CORONA COOKING SURVEY

PRELIMINARY RESULTS

POLAND

INTRODUCTION

The #CoronaCookingSurvey is a research project by FOOMS (Food Media & Society) UAntwerp, in collaboration with UGent and KU Leuven. A large-scale survey was launched in Belgium to explore the impact of COVID-19 on how people deal with food and food-related media. In this way, shifts can be identified in terms of buying, cooking and eating habits since the introduction of the corona measures.

Furthermore, we sent out a call to help map these trends internationally. This call was received with great enthusiasm by colleagues abroad, and we have 39 countries across different continents joining us in data collection.

In this report the preliminary results of several topics are covered. First of all, general food behavior during the lockdown is shown. Secondly, different aspects of grocery shopping are discussed such as attitudes and stocking up. Furthermore, cooking and baking behavior of participants is addressed. Finally, how participants eat and in whose company is explored.

DESCRIPTIVE STATISTICS

CHARACTERIZATION OF THE STUDY POPULATION

- n = 538
- 46% **Men and 54% women**
- **Age** range **Range: <18; 75>, M = 41.24, SD = 15.73**
- **Education level**: 47 % that obtained bachelor or higher (i.e. higher educated)
- **Work situation**
  - BEFORE lockdown: 73 % at work; 9.3 % student. 17.7 % unemployed
  - SINCE lockdown: 63.6 % at work; 9.3 % student. 28.6 % unemployed
- Of those **who are working**
  - 87.3 % Full-time and 12.7% Part-time BEFORE and 79.2% Full-time and 11.8% Part-time AFTER lockdown
- **Financial situation**:
  - 45.4 % that LOST income since corona crisis
  - 49.5 % of those who SOMETIMES TO ALWAYS (4 categories together) struggle to make money last until the end of the month
  - 37.4 % of those who SOMETIMES TO ALWAYS (4 categories together) struggle to have enough money to go shopping for food
- **Feeling since lockdown**:
  - 73% that feels NERVOUS (FEEL_COVID_5)
  - 74.7% that feels they have MORE TIME (FEEL_COVID_7

GENERAL FOOD BEHAVIOR OF PARTICIPANTS IN POLAND

Table 1. Most items of general food behavior

ITEM	Mean	SD	F(df, Error df) = VALUE, p< VALUE or NS)
Before the lockdown, how often did you usually do the following actions? - Make a list before you go shopping	4.72	1.59	F(1, 537) = 46,02, p< ,0001
At the moment (during the lockdown), how often do you usually do the following actions? - Make a list before you go shopping	5.07	1.53	
Before the lockdown, how often did you usually do the following actions? - Cook meals at home using healthy ingredients	4.57	1.31	NS
At the moment (during the lockdown), how often do you usually do the following actions? - Cook meals at home using healthy ingredients	4.59	1.33	
Before the lockdown, how often did you usually do the following actions? - Try a new recipe	4.30	1.26	F(1, 537) = 9,757, p< 0,002
At the moment (during the lockdown), how often do you usually do the following actions? - Try a new recipe	4.46	1.33	
Before the lockdown, how often did you usually do the following actions? - Cook with leftover food	4.06	1.37	F(1, 537) = 25,654, p< 0,0001
At the moment (during the lockdown), how often do you usually do the following actions? - Cook with leftover food	4.31	1.42	
Before the lockdown, how often did you usually do the following actions? - Throw away (leftover) food	2.96	1.42	NS
At the moment (during the lockdown), how often do you usually do the following actions? - Throw away (leftover) food	2.90	1.56	

<div style="background-color:orange; color:white; text-align:center; font-weight:bold;">SHOPPING FOR FOOD – GROCERY SHOPPING</div>

ATTITUDES TOWARDS SHOPPING FOR FOOD

Table 2. Participants perceive shopping for food as:

	BEFORE	DURING COVID-19	Repeated Measures
	Mean (St. Dev.)	Mean (St. Dev.)	F(df, Error df) = VALUE, $p<$ VALUE or NS
Too time consuming	3.82 (1.44)	4.39 (1.58)	F (1,537) = 47,542, $p < 0,0001$
Enjoyable	4.80 (1.42)	3.47 (1.60)	F (1,537) = 229,421, $p < 0,0001$
Stressful	3.04 (1,48)	4.58 (1,61)	F (1,537) = 299,970, $p < 0,0001$

