



Deliverable D 2.2.

A better understanding of the needs, barriers, and drivers of citizens for uptaking beneficial tools and applications: survey in multiple EU countries

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Abbreviations

Abbreviation	Full Form
EU	European Union
ICCS	Institute of Communication and Computer Systems
KUL	KU Leuven
VU	Vilnius University

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Summary

This report is aimed to provide a deeper understanding of needs, barriers, and drivers influencing citizens to enhance healthy and sustainable food provision, eating and treating of food at home.

Data for this cross-sectional study was collected in 9 countries of the European Union: Lithuania, Belgium, Greece, Poland, Germany, Sweden, France, Spain, Italy. In each country, representative samples by age, sex and place of residence were formed. In each country, 500 respondents were surveyed which resulted in a total sample of 4500 respondents. Using Pearson χ^2 and Mann-Whitney U tests the associations between the barriers, drivers, needs, and sociodemographic factors, resistance, supportiveness, and ambivalence were assessed.

As sources of recipes, websites and apps were indicated by 83.8% of the respondents, social networks – by 42.6%, books and magazines – by 42.4%. Respondents who were resistant to healthier and more sustainable cooking less frequently used websites and apps, social networks, books and magazines as sources of recipes ($p < 0.05$). Respondents who were ambivalent about healthier and more sustainable cooking more frequently used social networks as sources of recipes ($p < 0.05$). Ambivalent respondents less frequently used books and magazines as sources for recipes ($p < 0.05$). Using websites and apps was not associated with ambivalence about healthier or more sustainable cooking ($p > 0.05$). Respondents, supporting the use of novel tools for healthier and more sustainable cooking, more frequently used websites and apps, social networks, also books and magazines as the sources of recipes ($p < 0.05$). Respondents who were resistant to healthier or more sustainable cooking had lower compliance to nutritional guidelines scores, also lower importance of price scores ($p < 0.05$). Respondents who were ambivalent about healthier and more sustainable cooking had lower compliance to nutritional guidelines scores ($p < 0.05$). Ambivalence was not associated with differences in importance of price scores ($p > 0.05$). Respondents, supporting the use of novel tools for healthier and more sustainable cooking, had higher compliance to nutritional guidelines, also importance of price scores ($p < 0.05$). Respondents who were not resistant to healthier and more sustainable cooking scored higher in food provisioning and preparation, culinary culture, consumer ethnocentrism, seasonal food orientation, waste avoidance, personal innovativeness, digital literacy, and health self-consciousness scales ($p < 0.05$). Resistant respondents showed higher scores in bad environmental attitudes ($p < 0.05$). Not ambivalent about healthier and sustainable cooking respondents scored higher in food provisioning and preparation, culinary culture, seasonal food orientation, waste avoidance, digital literacy, and health self-consciousness scales ($p < 0.05$). Ambivalent respondents showed higher scores in bad environmental attitudes ($p < 0.05$). Consumer ethnocentrism and personal innovativeness were not associated with ambivalence ($p > 0.05$). Supporting the use of innovative tools for healthier and more sustainable cooking respondents scored higher in Food provisioning and preparation, culinary culture, consumer ethnocentrism, seasonal food orientation, waste avoidance, personal innovativeness, digital literacy, and health self-consciousness scales ($p < 0.05$). Unsupportive respondents showed higher scores in bad environmental attitudes

($p < 0.05$). One third of the respondents indicated that insights into healthiness of recipes, insights into specific products or nutrients or ingredients, insights in possible alternatives for certain products would act as drivers to use a cooking application/tool with such properties. Every fourth respondent indicated that there is nothing that would motivate him/her to use such tool. Only reminders about products that need to be bought and “Other” options among resistant respondents were prevalent with a similar frequency as among non-resistant respondents ($p > 0.05$). All other options were less prevalent among resistant respondents ($p < 0.05$). In comparison to non-ambivalent groups, insights into sustainability of recipes, also help with selecting foods that fit a certain diet type were more frequently indicated as possible drivers both in ambivalent about healthier cooking and ambivalent about more sustainable cooking ($p < 0.05$). Insights into specific products or nutrients or ingredients, help with reducing the amount of leftovers, also reminders about products that need to be bought were selected less frequently by ambivalent respondents in comparison to not ambivalent respondents ($p < 0.05$). Insights into healthiness of recipes, insights into possible alternatives for certain products, help with selecting quality foods that are cheaper than others were indicated by ambivalent respondents with a similar frequency as by not ambivalent respondents ($p > 0.05$). In comparison to not supporting respondents, insights into healthiness of recipes, insights into sustainability of recipes, insights into specific products or nutrients or ingredients, insights in possible alternatives for certain products, insights into the intake of key nutrients, such as proteins, help with reducing the amount of leftovers, reminders about products that need to be bought, help with selecting quality foods that are cheaper than others, help with selecting foods that fit a certain diet type, also other properties were indicated more frequently by supporting respondents ($p < 0.05$).

To conclude, attitudes toward healthier and more sustainable cooking were strongly linked to behaviors, values, and openness to digital tools. Resistant individuals used websites, social networks, and books for recipes less frequently and showed lower compliance with nutritional guidelines and lower price sensitivity. Ambivalent respondents used social networks more often but showed inconsistent behaviors—lower compliance with guidelines, but no difference in price importance or website use. Supportive individuals used all recipe sources more often and scored higher on nutritional compliance and price awareness. They also demonstrated stronger food-related values, environmental attitudes, digital literacy, and health consciousness. In contrast, resistant and ambivalent respondents showed weaker engagement and more negative environmental attitudes. Supportive participants were most motivated to use digital cooking tools, valuing features related to health, sustainability, and food planning. Ambivalent respondents had selective interest, while resistant individuals showed little to no interest. Resistance was linked to disengagement, while supportiveness reflected consistent pro-health and pro-sustainable behavior.

1. Introduction

Healthy eating is an important factor determining public health. However, studies show that a large proportion of citizens of various countries do not meet the nutritional recommendations. Various tools such as digital applications supporting dietary guidance are employed to increase the prevalence of healthy eating, however, they face many barriers such as cultural resistance, literacy, technological gaps, and socio-economic inequalities.

To ensure effective implementation of the DietWise interventions, important factors that may influence consumer decision-making need to be assessed. The association between such factors as culinary culture, nationality, religion, ethnic background, regionality, seasonality, food waste, and delivery and the food literacy and uptake of beneficial tools and applications need to be assessed.

After conducting a large survey in 9 EU countries this report is aimed to provide a deeper understanding of needs, barriers, and drivers influencing citizens to enhance healthy and sustainable food provision, eating and treating of food at home.

2. Material and methods

2.1 Study type and ethical compliance

In order to assess needs, barriers, and drivers influencing citizens to enhance healthy and sustainable food provision, eating and treating of food at home, analytical cross-sectional study was performed by conducting a survey in multiple countries of European Union. This survey was conducted in accordance with recognized ethical standards for research involving human participants. All participants were clearly informed about the purpose of the study and were assured that their participation was entirely voluntary. This research included only one-time participation by answering the anonymous questionnaire without any interventions. The will to participate in this survey participants expressed by completing the questionnaire. Given the minimal risk nature of the study and the absence of sensitive personal data, formal ethical approval was not required. However, ethical principles of respect, voluntariness, anonymity, and data protection were strictly followed throughout the research process.

