have been rounded to the nearest whole percentage figure and anomalies of about +/- 1% may occur in charts i.e. total percentages for each bar add to 99%, or 100% or 101% due to rounding error.

Nett figures are also rounded - which may also result in anomalies

Nett results are also rounded after summing the separate proportions rather than simply summing two rounded figures (e.g. '% total agree'). For this reason, anomalies of about 1% sometimes occur between net results and rounded results shown in charts. For example, a proportion of 33.3% 'agree' rounds to 33%, and a proportion of 12.4% 'strongly agree' rounds to 12%. However, when combined to derive the total agree (i.e. agree plus strongly agree), 33.3% plus 12.4% equals 45.7%, which would be rounded to 46%. In this case, the results would be shown in a chart as 33% agree and 12% strongly agree, but the proportion reported as 'total agree' would be 46%.

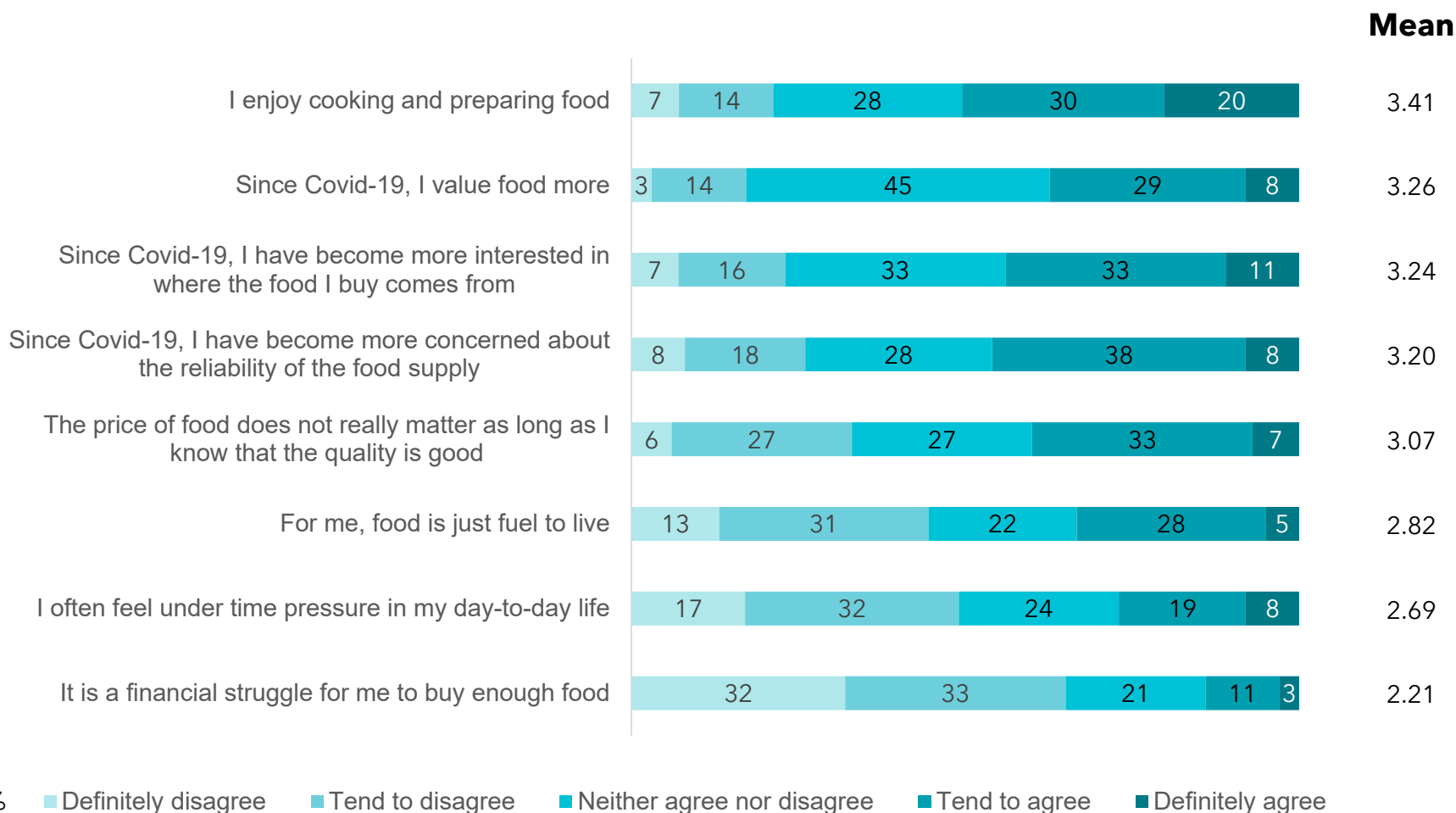


3 COVID-19 and its impact on attitudes and behaviours



what do people think about food in a COVID-19 world?

total sample



Food is seen as “just fuel to live” for 33% of respondents. Exactly half of respondents, however, still enjoy cooking and preparing food, with 37% valuing food more since Covid-19. The pandemic has also made 44% more interested in where the food they buy comes from. This heightened interest has led to 46% being more concerned about the reliability of the food supply. Only 14% say it is a financial struggle to purchase enough food.



what do people think about food in a COVID-19 world?

by family type

NETT Top 2 Box %	TOTAL	Family with children	Family with only adults (16+)	No children
	n=415	n=69	n=47	n=299
I enjoy cooking and preparing food	50	66	52	46
Since Covid-19, I have become more concerned about the reliability of the food supply	46	60	43	43
Since Covid-19, I have become more interested in where the food I buy comes from	44	48	44	42
The price of food does not really matter as long as I know that the quality is good	40	41	32	41
Since Covid-19, I value food more	38	53	36	34
For me, food is just fuel to live	34	41	37	32
I often feel under time pressure in my day-to-day life	27	47	39	19
It is a financial struggle for me to buy enough food	15	27	21	10

Families with children are more likely to enjoy cooking and preparing food and are valuing food more since Covid-19. However, they are the group most likely to be concerned about the reliability of supply. more likely to find they are struggling, both with time pressure in their day to day life and with finding enough money to buy food.

 significantly higher / lower than total

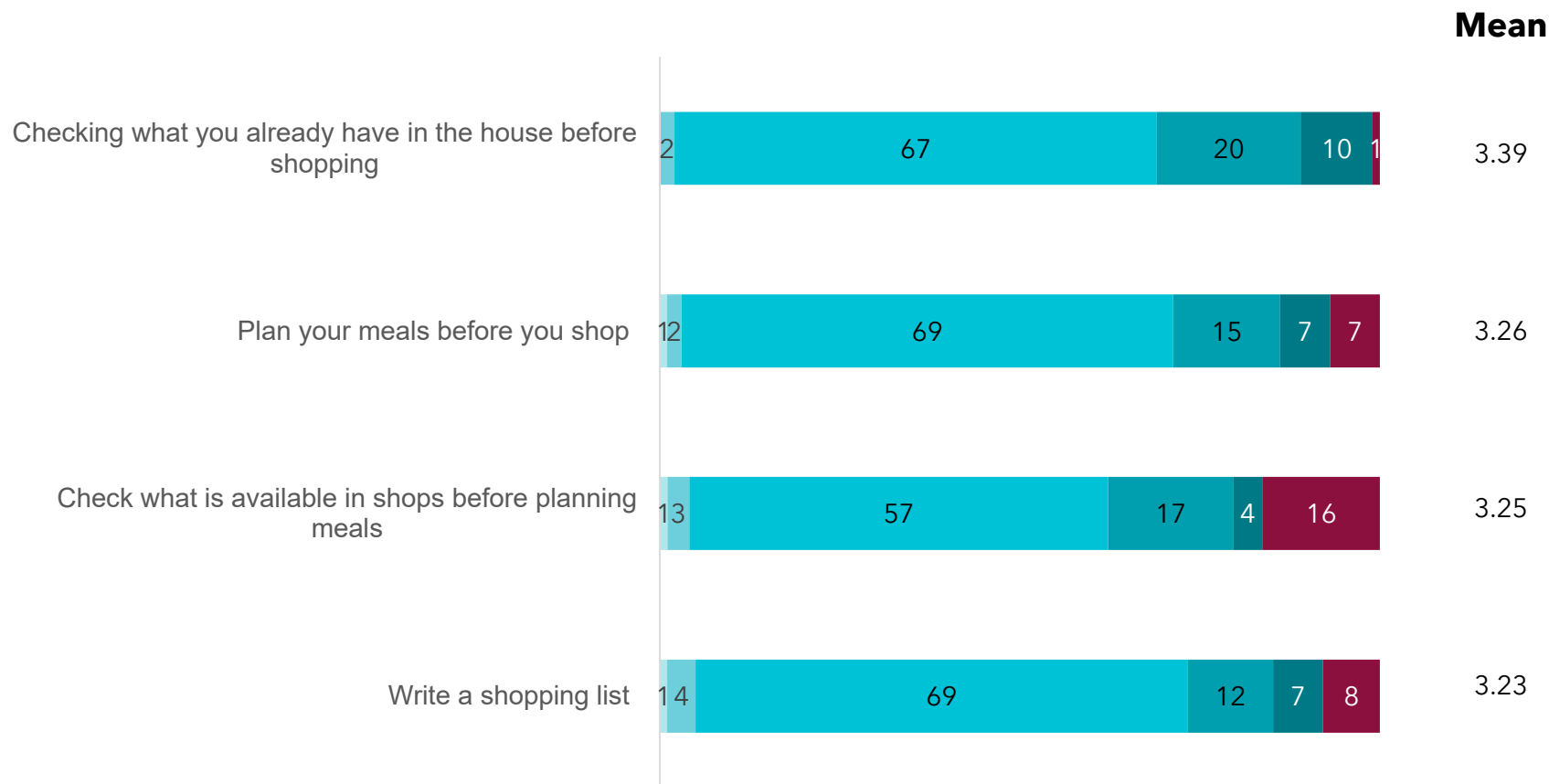
Base: Total sample n=415.

Source: Q1. Please read the following statements that people have made about food. Can you tell me to what extent you agree or disagree with each?

changes to food planning and shopping behaviour due to COVID-19



total sample



While most people in NSW have not made any changes when it comes to the way they plan prior to hitting the shops. There are 30% who are more often checking what they already have prior to leaving the house, and 22% are planning their meals more; 21% are checking what is in the shops before planning meals and 19% are writing a shopping list more.

% ■ A lot less often ■ A little less often ■ The same ■ A little more often ■ A lot more often ■ N/A - never do this

changes to food planning and shopping behaviour due to COVID-19



by family type

NETT Top 2 Box %	TOTAL	Family with children	Family with only adults (16+)	No children
	n=415	n=69	n=47	n=299
Checking what you already have in the house before shopping	30	39	36	27
Check what is available in shops before planning meals	22	34	28	17
Plan your meals before you shop	22	33	19	19
Write a shopping list	19	31	13	17

Families with children are more likely to check what is available in the shops prior to planning meals, and to write a shopping list ahead of time.

 significantly higher / lower than total

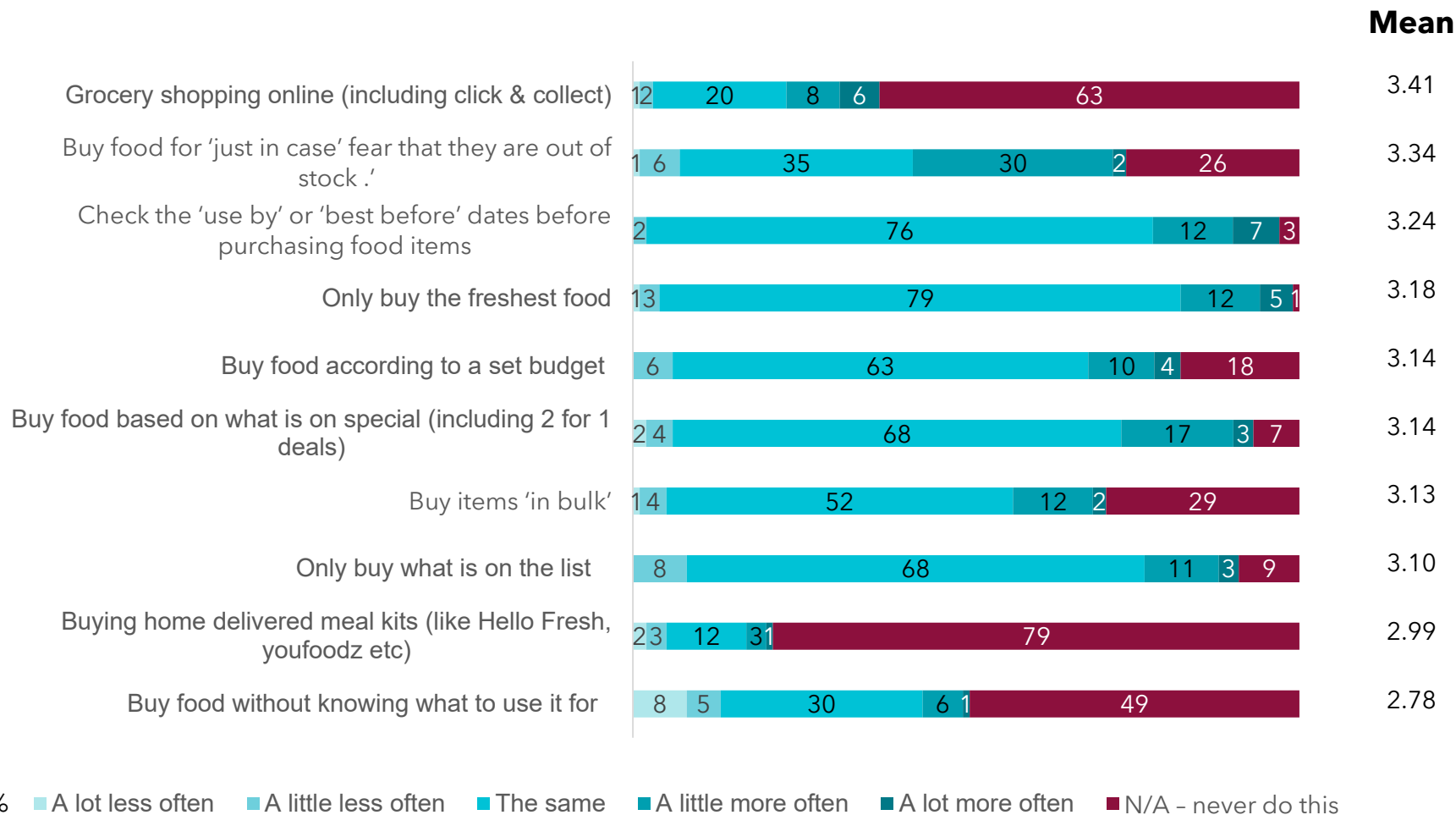
Base: Total sample n=415.

