nutrients MDPI

Table S1. Consumption frequency of individual food items of Midwestern university students by residence and food security status post-COVID-19 campus shift to online instruction (*n*=1434).

		Residence			Food Security Status		
	Total (%)	At Home 53% (759)	On Own 47% (675)	*p*	Food Secure 83% (1,184)	Food Insecure 17% (250)	*p*
		←%→			←%→		
Fruit juice				<.001			.626
< 1 time per week	47.4	41.8a	53.6b		48.1	43.6	
Once per week	17.7	19.0a	16.3a		17.1	20.4	
2-3 times per week	18.8	20.6a	16.9a		18.6	20.0	
4-6 times per week	7.9	9.5a	6.1b		7.8	8.4	
1 or more times per day	8.2	9.2a	7.1a		8.4	7.6	
Whole fruit				<.001			<.001
< 1 time per week	8.9	6.6a	11.4b		7.1a	17.2b	
Once per week	12.9	9.9a	16.3b		11.8a	18.0b	
2-3 times per week	23.8	21.1a	27.0b		23.1a	27.2a	
4-6 times per week	22.6	26.1a	18.7b		23.6a	18.0a	
1 or more times per day	31.8	36.4a	26.7b		34.4a	19.6b	
Vegetable juice				.837			.001
< 1 time per week	88.9	88.1	89.8		90.4a	82.0b	
Once per week	5.2	5.5	4.7		4.7a	7.2a	
2-3 times per week	3.3	3.7	2.8		2.9a	5.2a	
4-6 times per week	1.0	0.9	1.0		0.7a	2.4b	
1 or more times per day	1.7	1.7	1.6		1.4a	3.2b	
Potatoes				<.001			.588
< 1 time per week	10.0	5.5a	15.0b		9.6	11.6	
Once per week	23.2	20.4a	26.4b		24.0	19.6	
2-3 times per week	41.2	42.0a	40.3a		40.8	43.2	
4-6 times per week	20.2	24.8a	15.0b		20.2	20.0	
1 or more times per day	5.4	7.2a	3.4b		5.4	5.6	
Green salad				<.001			.277
< 1 time per week	28.3	23.3a	33.9b		27.4	32.8	
Once per week	25.8	25.4a	26.2a		25.5	27.2	
2-3 times per week	26.6	28.6a	24.4a		27.1	24.4	
4-6 times per week	11.2	13.0a	9.2b		11.7	8.8	
1 or more times per day	8.0	9.6a	6.2b		8.3	6.8	
Vegetable stews				<.001			.290
< 1 time per week	57.3	57.0a	57.6a		57.4	56.8	
Once per week	26.5	30.0a	22.5b		27.2	23.2	
2-3 times per week	11.7	9.6a	14.1b		11.3	13.6	
4-6 times per week	2.7	2.4a	3.1a		2.5	3.6	
1 or more times per day	1.7	0.9a	2.7b		1.5	2.8	
Other vegetables				.001			<.001
< 1 time per week	6.1	4.7a	7.6b		5.2a	10.4b	
Once per week	10.5	8.0a	13.3b		9.1a	17.2b	
2-3 times per week	29.8	31.0a	28.4a		29.5a	31.2a	
4-6 times per week	22.0	23.7a	20.0a		22.8a	18.0a	
1 or more times per day	31.7	32.5a	30.7a		33.4a	23.2b	
Fiber cereals				.163			.228
< 1 time per week	63.7	62.5	65.0		64.8	58.4	
Once per week	13.5	14.0	12.9		13.3	14.0	
2-3 times per week	13.6	14.4	12.7		13.3	15.2	
4-6 times per week	5.2	4.3	6.2		4.7	7.6	
1 or more times per day	4.0	4.9	3.1		3.9	4.8	
Beans, peas, lentils, etc.				.271			.690

< 1 time per week	38.7	38.5	39.0		38.1	41.6	
Once per week	25.9	26.7	24.9		26.5	22.8	
2-3 times per week	20.6	21.6	19.6		20.4	21.6	
4-6 times per week	8.2	7.8	8.6		8.4	7.2	
1 or more times per day	6.6	5.4	8.0		6.6	6.8	
Dark breads				.124			.378
< 1 time per week	43.7	44.0	43.3		43.2	46.0	
Once per week	15.9	17.7	13.9		16.4	13.6	
2-3 times per week	20.8	20.4	21.2		20.2	23.6	
4-6 times per week	11.7	11.3	12.1		11.9	10.8	
1 or more times per day	7.9	6.6	9.5		8.4	6.0	

Same subscript letters (a, b) indicate column proportions that are not significantly different from each other.

Table S2. Cooking self-efficacy of Midwestern university students by residence and food security status post-COVID-19 campus shift to online instruction (*n*=1434).

		Residence			**Food Security Status**		
	Total (%)	At Home 53% (759)	On Own 47% (675)	*p*	Food Secure 83% (1184)	Food Insecure 17% (250)	*p*
		←——%——→			←——%——→		
Follow recipe direction				.166			<.001
Not at all confident	0.6	0.5	0.7		0.4a	1.6b	
A little confident	2.1	1.5	2.8		1.4a	5.6b	
Somewhat confident	15.0	16.2	13.6		14.8a	16.0a	
Very confident	82.3	81.8	82.8		83.4a	76.8b	
Prepare a meal				<.001			.216
Not at all confident	1.4	2.0a	0.7b		1.4	1.6	
A little confident	5.5	6.7a	4.1b		5.0	8.0	
Somewhat confident	18.4	23.1a	13.2b		18.9	16.0	
Very confident	74.7	68.2a	81.9b		74.7	74.4	
Make a lettuce and chopped vegetable salad				.422			<.001
Not at all confident	2.9	2.4	3.4		2.3a	5.6b	
A little confident	6.7	6.1	7.4		5.6a	12.0b	
Somewhat confident	16.2	6.9	15.4		16.3a	15.6a	
Very confident	74.2	74.7	73.8		75.8a	66.8b	
Prepare a mixture such as a stir-fry				<.001			.007
Not at all confident	7.7	10.3a	4.9b		7.4a	9.2a	
A little confident	16.2	18.2a	13.9b		15.7a	18.4a	
Somewhat confident	25.1	27.2a	22.7b		23.8a	31.2b	
Very confident	51.0	44.3a	58.5b		53.1a	41.2b	
Prepare a mixture such as a casserole or 'hotdish'				.008			.001
Not at all confident	9.8	10.7a	8.7a		8.5a	16.0b	
A little confident	18.4	20.2a	16.3a		18.5a	17.6a	
Somewhat confident	24.2	25.7a	22.5a		23.7a	26.8a	
Very confident	47.7	43.4a	52.4b		49.4a	39.6b	
Prepare baked goods (such as bread, cake, cookies, or muffins) from scratch				.016			.008
Not at all confident	11.2	9.9a	12.6a		10.0a	16.8b	
A little confident	16.8	16.4a	17.3a		16.5a	18.4a	
Somewhat confident	22.3	20.2a	24.6b		23.1a	18.4a	
Very confident	49.8	53.6a	45.5b		50.5a	46.4a	
Create a hot meal from scratch without needing to follow a recipe				<.001			.300
Not at all confident	19.8	25.6a	13.3b		19.9	19.2	
A little confident	22.2	26.1a	17.8b		22.8	19.2	
Somewhat confident	21.4	21.4a	21.5a		21.7	20.0	
Very confident	36.6	26.9a	47.4b		35.5	41.6	

Same subscript letters (a, b) indicate column proportions that are not significantly different from each other.