2.2 Study population and sample

The target population of this study consisted of adult citizens of European Union aged from 18 to 75. Data were collected in 9 European Union countries: Lithuania, Belgium, Greece, Poland, Germany, Sweden, France, Spain, Italy. In each country, 500 respondents were surveyed. The samples of each country were formed taking into account the distribution of the population by age, sex and place of residence (capital/other cities and towns/rural areas). The total number of respondents surveyed was 4,500. Data were collected by a private limited liability company "Norstat LT" and its subcontractors.

2.3 Instrument for the data collection

According to the literature review, an anonymous questionnaire was prepared for the data collection. Along with questions, created by the partners of this project, the intention to avoid food waste and perceived behavioural control subscales of the questionnaire of a survey on the motivators and barriers of self-reported amounts of food waste in households (Visschers, Wickli, & Siegrist, 2016),

three statements of the 3-Item Measure of Digital Health Care Literacy scale (Nelson, Pennings, Sommer, Popescu & Barkin, 2022), health self-consciousness subscale (Gould, 1988), lionization subscale (Reich, Beck, & Price, 2018), self-efficacy subscale of the Cooking and food provisioning action scale (CAFPAS) (Lahne, Wolfson, & Trubek, 2017) were adapted to the questionnaire of this study. Items about personal innovativeness were adapted from the innovativeness scales by Hurt et al (Hurt, Joseph, and Cook, 1977) and Agarwal et al (Agarwal, & Prasad, 1998). Also, one question about drivers to use nutrition apps was adapted from a questionnaire created by Verain et al (Verain, Raaijmakers, Meijboom, & van der Haar, 2024), scale about the compliance to nutritional guidelines was prepared based on principles for healthy and environmentally responsible dietary decisions by Gezond Leven (Gezond Leven, 2020) and Lithuanian recommendations for healthy and sustainable nutrition (Lietuvos Respublikos Sveikatos apsaugos ministerija, Sveikatos mokymo ir ligų prevencijos centras, 2022), questions about social and demographic profile of the respondents were adapted from the study performed by Arlauskas et al (Arlauskas, Austys, Dobrovolskij, & Stukas, 2024) and Special Eurobarometer 516 (European Commission, 2021), statements about environmental attitudes were retrieved from the European Values Survey (Department of Sociology of Tilburg University, European Values Study, 2017) questionnaire. The ambivalence scales were prepared according to the model of ambivalence by Priester & Petty (Priester, & Petty, 1996). Scales about behavioral intentions were adapted based on studies by Aaker & Keller (Aaker, & Keller, 1990) and Taylor & Bearden (Taylor, & Bearden, 2002).

After the initial preparation of the questionnaire in English, it was translated then translated to 9 languages: Lithuanian, Dutch, Greek, Polish, German, Swedish, French, Spanish, Italian. The translated versions of the questionnaire then were reviewed by the native speakers and altered according to their suggestions. According to differences in educational systems of the survey countries, the options of the question about the highest education achieved were altered. On the other hand, the comparability between the samples collected in different countries was kept. The structure of the English version of the questionnaire is presented in Table 1. Respectively, Dutch, French, German, Greek, Italian, Lithuanian, Polish, Spanish and Swedish versions of this questionnaire are presented in Annex 1, Annex 2, Annex 3, Annex 4, Annex 5, Annex 6, Annex 7, Annex 8 and Annex 9.

Table 1. Structure of the questionnaire - *English version*

Question/Scale	Answer options/statements and the agreement options
Your age:	(open-ended question)
Your sex:	(open-ended question)
Your place of residence: (used for quota formation)	Capital; Other cities and towns; Rural areas
Place of residence:	Village (up to 500 inhabitants); Town (501 - 10,000 inhabitants); Medium-sized city (10,001 - 100,000 inhabitants); Large city (100,001 inhabitants and above)
Please select the highest level of education you have achieved to date:	Less than primary education; Primary or first stage of basic education; Lower secondary or second stage of basic education; Upper secondary education; Post-secondary non-tertiary education

	(vocational); Bachelor's Degree; Master's Degree; Doctoral Degree
How many people live in your household, including yourself?	1; 2; 3; 4; 5; 6; 7 or more
How many children do you have at home?	1; 2; 3; 4; 5 or more
Please select the option which best describes your main occupation:	Employed manager or business executive with 6+ subordinates; Self-employed professional (i.e. physician, lawyer, accountant, etc.); Employed professional (i.e. physician, lawyer, accountant, etc.); Employed manager or business executive with 0-5 subordinates; Employed supervisor with 6+ subordinates; Employed supervisor with 0-5 subordinates; Entrepreneur, business/shop owner with 6+ employees; Office worker in non-manual labor; Entrepreneur, business/shop owner with 0-5 employees; Student; Employee outside of the office in non-manual labor; Farmer, breeder/poultry breeder, fisherman; Housewife/househusband; Manual labor occupation either with specialization or in a supervisory position; Manual labor occupation with no specialization and in a non-supervisory position; Retired (with previous occupation); Temporarily unemployed
Marital status:	With a partner (married or living in an unregistered marriage); Single (widow/widower, divorced, without a partner)
What is your average monthly household income (after taxes and deductions)?	Under 500 EUR; 501 EUR to 1500 EUR; 1501 EUR to 2500 EUR; 2501 EUR to 3500 EUR; 3501 EUR to 4500 EUR; 4501 EUR to 5500 EUR; 5501 EUR and above; Prefer not to say
During the last 12 months, was there a time when, because of lack of money or other resources	You were worried you would not have enough food to eat?; You were unable to eat healthy and nutritious food?; You ate only a few kinds of foods?; You had to skip a meal?; You ate less than you thought you should?; Your household ran out of food?; You were hungry but did not eat?; You went without eating for a whole day? (agreement options: Yes; No; I don't know; Prefer not to say)
Do you consider yourself to be:	Catholic; Orthodox Christian; Protestant; Other Christian; Jewish; Muslim - Shia; Muslim - Sunni; Other Muslim; Sikh; Buddhist; Hindu; Atheist; Other (please specify); Don't know; Non-believer or agnostic; Prefer not to say
What is your ethnic background?	(different set of answer options for each country)
Intentions to cook healthier at home (Instruction to the respondent: Please read the statements below and indicate your agreement.)	Providing that my living conditions remain the same, I would prefer to cook healthy food at home.; It is very likely that I will cook healthy food at home more frequently.; I want to make an effort to cook healthy food at home.; I strive to cook healthy food at home more frequently. (scale