Source: Q2. During the COVID 19 lockdown, would you say you are doing the following things more often, less often or the same as always when planning?



changes to main grocery shopping behaviour due to COVID-19

total sample



During the COVID-19 lockdown 32% are more often buying food "just in case" which runs the risk that some of this food will never be consumed. On the other hand, almost half of NSW people claim they don't buy food now without knowing what to use it for. Nevertheless, the majority of NSW people have not taken to shopping for groceries online although the lock-down experience has led to 14% of NSW people purchasing online more frequently. Only 4% are buying home delivered meal kits more frequently.



changes to main grocery shopping behaviour due to COVID-19

by family type

NETT Top 2 Box %	TOTAL	Family with children	Family with only adults (16+)	No children
	n=415	n=69	n=47	n=299
Buy food for 'just in case' fear that they are out of stock .'	31	36	32	30
Buy food based on what is on special (including 2 for 1 deals)	19	28	19	17
Check the 'use by' or 'best before' dates before purchasing food items	19	20	23	19
Only buy the freshest food	17	21	10	17
Buy food according to a set budget	14	26	15	11
Buy items 'in bulk'	14	23	18	11
Grocery shopping online (including click & collect)	14	18	17	12
Only buy what is on the list	14	21	7	14
Buy food without knowing what to use it for	8	15	5	7
Buying home delivered meal kits (like Hello Fresh, youfoodz etc)	5	15	0	3

Families with children are more likely to buy food according to a set budget. Interestingly, they are also more likely to be subscribing to home delivered meal kits, possibly linked to feeling especially time poor during the pandemic.

 significantly higher / lower than total

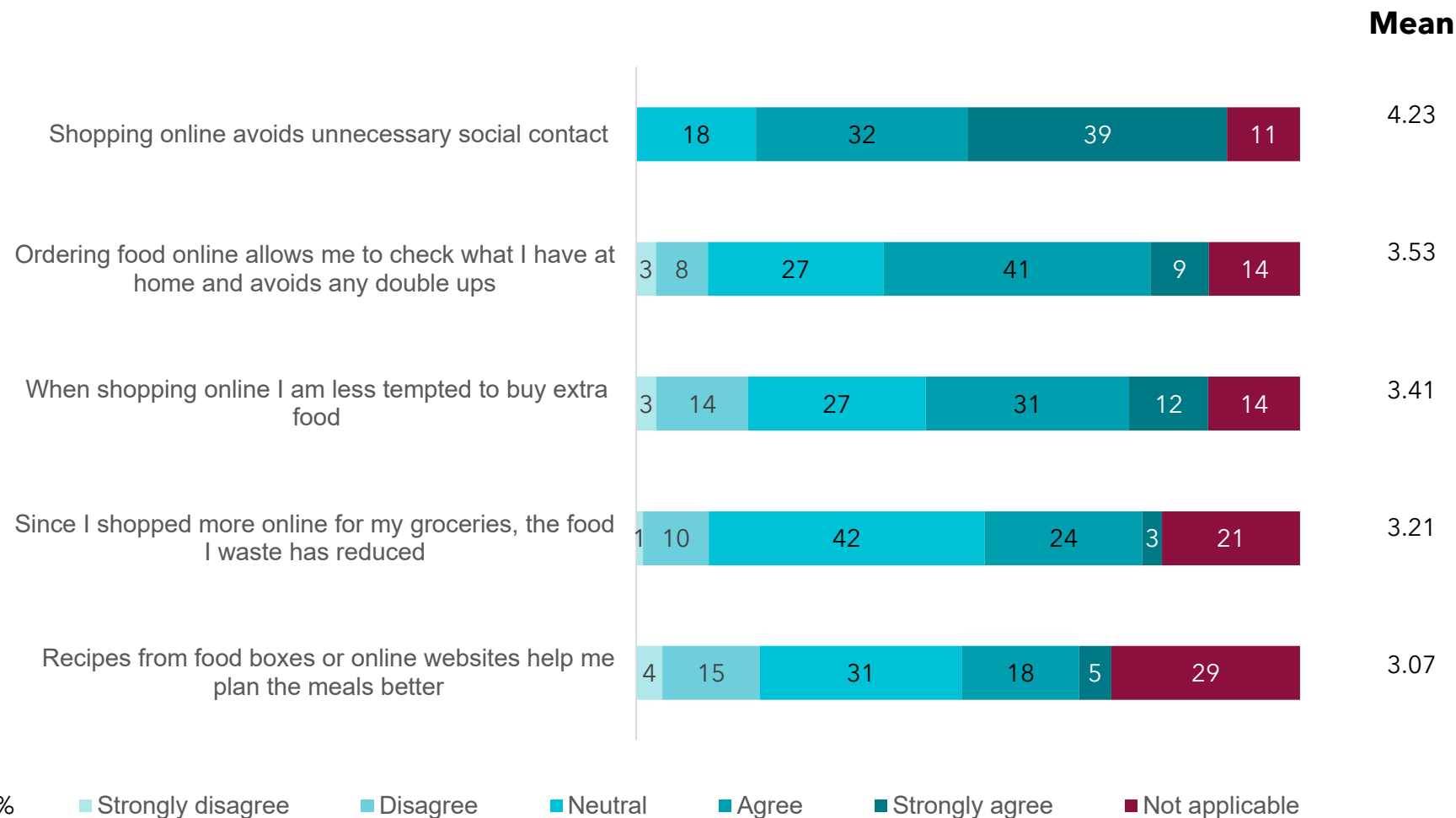
Base: Total sample n=415.

Source: Q3. During COVID 19 lockdown would you say you, or your household, do the following more often, less often or the same as always when doing the main grocery shopping?



why are people using more online shopping due to COVID-19

total sample



For the 35% of NSW people who shop online and/ or purchasing home delivered meal kits; 71% agree that it allows them to avoid unnecessary social contact. Half (50%) agree that ordering online allows them to avoid buying double ups. Over one quarter have found that their food waste has been reduced since shopping more online.



why are people using more online shopping due to COVID-19

by family type

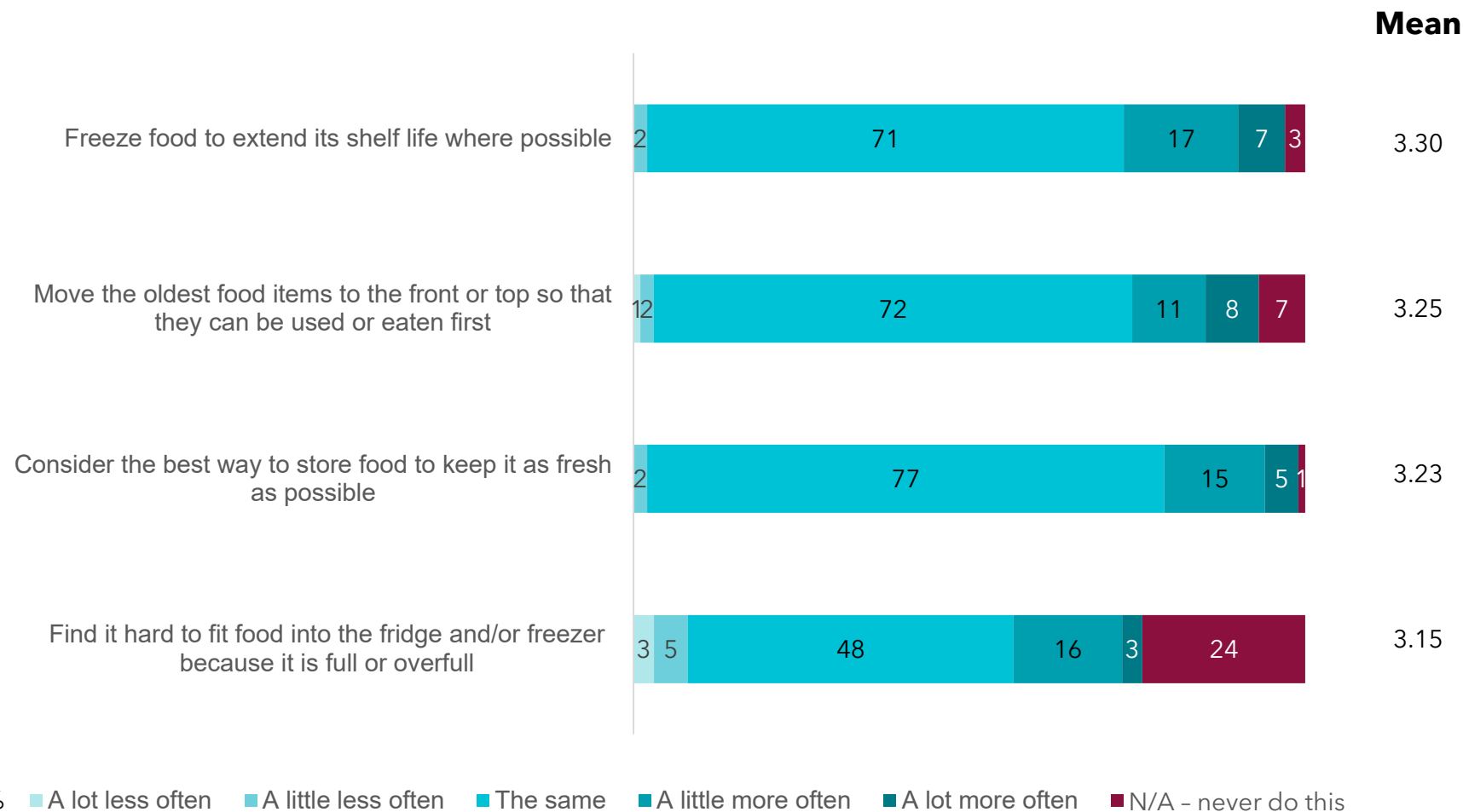
NETT Top 2 Box %	TOTAL	Family with children	Family with only adults (16+)	No children
	n=145	n=35	n=24*	n=86
Shopping online avoids unnecessary social contact	71	67	93	67
Ordering food online allows me to check what I have at home and avoids any double ups	49	58	54	44
When shopping online I am less tempted to buy extra food	42	50	47	38
Since I shopped more online for my groceries, the food I waste has reduced	27	33	21	25
Recipes from food boxes or online websites help me plan the meals better	22	28	25	19

There were no significant differences by family type when it comes to attitudes toward online shopping and home delivered kits. Families with children over 16 were more likely to resort to online shopping to avoid unnecessary social contact.



changes to storing food behaviour due to COVID-19

total sample



Almost one quarter (24%, of NSW people have been freezing food more often to extend its shelf life and 20% are giving greater consideration to the best way to store food in order to keep it as fresh as possible. 19% are more active in inventory management in the COVID 10 lockdown. Nevertheless, most NSW people have not made any change to the way they are storing food.