Table 3. How participants organize grocery shopping

	BEFORE	DURING COVID-19	Repeated Measures
	Mean (St. Dev.)	Mean (St. Dev.)	F(df, Error df) = VALUE, $p<$ VALUE or NS
I physically went to the supermarket, shop, market, farmer, vendor to select and buy food	5.48 (1.38)	5.10 (1.57)	F (1,537) = 31,646, $p < 0,0001$
I ordered my food online and picked it up at a seller's point	2.55 (1.57)	2.62 (1.68)	F (1,537) = 1,780, NS
I ordered my food online and had it delivered at home.	2.84 (1.65)	2.87 (1.76)	F (1,537) = 0,213, NS

Preliminary results Poland

Table 4. How much did people in your country stock up on any of the foods/items below because of the Covid-19 pandemic

	Mean	(St. Dev.)
Fruit (fresh & frozen)	4.32	1.14
Vegetables (fresh & frozen)	4.43	1.12
Fish	4.12	1.16
Meat	4.54	1.12
Vegetarian alternatives	3.82	1.26
Potatoes	4.42	1.19
Nuts (including spreads)	3.97	1.19
Pulses	4.13	1.21
Sweet snacks	4.23	1.25
Salty snacks	4.13	1.29
Ready-meals	4.05	1.37
Bread	4.35	1.08
Flour	4.58	1.20
Yeast	4.28	1.34
Pasta. rice and other grains	4.69	1.21
Eggs	4.42	1.14
Milk	4.48	1.17
Other dairy (e.g. cheese. yoghurt)	4.36	1.11
Plant-based drinks	3.86	1.25
Water	4.63	1.19
Other non-alcoholic drinks	4.10	1.28
Alcoholic drinks	3.99	1.38

COOKING & BAKING

Table 5. Do people cook and bake more often since Covid-19?

	BEFORE	DURING COVID-19	Repeated Measures
	Mean (St. Dev.)	Mean (St. Dev.)	F(df, Error df) = VALUE, p< VALUE or NS
Warm meal	5.04 (1.28)	5.15 (1,29)	F (1,537) = 5,489, p < 0,002
Baked goods (e.g. cake, cookies, pie)	4.19 (1.41)	4.30 (1,52)	F (1,537) = 4,821, p < 0,029
Bread	3.54 (1.74)	3.77 (1,81)	F (1,537) = 19,286, p < 0,0001

Table 6. Do people feel different about cooking and baking since covid-19?

	BEFORE	DURING COVID-19	Repeated Measures
	Mean (St. Dev.)	Mean (St. Dev.)	F(df, Error df) = VALUE, p< VALUE or NS
Too time consuming	4.23 (1.50)	3.81 (1,55)	F (1,537) = 42,376, p < 0,0001
An important type of relaxation for me	4.30 (1.52)	4.43 (1.54)	F (1,537) = 5,048, p < 0,025
Stressful	3.40 (1.57)	3.43 (1.58)	F (1,537) = 0,406, NS

Table 7. Why do we select the recipes we use?

	BEFORE	DURING COVID-19	Repeated Measures
	Mean (St. Dev.)	Mean (St. Dev.)	F(df, Error df) = VALUE, p< VALUE or NS
Guaranteed to taste good	5.23 (1.24)	5.41 (1.26)	F (1,537) = 15,758, p < 0,0001
Comforting (comfort foods)	4.53 (1.37)	4.76 (1.40)	F (1,537) = 18,283, p < 0,0001
Healthy	5.04 (1.28)	5.15 (1.29)	F (1,537) = 5,729, p < 0,017

EATING: WHAT WHERE AND WITH WHOM

Table 8. How important were and are mealtimes?

	BEFORE	DURING COVID-19	Repeated Measures
	Mean (St. Dev.)	Mean (St. Dev.)	F(df, Error df) = VALUE, p< VALUE or NS
Meals were an important part of the day for me/my household	4.76 (1.36)	5.01 (1.41)	F (1,537) = 23,727, p < 0,0001

E-DRINKS AND TELE-DINING?

44.4 % participates in e-drinks on a weekly to daily basis

49% enjoys these e-drinks

39.3% finds e-drinks awkward

36.4% participates in tele-dining on a weekly to daily basis

43.9% enjoys tele-dinners

38.8% finds tele-dinners awkward