	from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Intentions to cook more sustainably at home (Instruction to the respondent: Sustainable cooking at home means making food in a way that's good for the planet, your wallet, and your community. This includes using fresh foods that grow naturally in your area during the current season, saving energy while cooking, and reducing food waste. Sustainable cooking at home means making food in a way that's good for the planet, your wallet, and your community. This includes using fresh foods that grow naturally in your area during the current season, saving energy while cooking, and reducing food waste.)	Providing that my living conditions remain the same, I would prefer to practice sustainable cooking at home.; It is very likely that I will practice sustainable cooking at home more frequently.; I want to make an effort to practice sustainable cooking at home.; I strive to practice sustainable cooking at home more frequently. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Imagine that you are about to cook dinner at home, and you are searching for a recipe on the internet. Would you be willing to use a novel online recommendations tool that can suggest you how to make your recipes you find online healthier?)	Scale from 1 to 7 where 1 - Not willing at all, 7 - Very much willing
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Imagine that you are about to cook dinner at home, and you are searching for a recipe on the internet. Would you be willing to use a novel online recommendations tool that can suggest you how to make your recipes you find online more sustainable?)	Scale from 1 to 7 where 1 - Not willing at all, 7 - Very much willing
Sources of recipes (Instruction to the respondent: Mark all relevant sources where you look for recipes when cooking at home: Multiple answers possible.)	Searching online (e.g., on Google); Supermarkets recipe apps/websites; Cookbooks; Cooking blogs; Cooking websites; Cooking apps; TikTok; Pinterest; Instagram; Facebook; Lifestyle magazines; Other [indicate];; I never search for recipes
Food provisioning and preparation (Instruction to the respondent: Please read the statements about your diet below and indicate your agreement.)	I feel limited by my lack of cooking knowledge.; I can always manage to decide what I would like to eat at any given time.; When preparing food, I am confident that I can deal with unexpected results.; When preparing food, it is easy for me to accomplish my desired results.; In preparing food, I can solve most problems with enough effort.; I am comfortable preparing food.; I know how to use the kitchen equipment I have.; I am involved in daily meal preparation.; When I shop for food, I know how I will use the ingredients I am purchasing.; I am confident creating meals from the ingredients I have on hand.; Before I start cooking, I usually have a mental plan of all the steps I will need to complete.; When presented with two similar products to purchase, I feel

	confident choosing between them.; I know where to find the ingredients I need to prepare a meal. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Please indicate the extent to which the following words describe your feelings toward changing your cooking habits to become healthier.)	Conflicted; Mixed; Indecision (scale from 0 to 5 where 0 - Don't harbor this feeling, 1 - Slightly , 5 - Extremely)
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Please indicate the extent to which the following words describe your feelings toward changing your cooking habits to become more sustainable.)	Conflicted; Mixed; Indecision (scale from 0 to 5 where 0 - Don't harbor this feeling, 1 - Slightly , 5 - Extremely)
Compliance to nutritional guidelines (Instruction to the respondent: Please read the statements below and indicate your agreement.)	It is important for me to increase plant-based food in my diet.; I seek to reduce my weekly meat intake.; I seek to increase the consumption of vegetables.; I strive to minimize my sugar consumption by reducing sweets consumption.; I seek to avoid processed foods in my diet.; I make an effort to select nutritious ingredients when planning a meal.; I strive to plan my grocery shopping carefully to minimize food waste.; I seek to store leftovers properly and incorporate them into meals the next day.; I seek to prepare meals in reasonable portions to avoid unnecessary waste or overconsumption.; I strive to eat whole-grain foods every day.; I strive to reduce my consumption of fats.; I try to reduce my consumption of salt. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Importance of price (Instruction to the respondent: Please read the statements below and indicate your agreement.)	I buy groceries mainly when they are on sale.; Price is the most important factor for me when choosing food.; if healthier food was cheaper, I would buy it more often; if sustainable food was cheaper, I would buy it more often (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Culinary culture (Instruction to the respondent: Please read the statements below and indicate your agreement.)	Food is a central part of my family's traditions and celebrations.; I tend to participate in preparing traditional dishes for special occasions.; I am knowledgeable about the food-related customs of my culture.; I enjoy learning about and trying dishes from other cultures.; My culinary practices have been influenced by the foods of other regions.; I see food as a way to bridge cultural differences and foster understanding. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)

Locavorism/regionalism (Instruction to the respondent: Please read the statements below and indicate your agreement.)	Locally produced foods just taste better.; All else equal, there is no taste difference between a locally produced food and one that was shipped from somewhere else.; Locally produced foods are more nutritious than foods that have been shipped from somewhere else.; Locally produced food has lower environmental impact. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Consumer ethnocentrism (Instruction to the respondent: Please read the statements below and indicate your agreement.)	One should not buy imported food because it hurts (adapt country) farmers.; It is not right to purchase imported food because it causes the loss of jobs in (adapt country).; One should only buy domestic food.; I always prefer (adapt country) food over imported products. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Seasonal food orientation (Instruction to the respondent: Please read the statements below and indicate your agreement.)	Seasonal vegetables taste better than out-of-season produce; Foods in season are more nutritious than foods out-of-season.; Eating seasonal foods is an important part of my diet; I believe seasonal foods have a fresher taste compared to non-seasonal options; I prefer to eat foods that are naturally available during their peak season; Eating seasonally has significant environmental benefits (less energy consumption, transport emissions, chemical inputs, etc.) (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Wasting food (Instruction to the respondent: Please read the statements below and indicate your agreement.)	I try to waste no food at all.; I always try to eat all purchased foods.; I try to produce only very little food waste.; I aim to use all leftovers.; I find it difficult to prepare a new meal from leftovers.; I find it difficult make sure that only small amounts of food are discarded in my household.; I find it difficult to plan my food shopping in such a way that all the food I purchase is eaten.; I have the feeling that I cannot do anything about the food wasted in my household. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Digital literacy (Instruction to the respondent: Please read the statements below and indicate your agreement.)	I can use applications/programs (such as Zoom) on my cell phone, computer, or another electronic device on my own (without asking for help from someone else); I can set up a video chat using my cell phone, computer, or another electronic device on my own (without asking for help from someone else); I can solve or figure out how to solve basic technical issues on my own (without asking for help from someone else) (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Personal innovativeness (Instruction to the respondent: Please read the statements below and indicate your agreement.)	Among my peers, I am usually the first to try out new online tools or mobile applications.; I must see other people using new online tools or mobile applications before I will consider them.; If I

	heard about new online tools or mobile applications, I would look for ways to experiment with them. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Drivers of smart recipe tool use (Instruction to the respondent: Which of the following would motivate you to start using a cooking app or online tool? Multiple answers possible.)	To gain insight into healthiness of recipes; To gain insight into sustainability of recipes; To gain insight into specific products or nutrients or ingredients; To gain insight in possible alternatives for certain products; To gain insight into the intake of key nutrients, such as proteins; To reduce the amount of leftovers; To be reminded about products that I need to buy; I need help with selecting foods that I am not allergic to; I need help with selecting quality foods that are cheaper than others; I need help with selecting foods that are appropriate for my religion; I need help with selecting foods that fit my diet type; Other (please specify); There is nothing that would motivate me to use such a tool
Environmental attitudes (Instruction to the respondent: Please read the statements below and indicate your agreement.)	I would give part of my income if I were certain that the money would be used to prevent environmental pollution.; It is just too difficult for someone like me to do much about the environment.; There are more important things to do in life than protect the environment.; There is no point in doing what I can for the environment unless others do the same.; Many of the claims about environmental threats are exaggerated.; Protecting the environment should be given priority, even if it causes slower economic growth and some loss of jobs.; Economic growth and creating jobs should be the top priority, even if the environment suffers to some extent. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)
Health self-consciousness (Instruction to the respondent: Please read the statements below and indicate your agreement.)	I reflect about my health a lot.; I'm very self-conscious about my health.; I'm generally attentive to my inner feelings about my health. (scale from 1 to 7 where 1 - Totally disagree, 7 - Totally agree)

2.4 Statistical analysis

Based on the responses regarding education and employment, three levels of the socioeconomic status were distinguished:

- High socioeconomic level: business executives or professionals or high educational level employees in non-manual labor or specialized employees or retired with high educational level.
- Moderate socioeconomic level: employees in non-manual labor or specialized employees or retired with moderate educational level.
- Low socioeconomic level: unskilled employees in manual labor or low educational level employees or permanently unemployed or students or retired with low educational level.