changes to storing food behaviour due to COVID-19

by family type

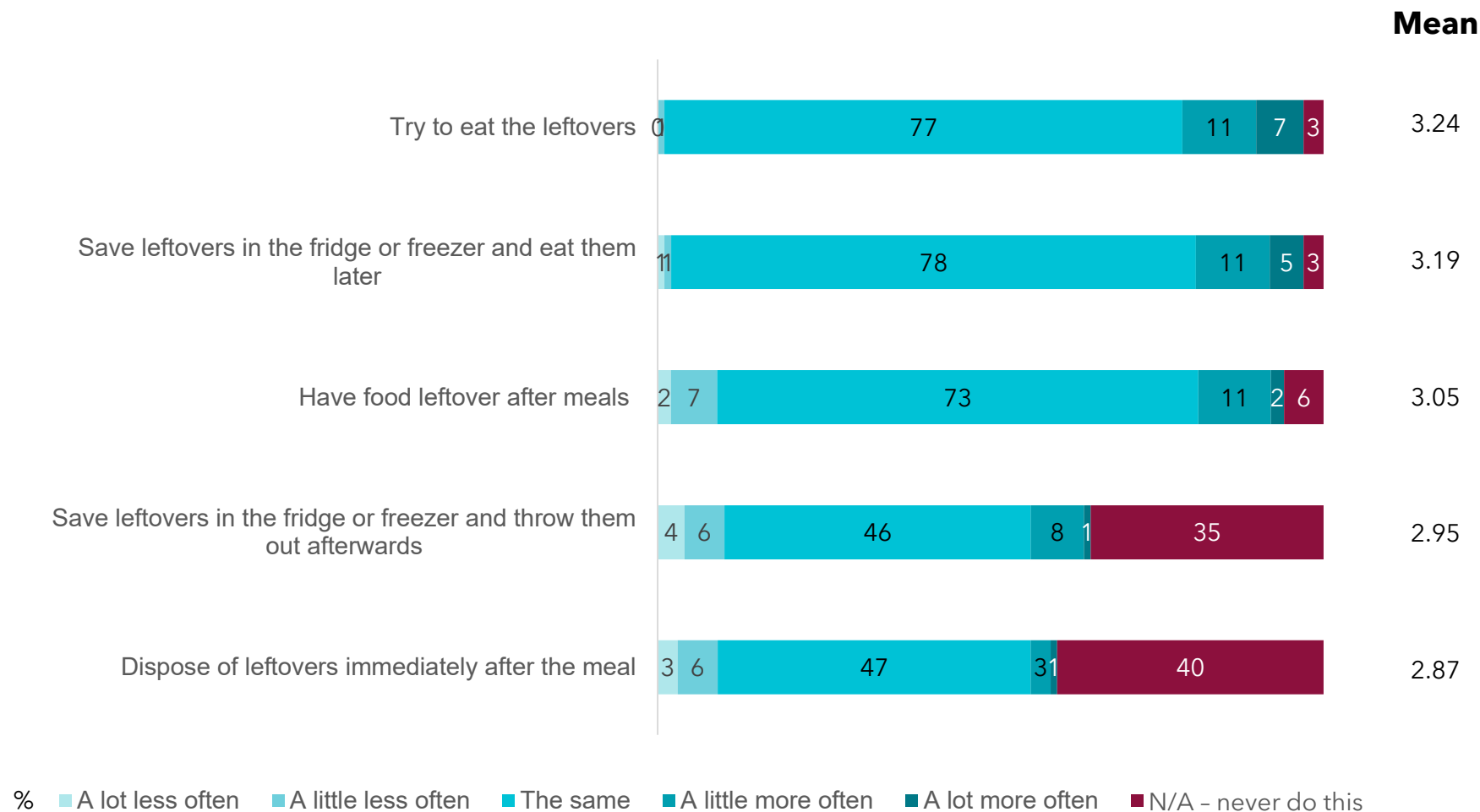
NETT Top 2 Box %	TOTAL	Family with children	Family with only adults (16+)	No children
	n=415	n=69	n=47	n=299
Freeze food to extend its shelf life where possible	24	27	22	23
Consider the best way to store food to keep it as fresh as possible	20	28	16	19
Find it hard to fit food into the fridge and/or freezer because it is full or overfull	19	30	13	18
Move the oldest food items to the front or top so that they can be used or eaten first	19	26	12	18

There were no significant differences by family type when it comes to food storage, however, young families are tending to be considering the best way to store food more than other family types and to be finding it hard to fit food into their full or overfull fridges and/ or freezer.



changes to food disposal behaviour due to COVID-19

total sample



18% of NSW people report that they more frequently are trying to eat their leftovers and 16% are more often saving their leftovers in the fridge or freezer to eat later. Unfortunately 9% also report throwing the food they had saved out anyway, more often. 13% report that they have food left over more frequently in the lockdown and 9% have less. Again, the majority have not noticed changes to the way they are disposing of food and more than three quarters said they have not changed whether or not they are eating leftovers or saving them for later.




changes to food disposal behaviour due to COVID-19

by family type

NETT Top 2 Box %	TOTAL	Family with children	Family with only adults (16+)	No children
	n=415	n=69	n=47	n=299
Try to eat the leftovers	18	30	17	16
Save leftovers in the fridge or freezer and eat them later	17	21	12	16
Have food leftover after meals	13	18	12	11
Save leftovers in the fridge or freezer and throw them out afterwards	9	20	3	7
Dispose of leftovers immediately after the meal	4	13	0	2

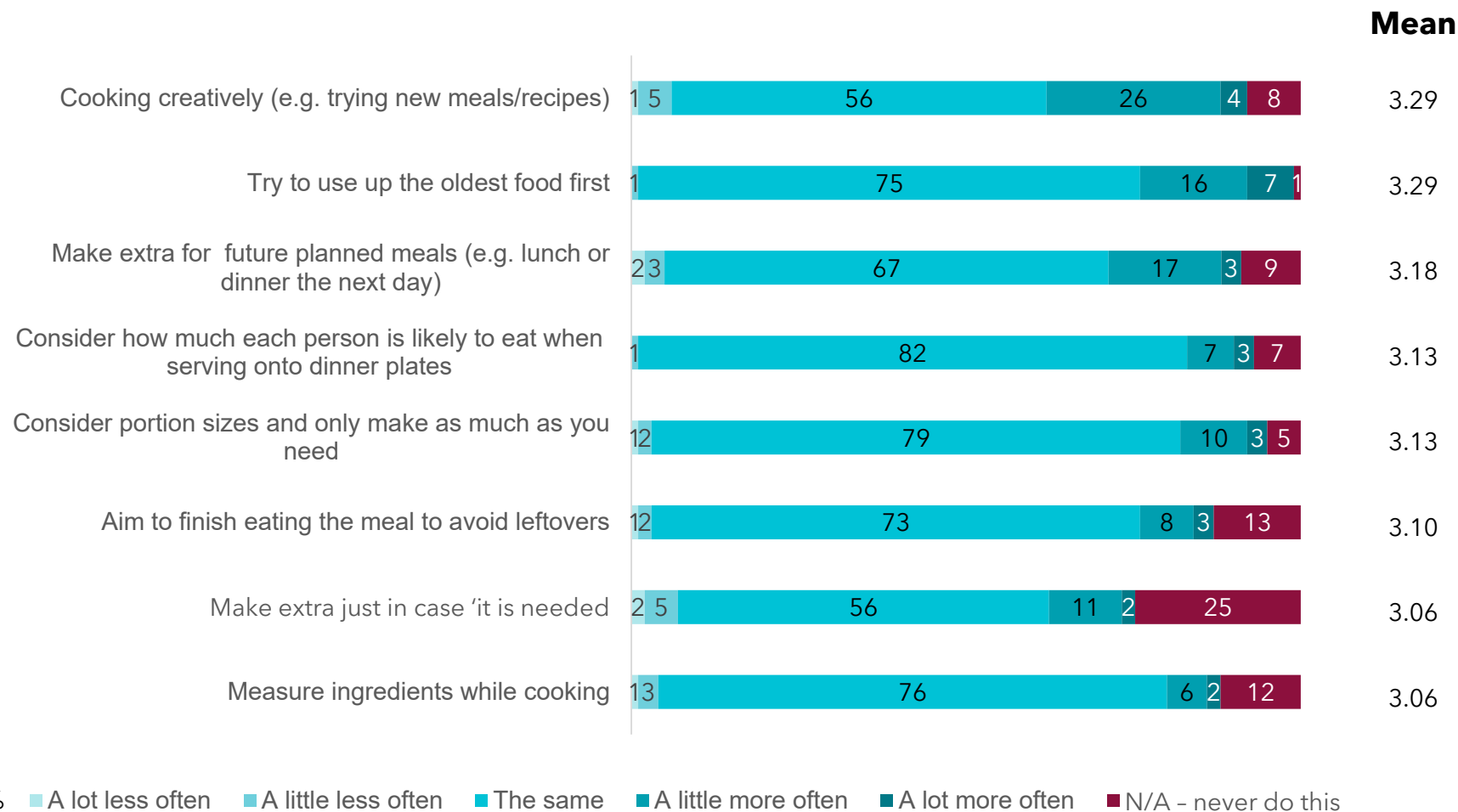
Young families are significantly more likely to be trying to eat their leftovers, saving them in the fridge or freezer to eat later. They are also more likely, however, to be disposing of leftovers immediately after their meals.

  significantly higher / lower than total



changes to food preparation behaviour due to COVID-19

total sample



COVID-19 has prompted 30% to try new meals and recipes more frequently; 20% are future planning more often when they cook to keep extra for lunch or dinner the next day and 23% are trying more often to use up the oldest food first when preparing food. There are other positive behaviours emerging such as 13% are more often considering the portion sizes and only making as much as they need; 10% are more frequently considering how much each person is likely to want and 8% are measuring ingredients more often. However 13% are going the other way and more often making extra "just in case".



changes to food preparation behaviour due to COVID-19

by family type

NETT Top 2 Box %	TOTAL	Family with children	Family, only adults (16+)	No children
	n=415	n=69	n=47	n=299
Cooking creatively (e.g. trying new meals/recipes)	30	34	28	29
Try to use up the oldest food first	23	26	14	24
Make extra for future planned meals (e.g. lunch or dinner the next day)	20	20	18	20
Consider portion sizes and only make as much as you need	13	27	5	10
Make extra 'just in case' it is needed	12	25	13	9
Aim to finish eating the meal to avoid leftovers	11	19	10	9
Consider how much each person is likely to eat when serving onto dinner plates	10	19	4	9
Measure ingredients while cooking	8	11	2	8

Families with children are significantly more likely to consider portion sizes and how much each person is likely to eat more frequently in the lockdown.

But families with children are also more likely to make extra food "just in case".

 significantly higher / lower than total

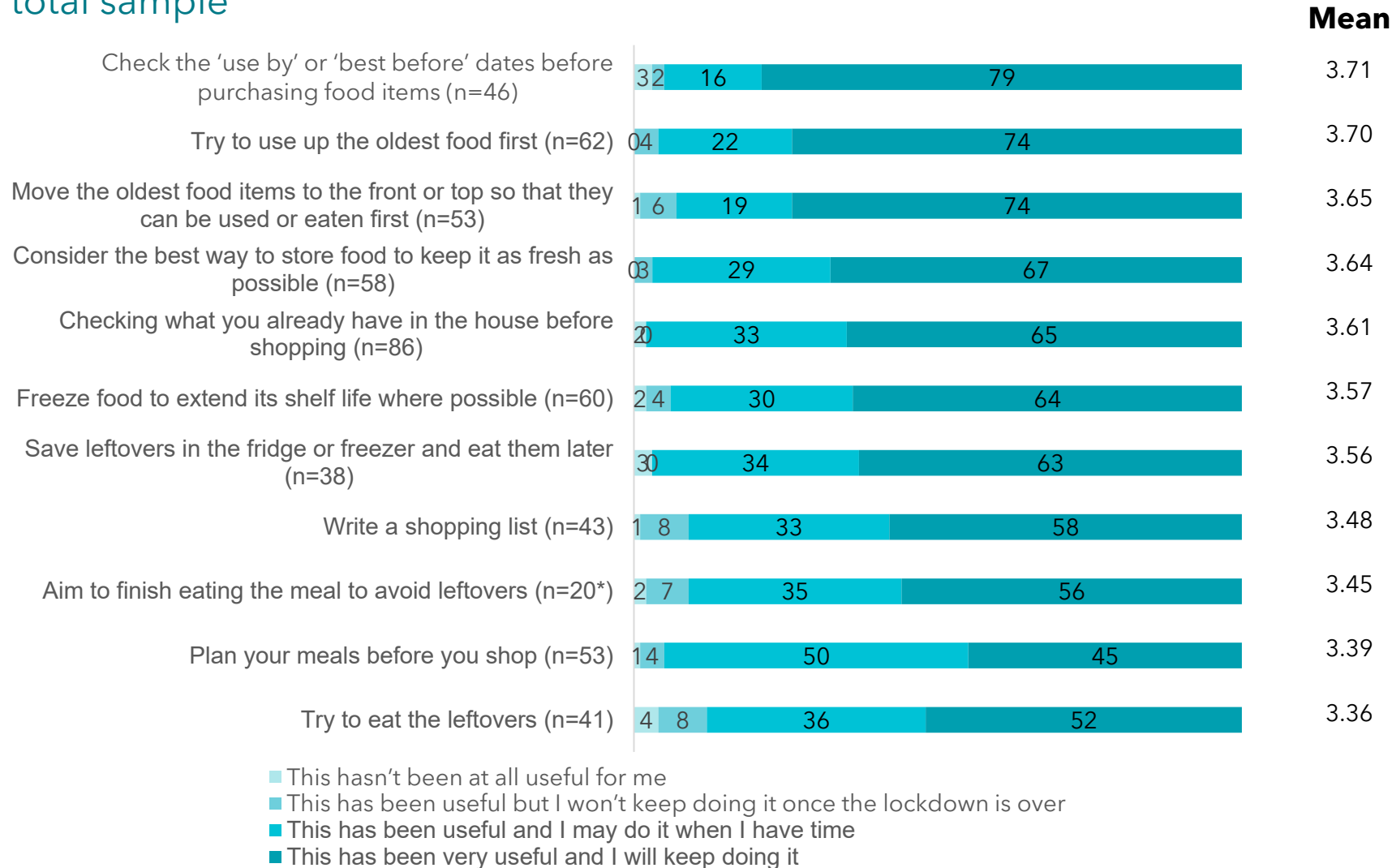
Base: Total sample n=415.

