

# Present Food Shopping Habits in the Spanish Adult Population: A Cross-Sectional Study

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## 1. Questionnaire on Food Shopping Habits

### 1.1. Sociodemographic Data

Q.1. Gender:	code
Male	1
Female	2

Q.2. How old are you? Age:	code
18-30 y	1
31-49 y	2
50-64 y	3
65-75 y	4
>75 y	5

Q.3. Where do you live? Province: _____ City/Village: _____ Habitat size	code
< 2,000 inhabitants	1
2,001-10,000 inhabitants	2
10,001-100,000 inhabitants	3
100,001-500,000 inhabitants	4
> 500,000 inhabitants	5

Q.4. Nationality	code
Spanish	1
Other: _____	2

Q.5. Employment Status: Are you currently...?	code
Self-employed	1
Working for others	2
Housewife (domestic work)	3
Unemployed (Go to Question Q.5.1)	4
Student	5
Retired	6
Other: _____	7

Q.5.1. For how long you have been unemployed?	
_____	

### 1.2. Food Shopping Habits

Q.6. Is there a food store in your living area?	code
Yes	1
No	0

Q.7. Are you the person in charge of food shopping at your home?	
I am 100% in charge	1
I am 50% in charge	2
I am < 50% in charge	3
I am in charge occasionally	4
I am not involved in food shopping	5

Q.8. Which is your monthly budget for food shopping?	
<150 euros	1
150-300 euros	2
301-450 euros	3
451-600 euros	4
> 600 euros	5

If Q.7 = 1 or 2, go to Q.8

If Q.7 ≠ 1 or 2, you are finished.

Q.9. Have you recently changed your shopping habits due to the current economic situation?	YES	NO
I buy cheaper food products	1	0
I buy more generic or distribution brand	1	0
I look for low-cost food-shops	1	0

I cook at home and take my lunch-box to work	1	0
I do not eat out so often	1	0
I skip one meal (_____)	1	0
I buy less fresh foods (fruits, vegetables)	1	0
I buy less meat and fish	1	0
I don't go out for snaking or appetizers	1	0
I don't go out to have a drink	1	0
I had to ask for food aid support	1	0

Q.10. Do you buy different foods depending on the day of the month (beginning vs end)?	code	Q.11. Do you buy in different shops depending on the day of the month (beginning vs end)?	code
Yes	1	Yes	1
No	0	No	0

Q.12. How frequently do you buy fresh foods? (one choice)	code
Daily	1
3-4 times per week	2
2-3 times per week	3
Once a week (Monday to Friday)	4
Usually on weekends	5
Biweekly	6
Once a month	7
Sporadically	8

Q.13. How frequently do you buy non-perishable foods? (one choice)	code
Daily	1
3-4 times per week	2
2-3 times per week	3
Once a week (Monday to Friday)	4
Usually on weekends	5
Biweekly	6
Once a month	7
Sporadically	8

Q.14. Where do you prefer to buy fresh foods? (one choice)	code
Traditional Markets	1
Neighbourhood food stores	2
Supermarkets	3
Supercentres	4
24h Shops	5
Internet	6
Direct from suppliers	7
Organic food shops	8
Own production	9
Other (_____)	10

Q.15. Where do you prefer to buy non-perishable foods? (one choice)	code
Traditional Markets	1
Neighbourhood food stores	2
Supermarkets	3
Supercentres	4
24h Shops	5
Internet	6
Direct from suppliers	7
Organic food shops	8
Own production	9
Other (_____)	10

Q.16. What are the reasons why you prefer that kind of retail store to buy your fresh food items? (multiple choice).	code
Because of food product quality	1
Because of variety	2
Because of the price	3
Because of freshness	4
Because of availability	5
Because of proximity to home	6
Because of convenience (home delivery)	7
Due to the products' origin	8
Other (_____)	9

Q.17. What are the reasons why you prefer that kind of retail store to buy your non-perishable food items? (multiple choice).	code
Because of food product quality	1
Because of variety	2
Because of the price	3
Because of freshness	4
Because of availability	5
Because of proximity to home	6
Because of convenience (home delivery)	7
Due to the products' origin	8
Other (_____)	9

<b>Q.18 Which of the following habits/activities do you usually perform while food shopping??</b>	<b>YES</b>	<b>NO</b>
You check the "best before" date label	1	0
You check the nutritional facts label	1	0
You bring a food shopping list with you	1	0
You choose environmentally friendly foods	1	0
You look for food discounts and coupons	1	0
You compare prices	1	0
You look for healthier foods	1	0
You buy value-added- foods (omega-3 enriched; + bifidus)	1	0

<b>Q.19. How much time do you spend on food shopping (from "leaving home" to "food in the fridge") (min)</b>
_____

<b>Q.20. Do you feel you have enough time for food shopping and cooking meals?</b>	code
Yes	1
No	0

<b>Q.21. Does traditional food advertising (TV, radio, press) have an influence on your shopping habits?</b>	code
Yes	1
No	0

<b>Q.22. And the information on the Internet and Social Media, does it influence your shopping habits?</b>	code
Yes	1
No	0

<b>Q.23. Please rate from 1 to 10 how health consciousness influences your food shopping habit, being 1 "no influence at all" and 10 "very high influence".</b>									
No influence at all		Very small influence		Intermediate		High influence		Very high influence	
1	2	3	4	5	6	7	8	9	10



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