The normality of continuous variables was tested using the Kolmogorov–Smirnov test with Lilliefors significance correction. This test showed non-normal distributions. Therefore, medians with interquartile ranges (Q1–Q3) were presented for such variables, and Mann-Whitney U test was employed for their comparison between the groups. In order to assess associations between needs, barriers, drivers, and sociodemographic factors, the Pearson’s chi-squared test (χ^2) was used. Such assessment was performed within and between the resistant, supportive and ambivalent populations. Logistic regression models were created in order to identify the determinants for belonging to the resistant, supportive and ambivalent populations. Only statistically significant variables were used for the final models. Nagelkerke R Square and Cox & Snell R Square values, Hosmer & Lemeshow Test, and the classification tables (with the cut-off value 0.5) were used to assess the quality of the created models. The Differences were considered statistically significant when the p-value was lower than 0.05.

3. Preliminary results

Due to the delay in the data collection in Belgium and Greece, this report presents data collected in 7 countries (Lithuania, Poland, Germany, Sweden, France, Spain, Italy) with a total sample of 3500 respondents.

3.1 Characteristics of the samples

The median age was 48 (35 – 60) years. Male and female respondents took similar parts of the sample. The majority of the respondents had no university education, lived in cities or towns, were married or with a partner, were employed, had household income of 2500 EUR or less, had no problems with affording food over the period of 12 months, belonged to one or another religion group. Every ninth respondent indicated searching for recipes in various sources of information. The distribution of the respondents with respect to social and demographic factors is presented in the Table 2.

Table 2. Characteristics of the sample

Factor	Prevalence	
	N	Relative Frequency (%)
Sex		
Male	1708	48.8%
Female	1792	51.2%
Age		
48 years old or younger	1808	51.7%
49 years old or older	1692	48.3%
Education		
Lower education	2486	71.0%
Bachelor’s, master’s or doctor’s degree	1014	29.0%
Place of residence		
City or town	3027	86.5%
Village (up to 500 residents)	473	13.5%
Marital status		
With partner	2270	64.9%
Single	1230	35.1%
Number of family members		
One or two	1916	54.7%
Three or more	1584	45.3%

With children in the household		
No	1463	53.0%
Yes	1298	47.0%
Employment		
Unemployed	1215	34.7%
Employed	2285	65.3%
Household income		
2500 EUR or less	1799	59.8%
2501 EUR or more	1209	40.2%
Socioeconomic status		
High	1285	36.7%
Moderate	1169	33.4%
Low	1046	29.9%
Had problems with affording food		
Yes	1423	40.7%
No	2077	59.3%
Religion		
Atheists, agnostics, non-believers	1170	36.8%
Religious respondents	2010	63.2%
Search for recipes		
Yes	3225	92.1%
No	275	7.9%

3.2 Assigning the respondents to resistant, ambivalent and supporting groups

The median score of the scale measuring respondents' intention to cook healthier at home was 5.5 (4.5 – 6.75), the median score of the scale measuring respondents' intention to cook more sustainable at home was 5.25 (4.25-6.5). Respectively, respondents with scores up to these medians were assigned to resistant to healthier cooking and resistant to more sustainable cooking groups. The rest part of the respondents, who scored above the medians, were assigned to not resistant to healthier cooking and not resistant to more sustainable cooking groups, respectively.

Both median scores of the scales measuring respondents' intention to use novel online recommendations tools that can suggest how to make recipes found online healthier and more sustainable were 5.0 (4.0 – 6.0). Respondents with scores above these medians were assigned to supporting groups: supportive to the use of novel tools for healthier cooking and supportive to the use of novel tools for more sustainable cooking. The rest part of the respondents, who scored above the medians, were assigned to unsupportive to the use of novel tools for healthier cooking and unsupportive to the use of novel tools for more sustainable cooking.

Both median scores of the scales measuring respondents' ambivalence about changing cooking habits towards healthier and more sustainable ones were 3.0 (1.3 – 4.0). Respondents with scores above these medians were assigned to ambivalent groups: ambivalent about changing cooking habits towards the healthier ones and ambivalent about changing cooking habits towards the more sustainable ones. The rest part of the respondents, who scored up to the medians, were assigned to not ambivalent about changing their cooking habits towards the healthier ones and not ambivalent about changing their cooking habits towards the more sustainable ones.

The following analysis assesses the association between these groupings and the sociodemographic factors. We used χ^2 test to assess these relationships.

Regarding the distribution of the respondents in resistant versus non-resistant groups, the analysis revealed that male, younger, single, employed respondents, respondents with higher number of family members, not religious respondents, also those who did not search for recipes more frequently were resistant to healthier and more sustainable cooking ($p < 0.05$). Also, resistance to more sustainable cooking was more frequently observed among residents from cities and towns ($p < 0.05$). Education, having children, income, socioeconomic status, also having problems with affording food had no association with resistance ($p > 0.05$) (Table 3). Table 3 presents the percentages of respondents who were resistant to healthier cooking and resistant to more sustainable cooking, across various social and demographic groups (shown in the rows). The p-values indicate whether the proportion of resistant respondents in each group significantly differed from the proportion in the respective non-resistant group.

Table 3. Distribution of the respondents by social and demographic factors in resistant groups and its comparison to non-resistant groups.