Source: Q6. During the COVID 19 lockdown would you say you are doing the following more often, less often or the same as always when preparing a main meal?

perceived usefulness of the new behaviours that have been adopted during the lockdown (1)



total sample

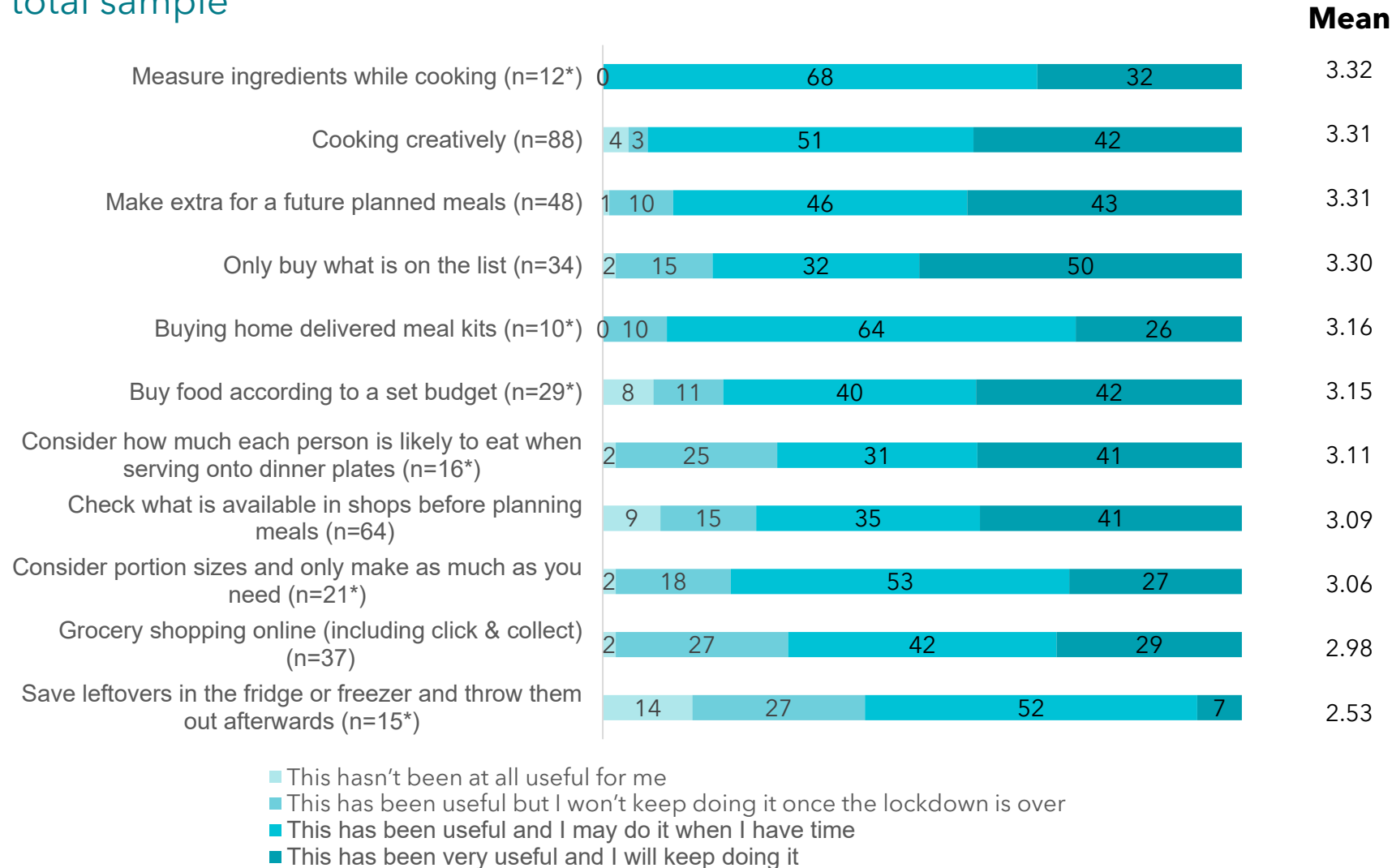


NSW people have found many of the new food management behaviours they have adopted to be very useful and plan to keep doing it after the lockdown ends. The remainder may do it depending on time available. being mindful about 'use by' dates, trying to use up the oldest food first and moving the oldest food items to the front or top so that they can be used or eaten first are the habits most likely to be enduring.

perceived usefulness of the new behaviours that have been adopted during the lockdown (2)



total sample



Almost 3 in 10 feel that online shopping for food has been very useful and that they will continue to do it, whilst 42% said it was useful but they 'may' do it only when they have time. Creative cooking is something 2 in 5 intend to continue doing in the future and half claim they will continue to stick to their shopping list when buying groceries.



frequency of food shopping during the lockdown

total sample and by family type

%

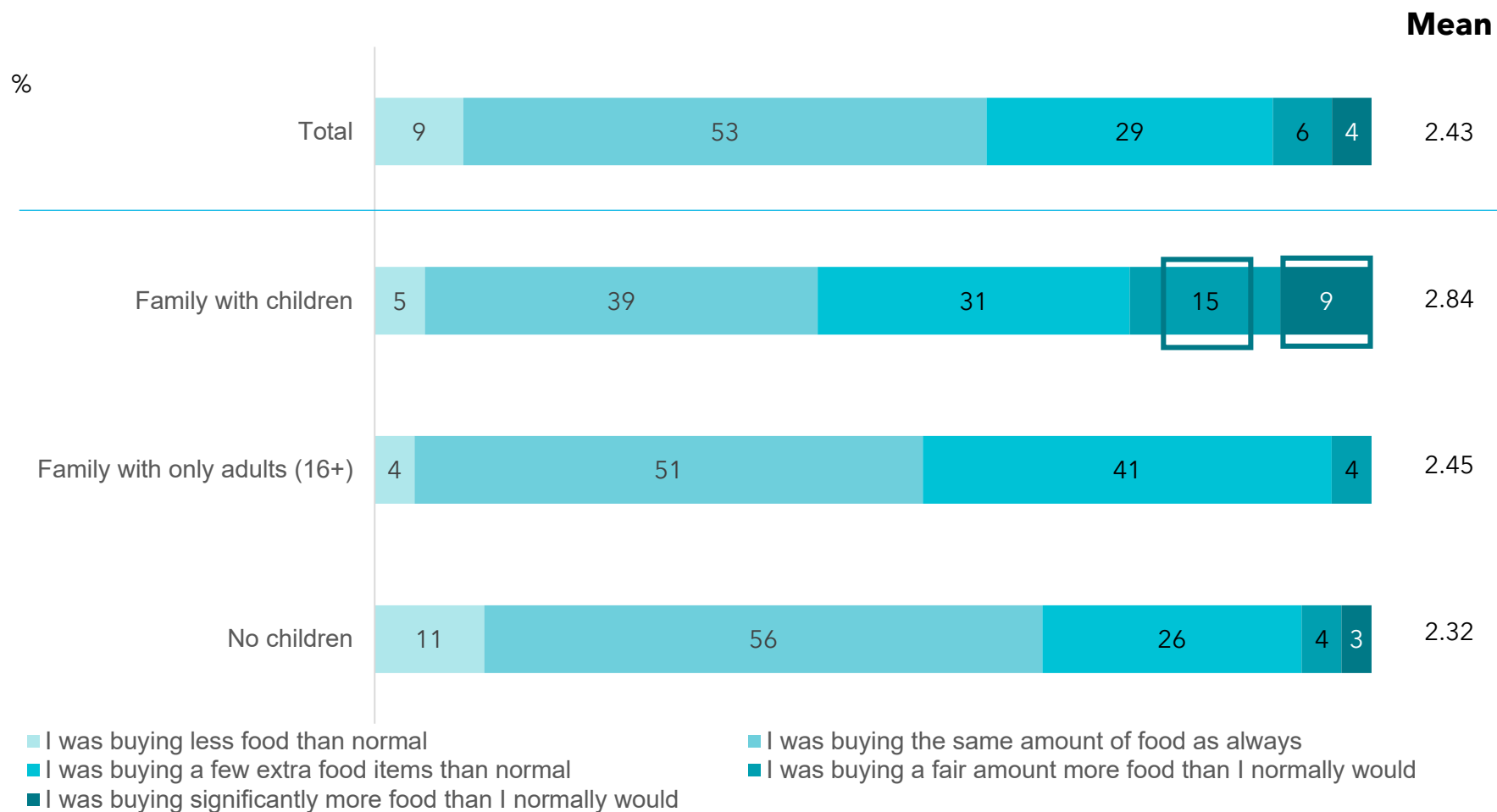


The majority are shopping for food with the same frequency as normal during the lockdown. However, more than a quarter claim to be shopping with less frequency. There are no significant differences by family type.



changes to amount of food purchased during lockdown

total sample and by family type



53% of NSW people report buying the same amount of food as always but 39% were buying extra food items over and above what they normally do -4% significantly more; 6% a fair amount more and 29% a few extra food items.

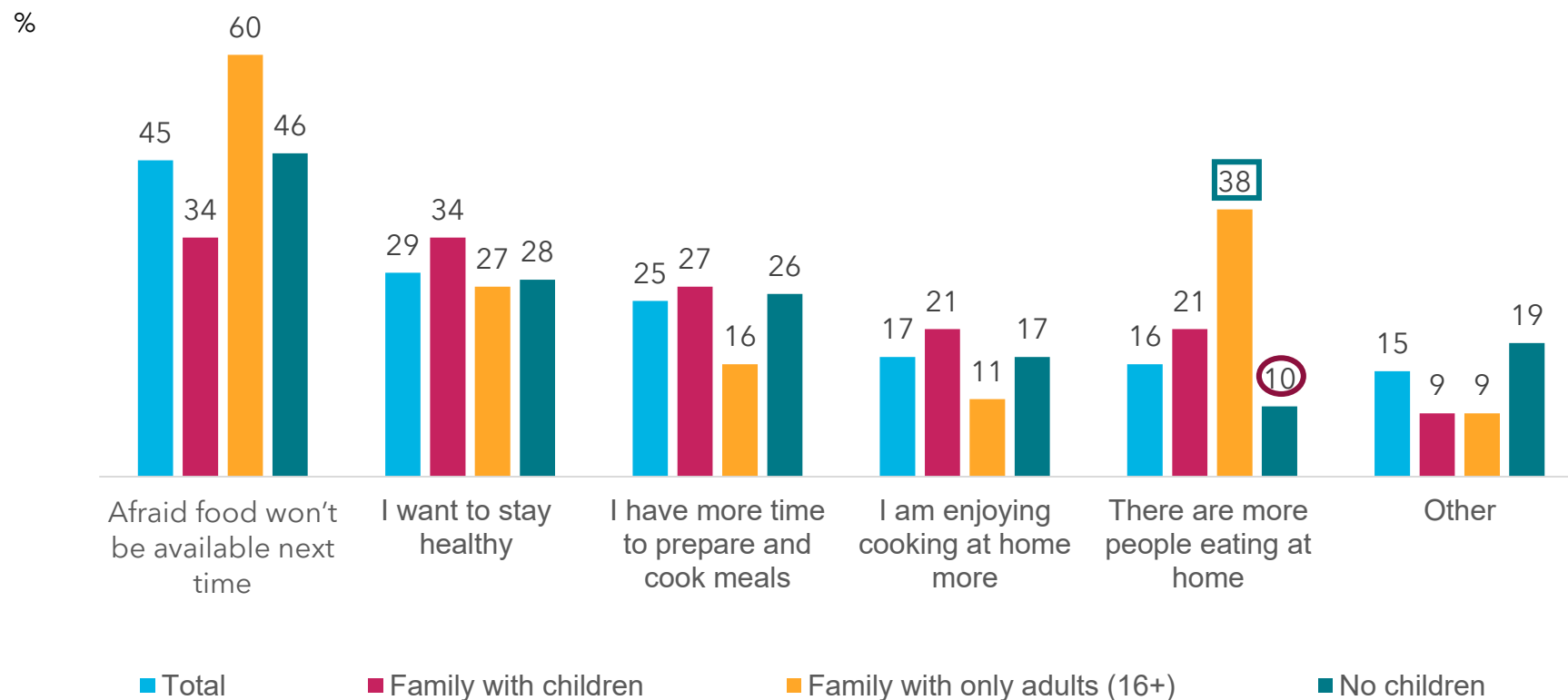
Families with children are significantly more likely to be purchasing a fair amount or significantly more food than usual.

significantly higher / lower than total





what were the reasons for buying more food than normal

total sample and by family type



45% of those buying more food say it was because they are afraid food won't be available next time. Other reasons include: desire to stay healthy (29%), have more time to cook (25%), they are enjoying cooking, and because there are more people eating at home. Families with children over 16 are significantly more likely to state that having more people eating at home is their reason, presumably as a result of older kids returning home for meals.