Factor	Resistant to healthier cooking		Resistant to more sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Sex				
Male	57.1%	<0.001	57.4%	<0.001
Female	44.4%		45.3%	
Age				
48 years old or younger	55.0%	<0.001	57.3%	<0.001
49 years old or older	45.9%		44.7%	
Education				
Lower education	51.4%	0.155	52.3%	0.051
Bachelor's, master's or doctor's degree	48.7%		48.6%	
Place of residence				
City or town	50.9%	0.356	52.0%	0.013
Village (up to 500 residents)	48.6%		45.9%	
Marital status				
With partner	47.8%	<0.001	48.0%	<0.001
Single	55.8%		57.1%	
Number of family members				
One or two	48.9%	0.027	49.5%	0.030
Three or more	52.7%		53.2%	
With children in the household				
No	47.6%	0.065	48.7%	0.326
Yes	51.2%		50.5%	
Employment				
Unemployed	47.6%	0.009	47.7%	0.003
Employed	52.2%		53.0%	
Household income				
2500 EUR or less	51.1%	0.237	50.5%	0.817
2501 EUR or more	48.9%		50.0%	
Socioeconomic status				

High	51.1%	0.634	51.5%	0.775
Moderate	49.2%	0.237	49.7%	0.209
Low	51.5%	0.473	52.5%	0.320
Had problems with affording food				
No	50.6%	0.943	51.3%	0.914
Yes	50.5%		51.1%	
Religion				
Atheists, agnostics, non-believers	54.6%	<0.001	57.4%	<0.001
Religious respondents	47.0%		46.3%	
Search for recipes				
Yes	49.0%	<0.001	49.5%	<0.001
No	69.8%		71.6%	

Regarding the distribution of the respondents in supportive versus unsupportive the use of novel tools for healthier or more sustainable cooking groups, the comparative analysis revealed that females, respondents with university education, respondents with partners, with higher number of family members, with children, higher income, religious respondents, and those who had problems with affording food, those who searched for recipes more frequently were supportive to using novel tools for healthier and more sustainable cooking ($p < 0.05$). Also, supportiveness to using novel tools for healthier cooking was more frequently observed among younger respondents and those with higher income ($p < 0.05$). Place of residence, employment, and socioeconomic status had no association with supportiveness to the use of novel tools for healthier and more sustainable cooking ($p > 0.05$) (Table 4).

Table 4. Distribution of the respondents by social and demographic factors in supporting groups and its comparison to not supporting groups.

Factor	Supportive to healthier cooking		Supportive to more sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Sex				
Male	38.6%	<0.001	37.6%	<0.001
Female	49.7%		46.9%	
Age				
48 years old or younger	46.2%	0.016	42.8%	0.563
49 years old or older	42.2%		41.8%	
Education				
Lower education	43.1%	0.025	41.3%	0.045
Bachelor's, master's or doctor's degree	47.2%		45.0%	
Place of residence				
City or town	44.3%	0.963	42.2%	0.567
Village (up to 500 residents)	44.2%		43.6%	
Marital status				
With partner	47.7%	<0.001	45.7%	<0.001
Single	38.0%		36.1%	
Number of family members				
One or two	42.0%	0.003	40.0%	0.002
Three or more	47.0%		45.2%	
With children in the household				

No	45.3%	0.044	42.4%	0.005
Yes	49.2%		47.8%	
Employment				
Unemployed	42.8%	0.196	41.5%	0.452
Employed	45.1%		42.8%	
Household income				
2500 EUR or less	43.3%	0.003	42.3%	0.084
2501 EUR or more	48.8%		45.5%	
Socioeconomic status				
High	45.8%	0.181	43.7%	0.231
Moderate	44.2%	0.960	42.6%	0.827
Low	42.5%	0.175	40.4%	0.137
Had problems with affording food				
No	41.9%	0.001	40.0%	0.001
Yes	47.7%		45.8%	
Religion				
Atheists, agnostics, non-believers	40.9%	<0.001	37.2%	<0.001
Religious respondents	48.0%		47.1%	
Search for recipes				
Yes	47.3%	<0.001	45.1%	<0.001
No	8.4%		10.2%	

Regarding the distribution of the respondents in ambivalent versus not ambivalent about healthier or more sustainable cooking groups, the comparative analysis revealed that male, younger, employed respondents, those with higher number of family members, respondents with children, respondents with low socioeconomic status more frequently, those who had problems with affording food showed to be ambivalent about healthier and more sustainable cooking ($p < 0.05$). In addition, lower educated, single respondents more frequently were ambivalent about more sustainable cooking ($p < 0.05$), those who searched for recipes were more ambivalent about healthier cooking ($p < 0.05$). Place of residence, household income, and religion were not associated with ambivalence ($p > 0.05$) (Table 5).

Table 5. Distribution of the respondents by social and demographic factors in ambivalent groups and its comparison to non-ambivalent groups.

Factor	Ambivalent about healthier cooking		Ambivalent about more sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Sex				
Male	46.3%	<0.001	43.7%	0.001
Female	40.2%		38.2%	
Age				
48 years old or younger	49.2%	<0.001	46.6%	<0.001
49 years old or older	36.7%		34.8%	
Education				
Lower education	44.2%	0.055	42.6%	0.002
Bachelor's, master's or doctor's degree	40.6%		36.8%	
Place of residence				
City or town	43.0%	0.695	40.8%	0.727

Village (up to 500 residents)	44.0%		41.6%	
Marital status				
With partner	42.5%	0.273	39.3%	0.007
Single	44.4%		44.0%	
Number of family members				
One or two	37.5%	<0.001	36.5%	<0.001
Three or more	49.9%		46.2%	
With children in the household				
No	40.3%	<0.001	37.5%	<0.001
Yes	49.0%		46.1%	
Employment				
Unemployed	39.6%	0.002	37.9%	0.009
Employed	45.0%		42.5%	
Household income				
2500 EUR or less	43.0%	0.946	41.1%	0.941
2501 EUR or more	43.1%		40.9%	
Socioeconomic status				
High	41.5%	0.130	39.0%	0.078
Moderate	40.8%	0.048	39.7%	0.298
Low	47.8%	<0.001	44.6%	0.003
Had problems with affording food				
No	38.6%	<0.001	36.8%	<0.001
Yes	49.8%		46.9%	
Religion				
Atheists, agnostics, non-believers	42.1%	0.396	40.1%	0.540
Religious respondents	43.7%		41.2%	
Search for recipes				
Yes	43.6%	0.047	41.3%	0.110
No	37.5%		36.4%	

3.3 Needs

In order to assess informational needs regarding cooking recipes, we analyzed the frequency of the use of different sources of recipes. The analysis revealed that the vast majority of the respondents indicated that they search online (e.g., on Google) for recipes. Cookbooks and cooking websites took the second and the third places respectively by the frequency of their use as sources of recipes. Social networks, cooking apps and supermarkets' websites were less frequently used sources of recipes. Also, respondents additionally indicated the use of artificial intelligence, YouTube, TV, family, friends, newspapers as sources of recipes. These were named as "other" sources (Figure 1).

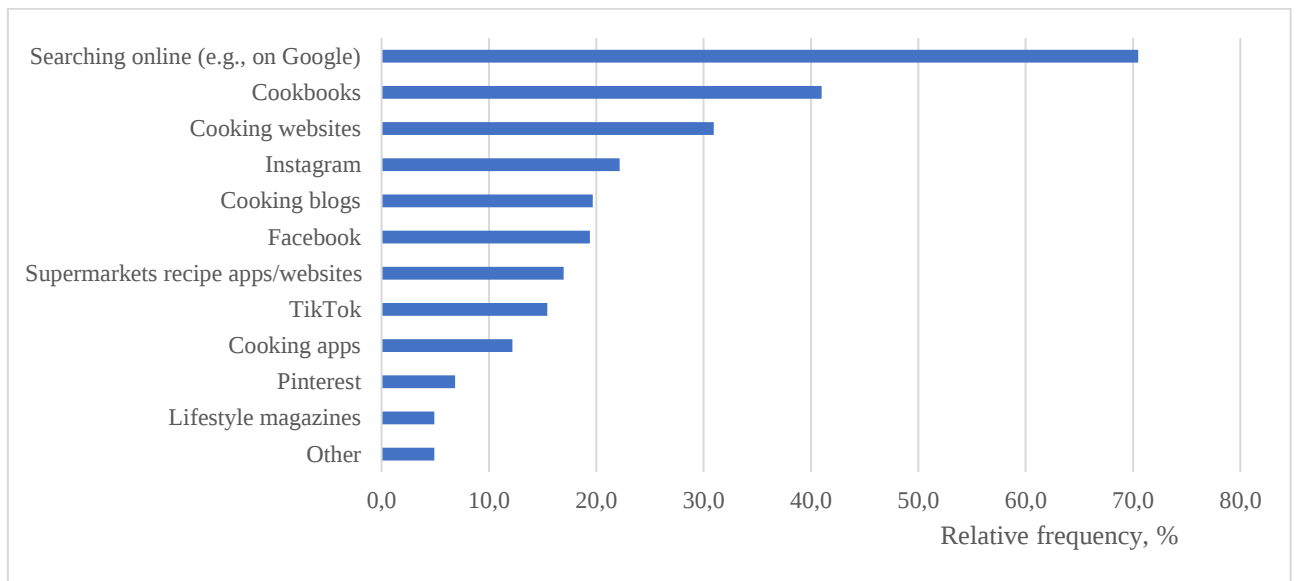


Figure 1. Distribution of the sample by the use of different sources of recipes

After combining “Searching online (e.g., on Google)”, “Cooking websites”, “Cooking blogs”, “Supermarkets recipe apps/websites”, and “Cooking apps” to one group, “Cookbooks” and “Lifestyle magazines” to another group, and “Instagram”, “Facebook”, “TikTok”, and “Pinterest” to the third group, we found that as sources of recipes, websites and apps were indicated by 83.8% of the respondents, social networks – by 42.6%, books and magazines – by 42.4%. We then assessed the association between demographic characteristics and the sources used. Websites and apps more frequently were indicated by females, younger respondents, respondents with higher education, married or with partners, with children, with higher number of family members, employed, with higher income, with higher socioeconomic status ($p < 0.05$). Social networks more frequently were indicated by females, younger respondents, married or with partners, with children, with higher number of family members, with moderate or low socioeconomic status, also those who had problems with affording foods over the last year ($p < 0.05$). Books and magazines more frequently were indicated by female, older respondents, respondents with higher education, married or with partners, respondents with higher income, with high socioeconomic status ($p < 0.05$). Place of residence and religion were not associated with any difference in the use of any of these sources (websites/apps, social networks, books/magazines) ($p > 0.05$) (Table 6).

Table 6. Distribution of the respondents by sources of recipes and sociodemographic factors.

Factor	Websites and apps		Social networks		Books and magazines	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Sex						
Male	81.6%	<0.001	33.3%	<0.001	40.3%	0.015
Female	85.9%		51.5%		44.4%	
Age						
48 years old or younger	87.4%	<0.001	54.5%	<0.001	38.9%	<0.001
49 years old or older	79.9%		29.9%		46.2%	
Education						

Lower education	82.2%	<0.001	41.7%	0.097	40.9%	0.003
Bachelor's, master's or doctor's degree	87.7%		44.8%		46.3%	
Place of residence						
City or town	84.0%	0.471	42.6%	0.960	42.8%	0.285
Village (up to 500 residents)	82.7%		42.5%		40.2%	
Marital status						
With partner	86.1%	<0.001	44.0%	0.022	44.4%	0.001
Single	79.5%		40.0%		38.7%	
Number of family members						
One or two	81.4%	<0.001	35.3%	<0.001	42.1%	0.684
Three or more	86.7%		51.4%		42.8%	
With children in the household						
No	83.7%	0.002	41.4%	<0.001	44.5%	0.500
Yes	87.8%		49.5%		43.2%	
Employment						
Unemployed	81.0%	0.001	40.8%	0.121	42.6%	0.858
Employed	85.3%		43.5%		42.3%	
Household income						
2500 EUR or less	81.4%	<0.001	42.4%	0.562	40.4%	0.002
2501 EUR or more	88.8%		43.4%		46.2%	
Socioeconomic status						
High	86.5%	0.001	43.8%	0.269	45.5%	0.005
Moderate	82.5%	0.155	38.7%	0.001	41.7%	0.514
Low	81.8%	0.039	45.5%	0.023	39.5%	0.021
Had problems with affording food						
No	83.3%	0.374	37.7%	<0.001	41.8%	0.357
Yes	84.5%		49.7%		43.4%	
Religion						
Atheists, agnostics, non-believers	83.9%	0.942	40.6%	0.218	40.6%	0.059
Religious respondents	84.0%		42.8%		44.0%	

In addition to the analysis of sources of recipes among various social and demographic groups, we hypothesized that compliance to nutritional guidelines and importance of price might also act as important factors for different social and demographic groups. The median scores of the compliance to nutritional guidelines and importance of price scales in the whole sample are presented in Table 7.

Table 7. Median scores of the scales indicating the possible needs.

Factor	Median (first quartile – third quartile)
Compliance to nutritional guidelines	4.9 (4.2 - 5.8)
Importance of price	5 (4 - 6)

The comparison of the compliance to nutritional guidelines scores between the social and demographic groups revealed that scores were higher among female, older, unemployed respondents, those with partners, with lower income, lower socioeconomic status, religious respondents ($p < 0.05$). Education, place of residence, number of family members, having children, having problems with

affording food was not associated with differences in the compliance to nutritional guidelines score ($p > 0.05$) (Table 8).

The importance of price score was higher among female, younger, lower educated, unemployed respondents, those with lower income, lower socioeconomic status, religious respondents, also respondents who had problems with affording food ($p < 0.05$). Place of residence, marital status, number of family members, and having children had no association with differences in importance of price ($p > 0.05$) (Table 8).

Table 8. Comparison of the scores of the scales indicating the possible needs between the social and demographic groups.