  significantly higher / lower than total

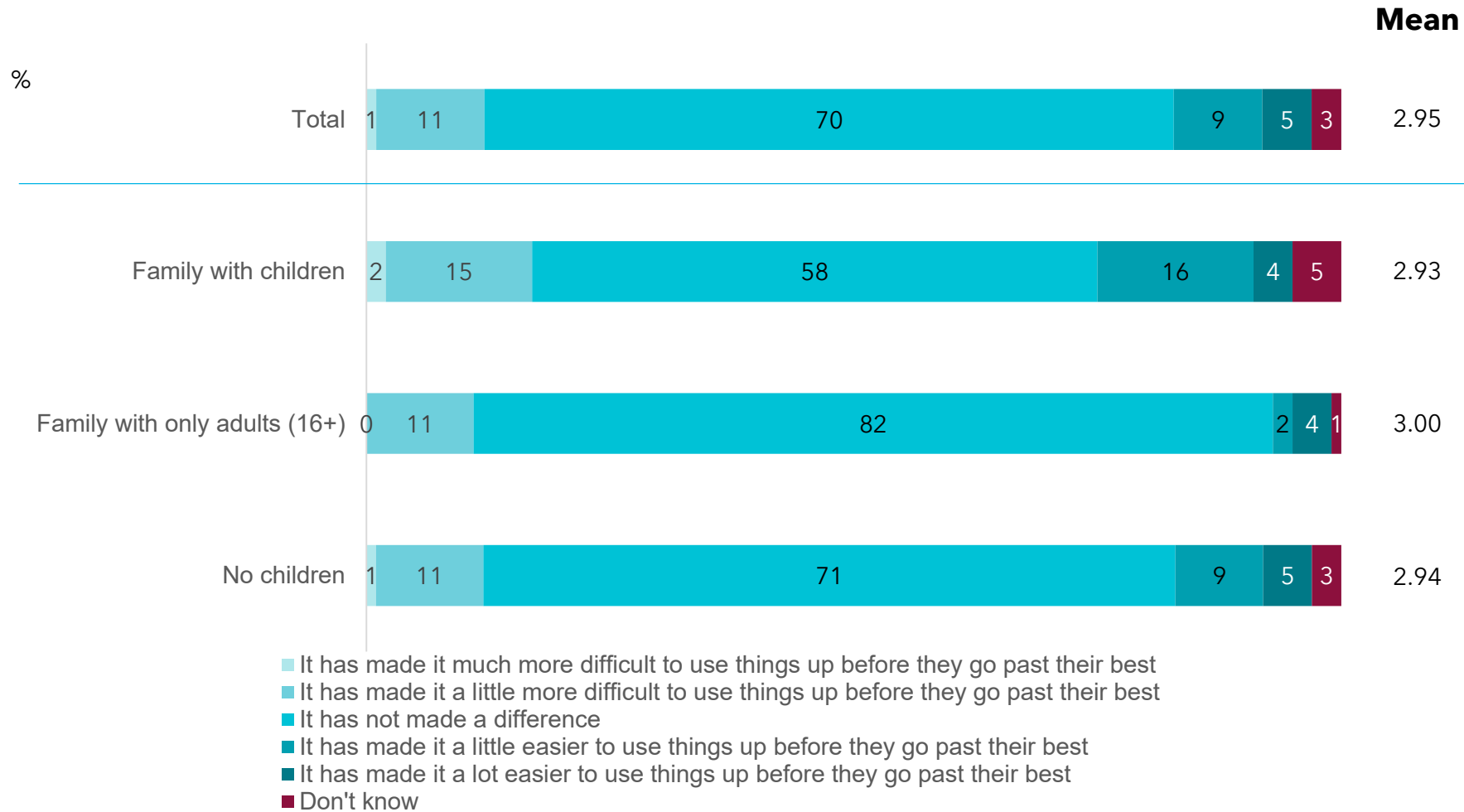
Base: Purchased more food than normal n=153, family with children n=37, family with only adults (+16) n=20, no children n=96.

Source: Q12a. You said that you have recently purchased more food than normal during COVID 19 lockdown. What were reasons that you bought more food?

has having more food in the house made managing food at home easier?



total sample and by family type

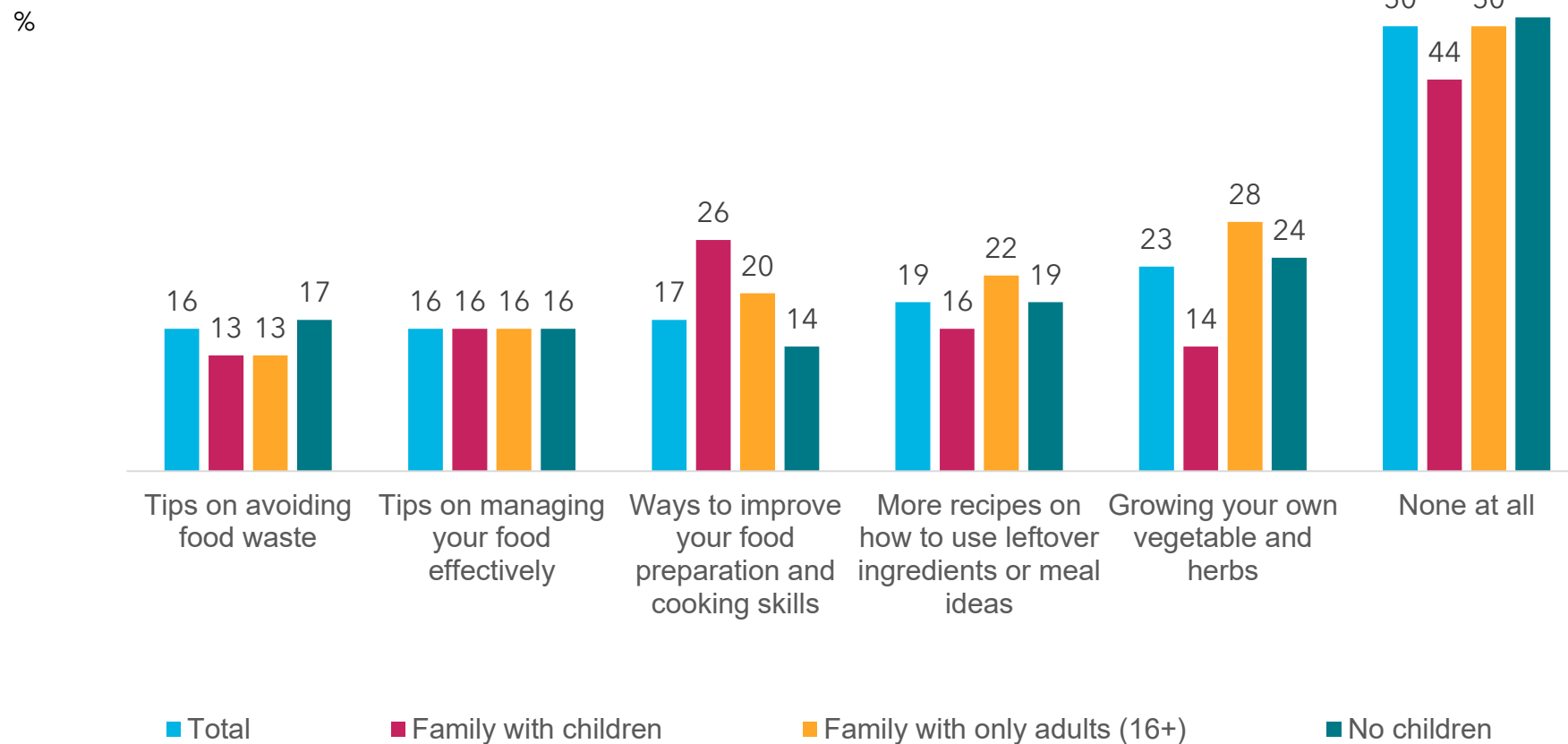


Whilst the majority feel that having more food in the house has not made a difference in managing food, 1 in 5 families with young children have said it has made it a lot or a little easier to use things up before they go past their best.



what knowledge about managing food at home is wanted?

total sample and by family type



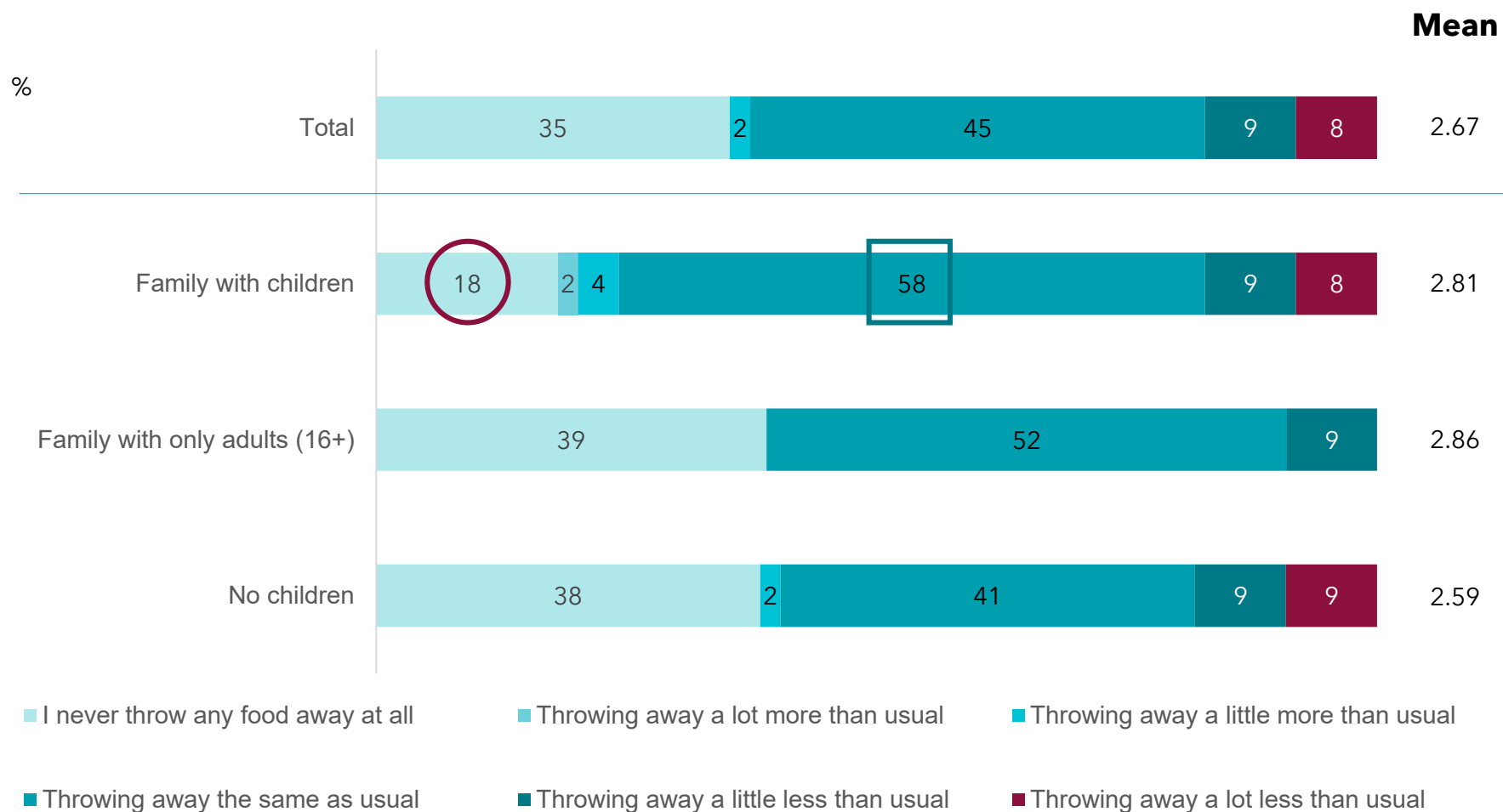
50% of NSW people are not interested in learning more about managing food in their homes more effectively.

But 50% do; with 23% interested in learning more about growing their own vegetables and herbs; 19% are interested in finding more recipes on how to use leftover ingredients or meal ideas; 17% want to learn about ways to improve their food preparation and cooking skills, and 16% want tips on managing food more effectively and the same proportion want tips on avoiding food waste.



are people throwing away more food during Covid-19?

total sample and by family type



Only 2% of NSW people say they are throwing away a little more food than usual while 8% say they are throwing away a lot less than usual and another 9% a little less than usual.

35% claim they never throw any food away at all, and a further 45% are throwing away the same amount as usual.