Factor	Compliance to nutritional guidelines		Importance of price	
	Median (Q1 - Q3)	p value	Median (Q1 - Q3)	p value
Sex				
Male	4.8 (4 - 5.7)	<0.001	5 (4 - 5.8)	<0.001
Female	5.3 (4.5 - 6)		5.3 (4.3 - 6)	
Age				
48 years old or younger	4.9 (4.2 - 5.7)	<0.001	5.3 (4.3 - 6)	<0.001
49 years old or older	5.3 (4.4 - 6)		5 (4 - 6)	
Education				
Lower education	5.1 (4.3 - 5.8)	0.163	5 (4.3 - 6)	0.029
Bachelor's, master's or doctor's degree	5.1 (4.3 - 5.8)		5 (4 - 6)	
Place of residence				
City or town	5.1 (4.3 - 5.8)	0.366	5 (4.3 - 6)	0.245
Village (up to 500 residents)	5.1 (4.3 - 6)		5 (4.3 - 6)	
Marital status				
With partner	5.1 (4.3 - 5.8)	<0.001	5 (4.3 - 6)	0.444
Single	4.9 (4 - 5.8)		5 (4.3 - 6)	
Number of family members				
One or two	5.2 (4.3 - 5.9)	0.077	5 (4 - 6)	0.143
Three or more	5 (4.3 - 5.8)		5.1 (4.3 - 6)	
With children in the household				
No	5.1 (4.3 - 5.9)	0.222	5 (4 - 6)	0.121
Yes	5 (4.3 - 5.8)		5 (4.3 - 6)	
Employment				
Unemployed	5.2 (4.3 - 5.9)	0.002	5 (4.3 - 6)	0.046
Employed	5 (4.3 - 5.8)		5 (4.3 - 6)	
Household income				
2500 EUR or less	5.2 (4.3 - 5.8)	0.027	5.3 (4.5 - 6)	<0.001
2501 EUR or more	5 (4.3 - 5.8)		5 (4 - 5.8)	
Socioeconomic status				
High	5 (4.2 - 5.8)	0.754	5 (4 - 6)	<0.001
Moderate	5.1 (4.3 - 5.9)	<0.001	5 (4.3 - 6)	0.18
Low	5.1 (4.3 - 5.8)	0.001	5.3 (4.5 - 6)	0.014
Had problems with affording food				
No	5 (4.3 - 5.8)	0.242	5 (4 - 5.8)	<0.001
Yes	5.1 (4.3 - 5.8)		5.5 (4.5 - 6.3)	
Religion				
Atheists, agnostics, non-believers	4.8 (4 - 5.7)	<0.001	5 (4 - 6)	0.009
Religious respondents	5.2 (4.3 - 5.9)		5.3 (4.3 - 6)	

3.3.1 Resistant respondents

The comparative analysis of the different sources of recipes between resistant versus non-resistant groups revealed that resistant respondents less frequently used websites and apps, social networks, books and magazines as sources of recipes ($p < 0.05$) (Table 9).

Table 9. Distribution of the respondents by sources of recipes in resistant groups and its comparison to not resistant groups.

Factor	Resistant to healthier cooking		Resistant to more sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Websites and apps				
No	61.2%	<0.001	63.1%	<0.001
Yes	48.6%		48.9%	
Social networks				
No	54.5%	<0.001	55.4%	<0.001
Yes	45.4%		45.6%	
Books and magazines				
No	56.6%	<0.001	57.7%	<0.001
Yes	42.4%		42.4%	

Resistant respondents had lower compliance to nutritional guidelines scores, and lower importance of price scores ($p < 0.05$) (Table 10).

Table 10. Median scores of the scales indicating the possible needs and their comparison between the resistant and not resistant groups.

Factor	Resistance to healthier cooking			Resistance to more sustainable cooking		
	Not resistant	Resistant	p value	Not resistant	Resistant	p value
Compliance to nutritional guidelines	5.6 (4.9 - 6.2)	4.5 (3.9 - 5.2)	<0.001	5.7 (5 - 6.3)	4.4 (3.8 - 5)	<0.001
Importance of price	5.5 (4.5 - 6)	5 (4 - 5.8)	<0.001	5.5 (4.5 - 6.3)	4.8 (4 - 5.8)	<0.001

3.3.2 Ambivalent respondents

The comparative analysis of the different sources of recipes between ambivalent versus not ambivalent groups revealed that ambivalent respondents more frequently used social networks as sources of recipes ($p < 0.05$). Ambivalent respondents less frequently used books and magazines as sources for recipes ($p < 0.05$). Using websites and apps was not associated with ambivalence about healthier or more sustainable cooking ($p > 0.05$) (Table 11).

Table 11. Distribution of the respondents by sources of recipes in ambivalent groups and its comparison to not ambivalent groups.

Factor	Ambivalent about healthier cooking		Ambivalent about more sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Websites and apps				
No	42.9%	0.881	40.7%	0.927

Yes	43.2%		40.9%	
Social networks				
No	41.1%	0.005	38.5%	0.001
Yes	45.9%		44.1%	
Books and magazines				
No	45.1%	0.006	43.7%	<0.001
Yes	40.5%		37.1%	

Ambivalent about healthier and more sustainable cooking respondents had lower compliance to nutritional guidelines scores ($p < 0.05$). Ambivalence was not associated with differences in importance of price scores ($p > 0.05$) (Table 12).

Table 12. Median scores of the scales indicating the possible needs and their comparison between the ambivalent and not ambivalent groups.

Factor	Ambivalence about healthier cooking			Ambivalence about more sustainable cooking		
	Not ambivalent	Ambivalent	p value	Not ambivalent	Ambivalent	p value
Compliance to nutritional guidelines	5.3 (4.4 - 6)	4.8 (4.2 - 5.7)	<0.001	5.2 (4.3 - 6)	4.9 (4.2 - 5.6)	<0.001
Importance of price	5 (4 - 6)	5 (4.3 - 6)	0.156	5 (4.3 - 6)	5 (4.3 - 6)	0.332

3.3.3 Supportive respondents

The comparative analysis of the different sources of recipes between supportive versus non-supportive groups revealed that respondents, supporting the use of novel tools for healthier and more sustainable cooking, more frequently used websites and apps, social networks, also books and magazines as the sources of recipes ($p < 0.05$) (Table 13).

Table 13. Distribution of the respondents by sources of recipes in supportive groups and its comparison to non-supportive groups.

Factor	Supporting healthier cooking		Supporting sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Websites and apps				
No	18.2%	<0.001	19.2%	<0.001
Yes	49.3%		46.8%	
Social networks				
No	35.7%	<0.001	35.1%	<0.001
Yes	55.8%		52.1%	
Books and magazines				
No	39.9%	<0.001	38.5%	<0.001
Yes	50.3%		47.6%	

Respondents, supporting the use of novel tools for healthier and more sustainable cooking, had higher compliance to nutritional guidelines, and importance of price scores ($p < 0.05$) (Table 14).

Table 14. Median scores of the scales indicating the possible needs and their comparison between the supporting and not supporting groups.

Factor	Supportiveness of healthier cooking			Supportiveness of more sustainable cooking		
	Not supporting	Supporting	p value	Not supporting	Supporting	p value
Compliance to nutritional guidelines	4.5 (3.9 - 5.3)	5.6 (4.8 - 6.2)	<0.001	4.6 (3.9 - 5.3)	5.6 (4.9 - 6.3)	<0.001
Importance of price	4.8 (4 - 5.5)	5.5 (4.5 - 6.3)	<0.001	4.8 (4 - 5.8)	5.5 (4.5 - 6.3)	<0.001

3.4 Barriers

Scores in food provisioning and preparation, culinary culture, consumer ethnocentrism, seasonal food orientation, waste avoidance, personal innovativeness, digital literacy, bad environmental attitudes, and health self-consciousness scales were identified as indicators of possible barriers for users of cooking applications. Table 15 presents scores of all these scales for the whole sample.

Table 15. Median scores of the scales indicating the possible barriers.