Young families are significantly less likely to “never throw any food away” and more likely to say they are throwing away the same as they usually do.

significantly higher / lower than total



what food types being thrown away more during lockdown?

rank top 3

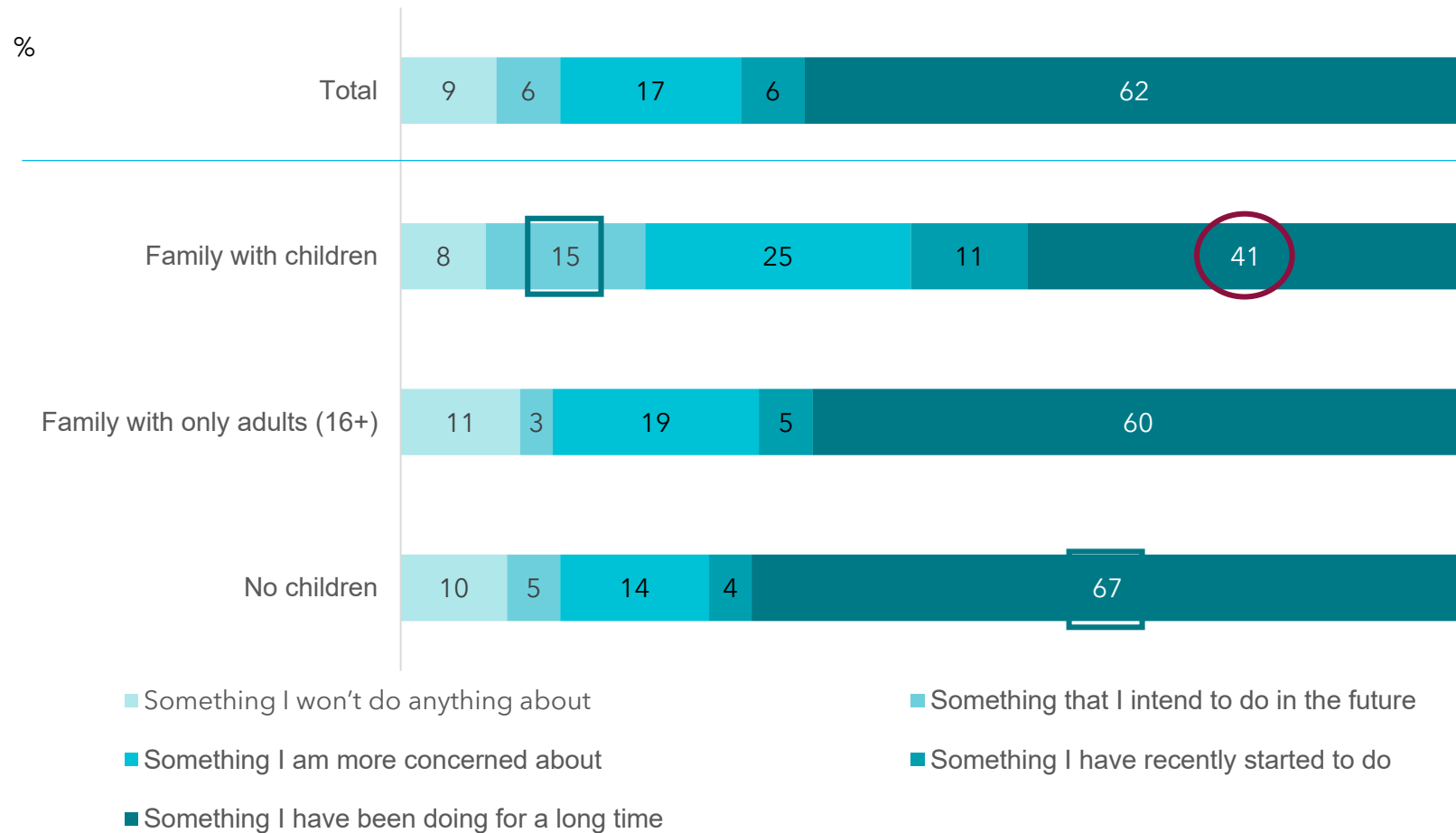
	n=11*
Fresh fruit	n=7
Meat and seafood	n=5
Frozen food	n=4
Bread and Bakery items	n=3
Dairy products	n=3
Inedible food waste	n=3
Packaged and pantry food	n=1
Meal leftovers	n=1

For those throwing away more food than usual, fresh fruit is most frequently cited.

are NSW people interested in reducing the amount of food thrown away?



total sample and by family type



Reducing the amount of food that they throw away is something 62% say they have already been doing for a long time, while another 6% say it's a recent change.

17% say it's something they are more concerned about and 6% say it's something they intend to do something about.

Only 9% say it's something they won't do anything about.

Those with young families are less likely to have been watching their food waste but is something they intend to do in the future.

15 41 significantly higher / lower than total

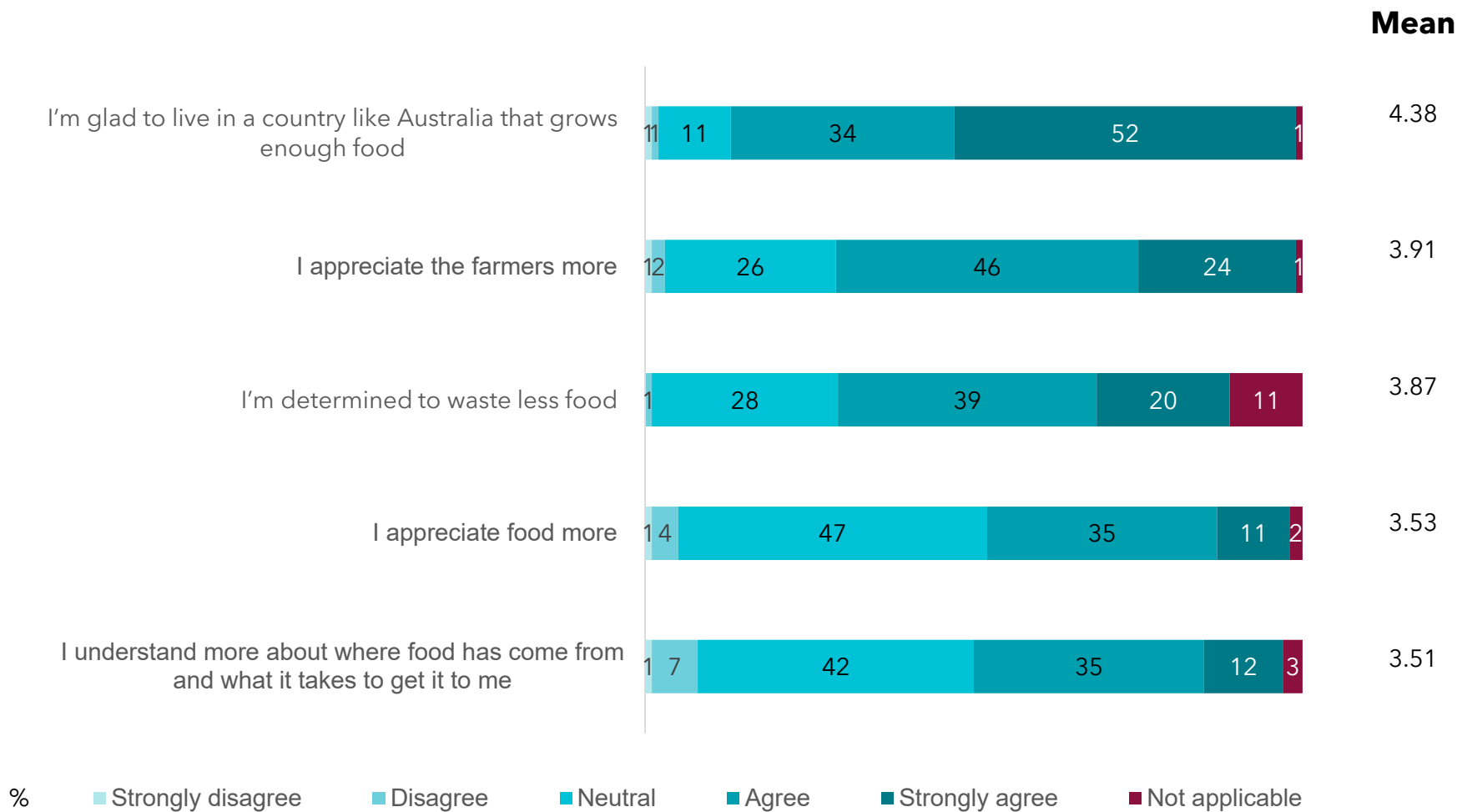
Base: Total sample n=415, family with children n=69, family with only adults (+16) n=47, no children n=299.

Source: Q15. As a result of these changes, please select the responses below that best completes the following sentence for you personally: Reducing the amount of food that I throw away is...?



have attitudes to food changed due to the shutdown?

total sample



The pandemic experience has made 86% of NSW people glad to live in a country like Australia that grows enough food. 70% say they appreciate farmers more and encouragingly, 59% say they are determined to waste less food due to the lockdown. In addition, 46% say they appreciate food more and 47% understand more about where food comes from and what it takes to get it to me.



have attitudes to food changed due to the shutdown?

by family type

NETT Top 2 Box %

	TOTAL	Family with children	Family with only adults (16+)	No children
	n=415	n=69	n=47	n=299
I'm glad to live in a country like Australia that grows enough food	87	85	93	86
I appreciate the farmers more	70	71	78	69
I'm determined to waste less food	59	62	63	58
I appreciate food more	46	55	54	43
I understand more about where food has come from and what it takes to get it to me	46	49	60	43

There are no significant differences by family type with attitudes to food in general due to the shutdown, however, young families have a higher appreciation of food.

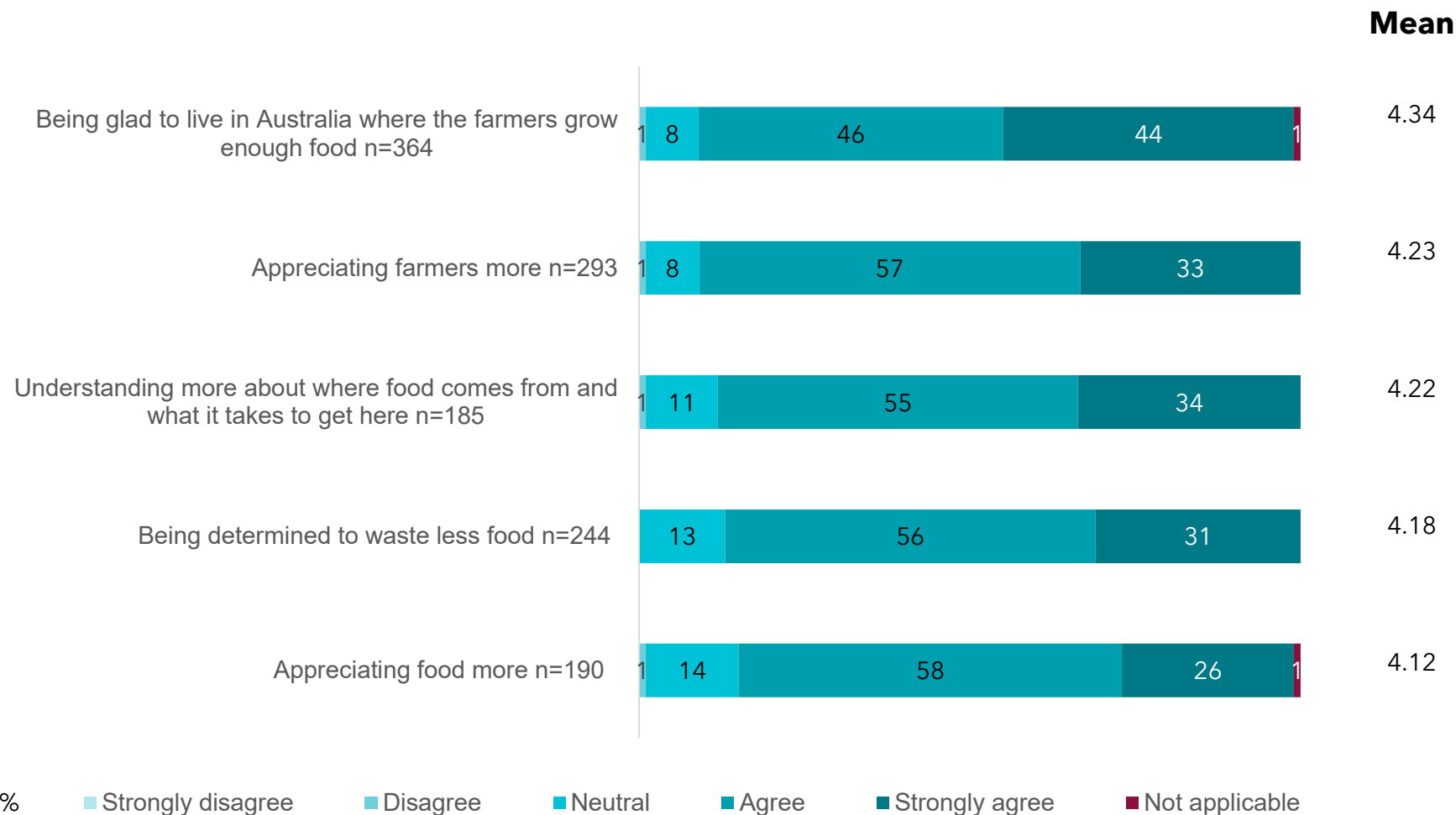
Base: Total sample n=415.

Source: Q16. To what extent has the COVID 19 shutdown changed your attitude to food in general?



for those who have changed their view, will it be enduring?

total sample



For those who changed their attitudes; the great majority feel it will be enduring:

- 90% being glad to live where enough food is grown
- 90% will appreciate farmers more
- 89% now understand where food comes from and the effort that is made to reach me
- 87% are determined to waste less food
- 84% appreciating food more



for those who have changed their view, will it be enduring?

by family type

NETT Top 2 Box %	TOTAL	Family with children	Family with only adults (16+)	No children
Appreciating farmers more n=293	90	82	92	92
Being glad to live in Australia where the farmers grow enough food n=364	90	82	90	92
Being determined to waste less food n=244	87	87	78	89
Appreciating food more n=190	85	79	84	87
Understanding more about where food comes from and what it takes to get here n=185	55	67	54	52

Whilst not significant, young families are less likely to feel their appreciation of farmers, being glad to live in Australia where the farmers grow enough food and their general appreciation of food will last, however, they are more likely to feel that understanding where food comes will endure.



4 comparison to 2019 national food waste benchmark



DPIE food waste behaviour tracking study

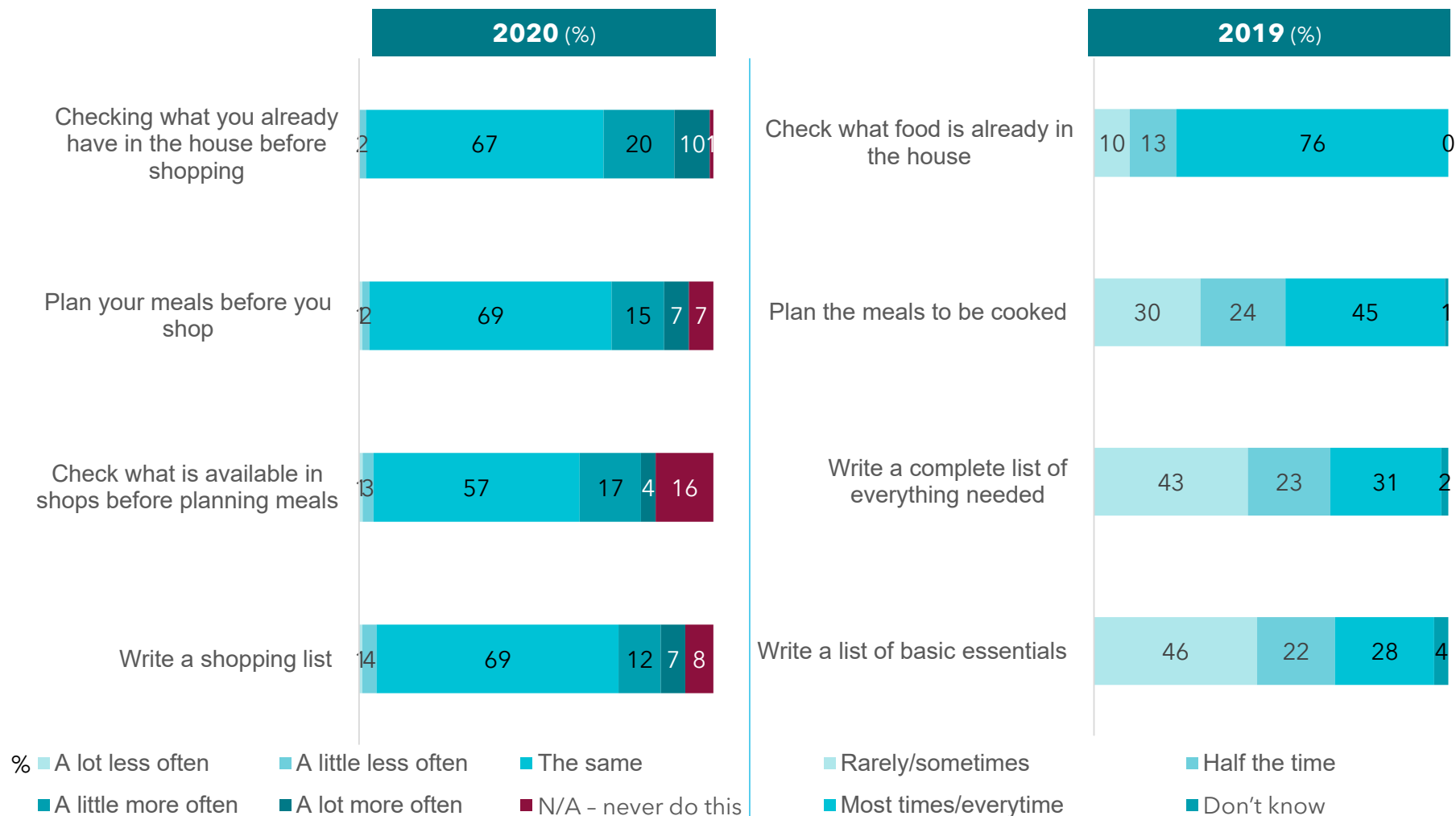
background

- In 2019, DPIE, as part of the Fight Food Waste Cooperative Research Centre (FFW CRC), conducted a survey to gain a deeper understanding of food waste knowledge, awareness and behaviours held by Australian households and the amount of food waste they create.
- The research established the baseline for community knowledge, attitudes and behaviours around household food management and food waste.
- We spoke to a total sample of 5,272 respondents, including 1,476 NSW residents, across Australia for this national study, with a quota placed on geography to ensure sufficient sample in each jurisdiction for analysis.
- Following are comparisons with the NSW results from this benchmarking study where similar questions were asked



food planning

total sample 2020 and NSW benchmark 2019



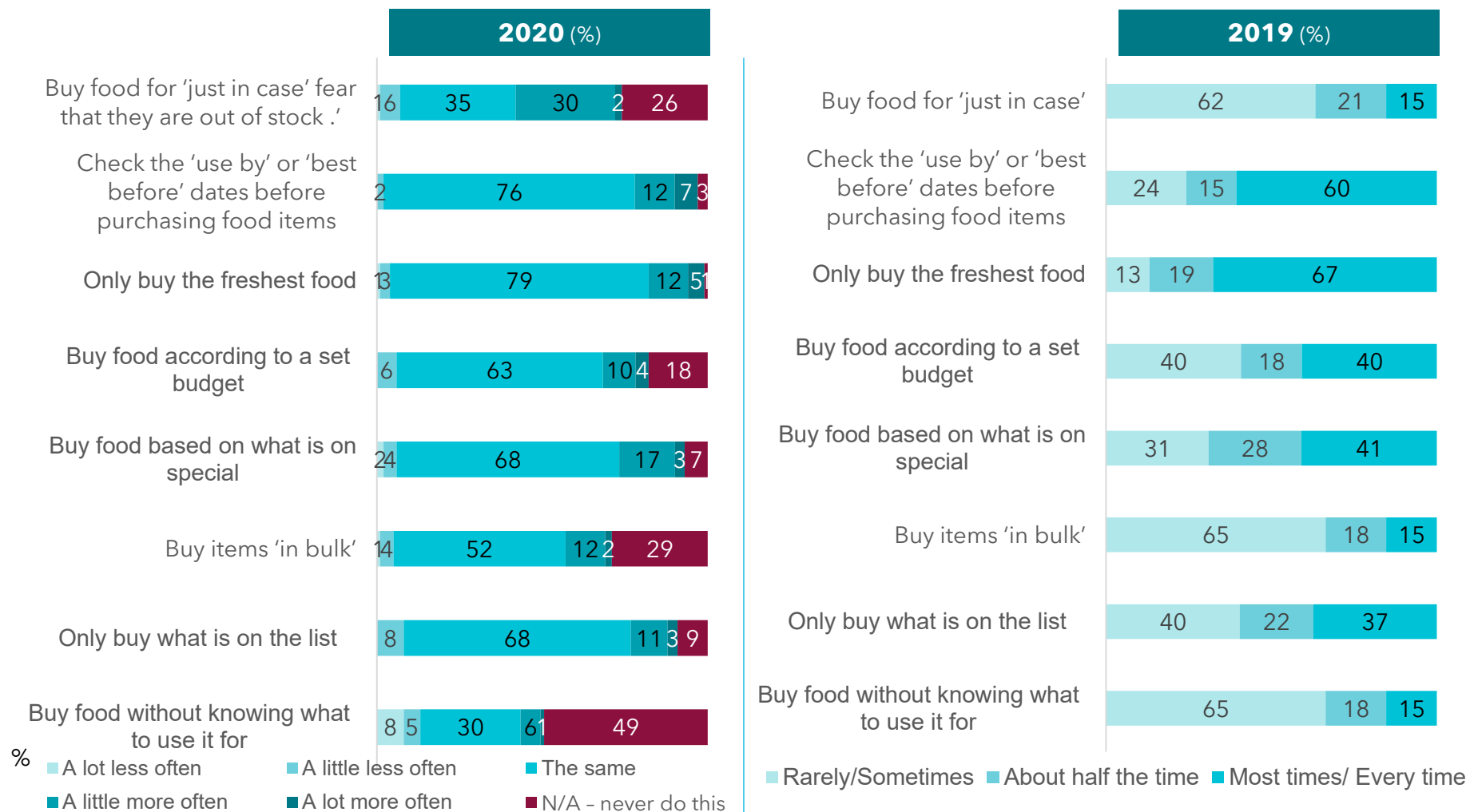
In 2019, more than three quarters said that they check what food is already in the house prior to shopping. 67% have said this remains the same in 2020, however, 30% are doing this more often. Just under half claimed to be planning their meals in 2019, with 69% saying this behaviour has remained the same.

Base: Total sample 2020 n=415, NSW benchmark n=1,476.
Source: Q2. During the COVID 19 lockdown, would you say you are doing the following things more often, less often or the same as always when planning?
 QB1. 2019. Before you or your household does the main grocery shopping, how often do you or your household, do the following?



main grocery shopping

total sample 2020 and NSW benchmark 2019



In 2019, the majority said they rarely or sometimes purchase food 'just in case', however, this has increased since the lockdown, with 32% saying they have done so out of fear of lack of stock at least a little more often. Interestingly, 65% said they rarely or sometimes buy food without knowing what to use it for in 2019, and almost half report never doing this in 2020.

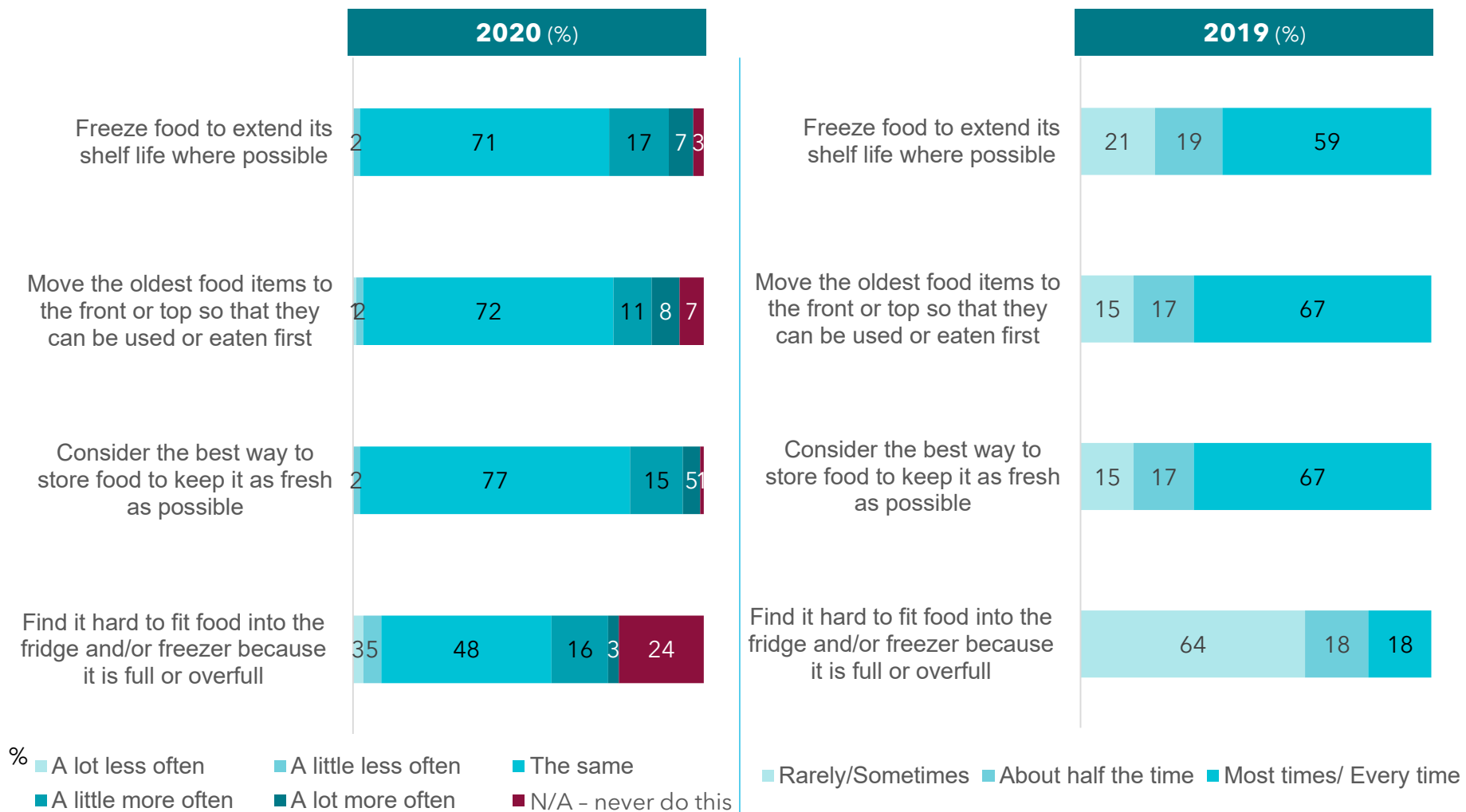
Base: Total sample 2020 n=415, NSW benchmark n=1,476.

Source: Q3. During COVID 19 lockdown would you say you, or your household, do the following more often, less often or the same as always when doing the main grocery shopping? Q2. 2019. About how often do you, or your household, do the following when doing the main grocery shopping?



food storage

total sample 2020 and NSW benchmark 2019



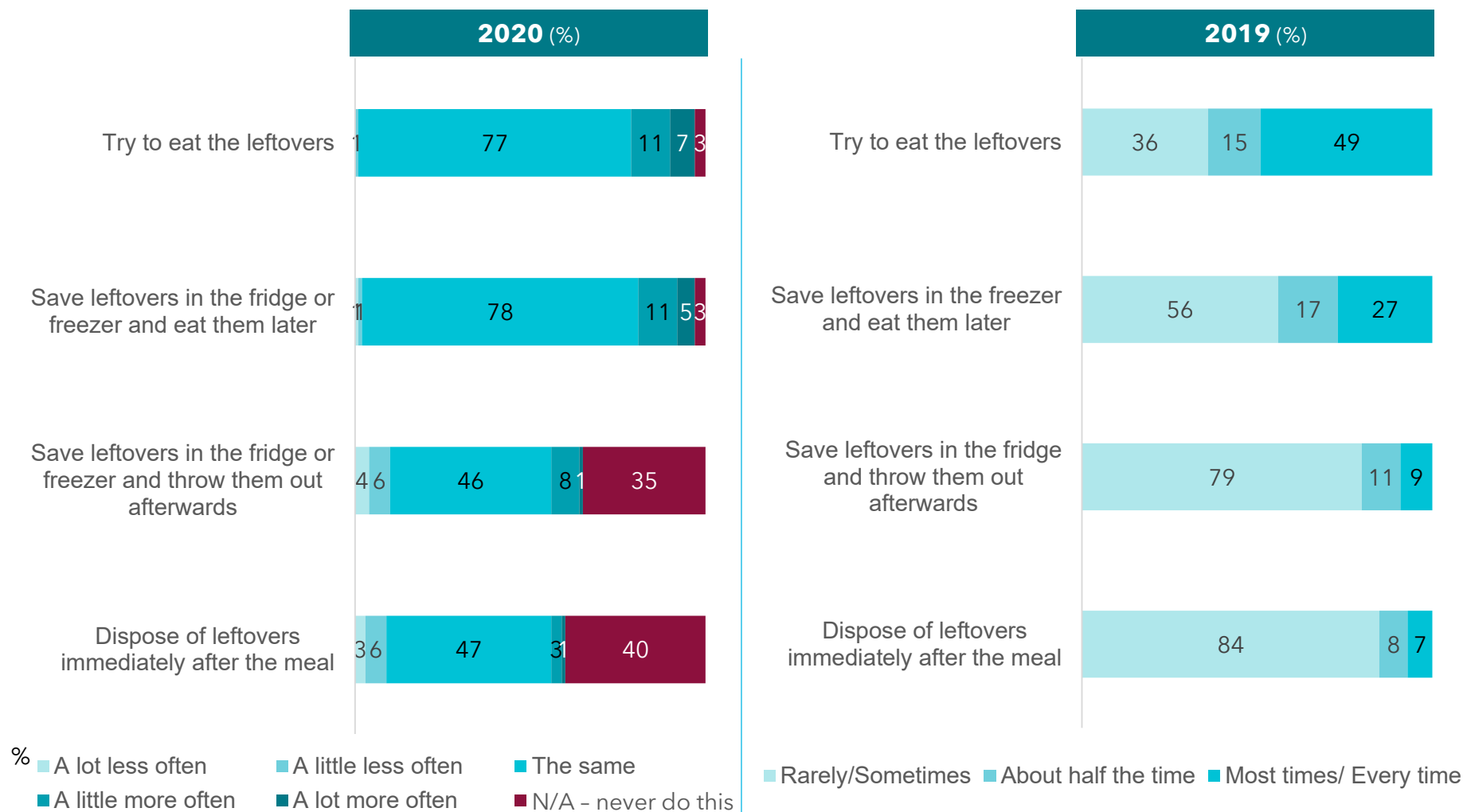
The majority reported taking steps to freeze food, move oldest food items to the front so they can be used first and considering the best way to store food in general in 2019. In 2020, we see that these behaviours have remained unchanged for most.

Base: Total sample 2020 n=415, NSW benchmark n=1,476.
Source: Q4. During the COVID 19 lockdown, would you say you are doing the following more often, less often or the same as always?
 QB3. 2019 . When storing food, about how often do you or your household do the following?



food disposal

total sample 2020 and NSW benchmark 2019



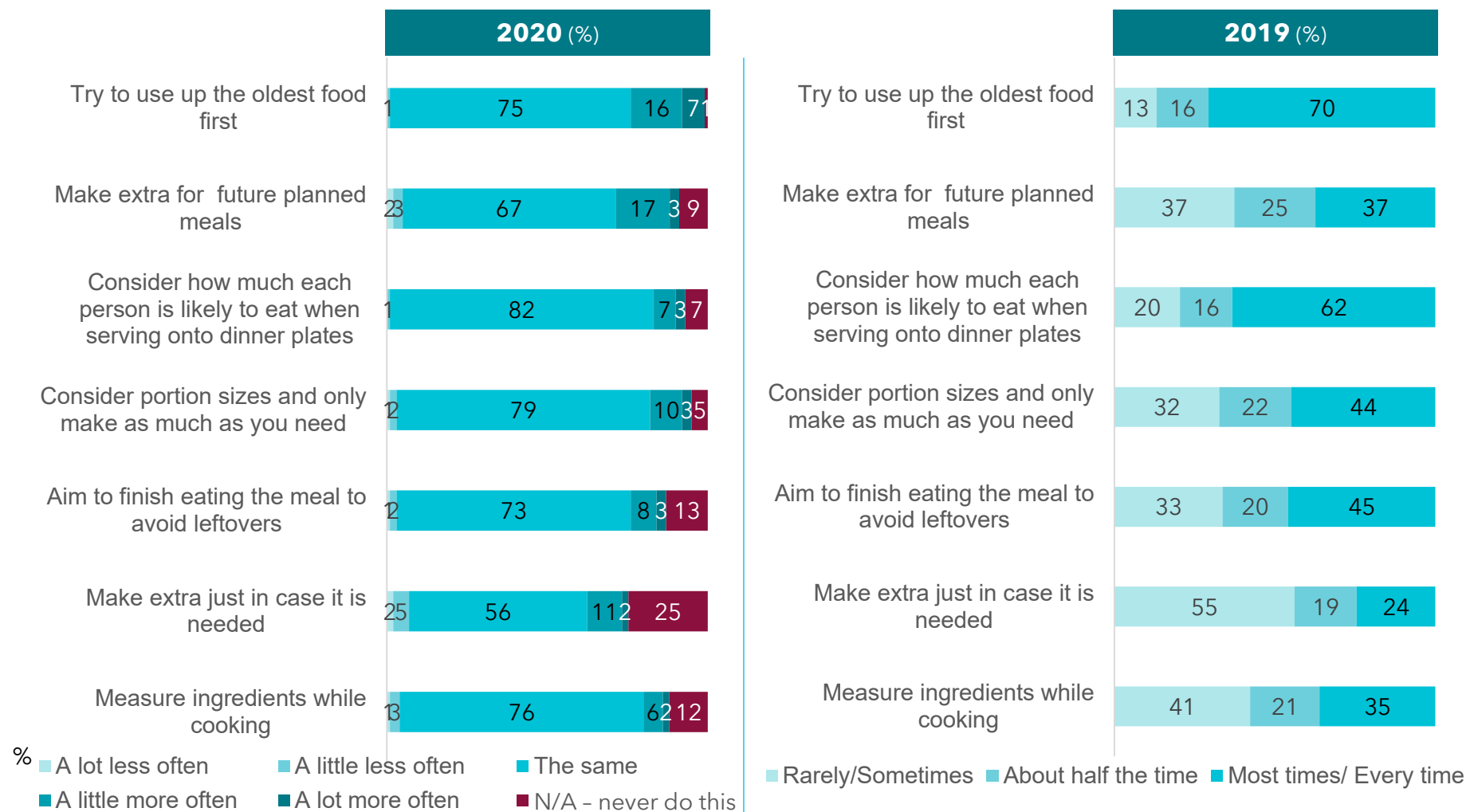
In 2019, 79% said they rarely or sometimes throw leftovers out after storing them in the fridge, with 35% saying they never do this in 2020. Similarly, 84% stated they dispose of leftovers immediately after their meal whilst in 2020, 40% claim to never do this.

Base: Total sample 2020 n=415, NSW benchmark n=1,476.
Source: Q5. During the COVID 19 lockdown would you say you, or your household, do the following more often, less often or the same as always? QB5. 2019 . When there are leftovers in your household about how often do you or your household do the following?



food preparation

total sample 2020 and NSW benchmark 2019



In 2019, the majority said they try to use up the oldest food first and that they consider how much each person is likely to eat when serving onto dinner plates. These behaviours have remained largely the same in 2020. Interestingly, 24% said they make extra food just in case it is needed in 2019, however, 25% said they never do this in 2020.

Base: Total sample 2020 n=415, NSW benchmark n=1,476.
Source: Q6. During the COVID 19 lockdown would you say you are doing the following more often, less often or the same as always when preparing a main meal?
 QB4. 2019 . About how often do you or your household do the following when preparing a main meal?



5 sample profile



sample profile

Location	n=	%
Total sample	415	100
Sydney metro	212	51
Elsewhere in NSW	203	49

Gender	n=	%
Total sample	415	100
Male	196	47
Female	219	53

Age	n=	%
Total sample	415	100
18-24	34	8
25-34	55	13
35-44	59	14
45-54	73	18
55-64	69	17
65-74	94	23
75 and older	31	7

Highest level of education	n=	%
Total sample	415	100
No formal schooling	0	0
Primary school	1	0
Some secondary school	50	12
Completed secondary school	81	20
Trade or technical qualification	103	25
University Diploma or Degree	135	33
Post graduate study	40	10
Prefer not to say	5	1



sample profile

Household structure	n=	%
Total sample	415	100
Single person household	99	24
Adult couple	168	40
Family with children	69	17
Family, only adults (16+)	47	11
Shared household, non-related	14	3
Other	15	4
Prefer not to say	3	1

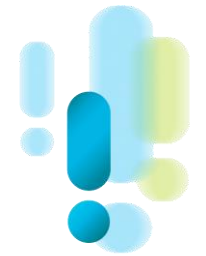
Household income	n=	%
Total sample	415	100
\$1-\$149 per week (\$1-\$7,799 per year)	8	2
\$150-\$299 per week (\$7,800-\$15,599 per year)	7	2
\$300-\$399 per week (\$15,600-\$20,799 per year)	14	3
\$400-\$499 per week (\$20,800-\$25,999 per year)	36	9
\$500-\$649 per week (\$26,000-\$33,799 per year)	30	7
\$650-\$799 per week (\$33,800-\$41,599 per year)	37	9
\$800-\$999 per week (\$41,600-\$51,999 per year)	32	8
\$1,000-\$1,249 per week (\$52,000-\$64,999 per year)	43	10
\$1,250-\$1,499 per week (\$65,000-\$77,999 per year)	22	5
\$1,500-\$1,749 per week (\$78,000-\$90,999 per year)	22	5
\$1,750-\$1999 per week (\$91,000-\$103,999 per year)	20	5
\$2,000-\$2,499 per week (\$104,000-\$129,999 per year)	28	7
\$2,500-\$2,999 per week (\$130,000-\$155,999 per year)	28	7
\$3,000-\$3,499 per week (\$156,000-\$181,999 per year)	12	3
\$3,500-\$3,999 per week (\$182,000-\$207,999 per year)	10	2
\$4,000-\$4,499 per week (\$208,000-\$233,999 per year)	4	1
\$4,500-\$4,999 per week (\$234,000-\$259,999 per year)	5	1
Negative income	7	2
Prefer not to say	46	11



sample profile

Occupation	n=	%
Total sample	415	100
Managers	38	9
Professionals	48	12
Technicians and trades workers	24	6
Community and personal service workers	13	3
Clerical and administrative workers	41	10
Sales workers	16	4
Machinery operators and drivers	8	2
Labourers	11	3
Other	31	7
Not working	180	43
Prefer not to say	5	1

Employment / activity status	n=	%
Total sample	415	100
Retired from full time job	163	39
On a pension	101	24
Working full time (30 or more hrs per week)	84	20
Working part time (8-29 hrs per week)	52	13
Looking after home/family full time	31	7
Unemployed and/or looking for work or taking a career break	20	5
Unemployed and not seeking employment	12	3
Working part time (Less than 8 hrs per week)	9	2
Full time student	5	1
Prefer not to say	3	1



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