Factor	Median (first quartile – third quartile)
Food provisioning and preparation	5.3 (4.5 - 6.1)
Culinary culture	4.8 (4 - 5.8)
Consumer ethnocentrism	4.8 (4 - 5.8)
Seasonal food orientation	5.8 (4.8 - 6.7)
Waste avoidance	5.5 (4.3 - 6.4)
Personal innovativeness	6 (4.3 - 7)
Digital literacy	4.3 (3.3 - 5)
Bad environmental attitudes	3.9 (2.9 - 4.4)
Health self-consciousness	5 (4 - 6)

The comparative analysis of the various barriers-related scores between different social and demographic groups. Mann-Whitney U test was used for comparison.

As to food provisioning and preparation scale, females, older respondents, those with partners, with lower number of family members, those who had not any problems with affording food, religious respondents had higher scores ($p < 0.05$). Education, place of residence, having children, household income, and socioeconomic status were not associated with differences in scores of this scale ($p > 0.05$) (Table 16).

As to culinary culture scale, females, higher educated respondents, those with partners, with higher number of family members, with children, employed respondents, those with higher income, high socioeconomic status, also those who had problems with affording food, religious respondents had higher scores ($p < 0.05$). Age and place of residence were no associated with differences in scores of this scale ($p > 0.05$) (Table 16).

As to consumer ethnocentrism scale, females, older, lower educated respondents, those with partners, unemployed respondents, with lower socioeconomic status, those who had problems with affording food, religious respondents had higher scores ($p < 0.05$). Place of residence, number of family

members, having children, household income were not associated with differences in scores of this scale ($p > 0.05$) (Table 16).

Table 16. Comparison of the scores of the scales indicating the possible barriers between the social and demographic groups.

Factor	Food provisioning and preparation		Culinary culture		Consumer ethnocentrism	
	Median (Q1 - Q3)	p value	Median (Q1 - Q3)	p value	Median (Q1 - Q3)	p value
Sex						
Male	5.2 (4.5 - 5.9)	<0.001	5 (4 - 5.7)	<0.001	4.8 (4 - 5.8)	<0.001
Female	5.5 (4.6 - 6.2)		5 (4.3 - 6)		5 (4 - 6)	
Age						
48 years old or younger	5.2 (4.5 - 5.8)	<0.001	5 (4.2 - 5.8)	0.574	4.8 (4 - 5.8)	<0.001
49 years old or older	5.5 (4.7 - 6.2)		5 (4.2 - 5.8)		5 (4 - 6)	
Education						
Lower education	5.4 (4.6 - 6.1)	0.088	5 (4 - 5.8)	<0.001	5 (4 - 6)	<0.001
Bachelor's, master's or doctor's degree	5.2 (4.5 - 5.9)		5 (4.3 - 6)		4.8 (4 - 5.8)	
Place of residence						
City or town	5.3 (4.5 - 6.1)	0.514	5 (4.2 - 5.8)	0.087	4.8 (4 - 6)	0.081
Village (up to 500 residents)	5.4 (4.5 - 6.1)		5 (4 - 5.8)		5 (4 - 6)	
Marital status						
With partner	5.4 (4.6 - 6.1)	<0.001	5 (4.2 - 5.8)	<0.001	5 (4 - 6)	<0.001
Single	5 (4.3 - 5.8)		5 (4 - 5.8)		4.8 (4 - 5.8)	
Number of family members						
One or two	5.5 (4.7 - 6.2)	<0.001	5 (4.2 - 5.7)	<0.001	4.8 (4 - 6)	0.060
Three or more	5.2 (4.5 - 6)		5 (4.2 - 5.8)		5 (4 - 6)	
With children in the household						
No	5.4 (4.5 - 6.1)	0.815	5 (4.2 - 5.7)	<0.001	4.8 (4 - 6)	0.610
Yes	5.3 (4.5 - 6)		5 (4.2 - 6)		5 (4 - 5.8)	
Employment						
Unemployed	5.4 (4.6 - 6.2)	<0.001	5 (4 - 5.8)	0.048	5 (4 - 6)	0.003
Employed	5.3 (4.5 - 6)		5 (4.2 - 5.8)		4.8 (4 - 5.8)	
Household income						
2500 EUR or less	5.3 (4.5 - 6.2)	0.514	5 (4 - 5.7)	<0.001	5 (4 - 6)	0.089
2501 EUR or more	5.3 (4.6 - 6)		5 (4.3 - 6)		4.8 (4 - 5.8)	
Socioeconomic status						
High	5.2 (4.5 - 6)	0.159	5 (4.2 - 6)	<0.001	4.8 (3.8 - 5.8)	<0.001
Moderate	5.4 (4.6 - 6.1)	0.057	5 (4 - 5.7)	0.052	5 (4 - 6)	<0.001
Low	5.3 (4.5 - 6.1)	0.634	5 (4.2 - 5.8)	0.066	5 (4 - 6)	0.957
Had problems with affording food						
No	5.4 (4.6 - 6.2)	0.009	5 (4 - 5.8)	0.023	4.8 (4 - 5.8)	0.018
Yes	5.2 (4.5 - 5.8)		5 (4.3 - 5.8)		5 (4 - 6)	
Religion						
Atheists, agnostics, non-believers	5.3 (4.5 - 6)	0.044	4.8 (4 - 5.8)	<0.001	4.6 (3.8 - 5.5)	<0.001
Religious respondents	5.3 (4.6 - 6.1)		5 (4.2 - 5.8)		5 (4 - 6)	

Females, older respondents, those from rural areas, with partners, unemployed respondents, those with lower income, moderate socioeconomic status, religious respondents had higher seasonal food orientation scores ($p < 0.05$). Education, number of family members, having children, having problems with affording food were not associated with seasonal food orientation scores ($p > 0.05$) (Table 17).

As to waste avoidance scale, females, older respondents, those with lower number of family members, without children, unemployed respondents, those with lower income, moderate socioeconomic status, those without problems with affording food, not religious respondents had higher scores ($p < 0.05$). Education, place of residence, and marital status were not associated with differences in scores of this scale ($p > 0.05$) (Table 17).

Males, younger, higher educated respondents, those with partners, with higher number of family members, with children, employed respondents, those with higher income, those who had problems with affording food had higher scores of personal innovativeness ($p < 0.05$). Place of residence, religion were not associated with personal innovativeness ($p > 0.05$) (Table 17).

Table 17. Comparison of the scores of the scales indicating the possible barriers between the social and demographic groups.

Factor	Seasonal food orientation		Waste avoidance		Personal innovativeness	
	Median (Q1 - Q3)	p value	Median (Q1 - Q3)	p value	Median (Q1 - Q3)	p value
Sex						
Male	5.8 (4.8 - 6.7)	<0.001	5.4 (4.1 - 6.3)	<0.001	4.3 (3.7 - 5)	<0.001
Female	6 (5 - 6.8)		5.5 (4.3 - 6.4)		4.3 (3.3 - 5)	
Age						
48 years old or younger	5.7 (4.7 - 6.5)	<0.001	4.9 (4 - 6)	<0.001	4.3 (4 - 5)	<0.001
49 years old or older	6.2 (5.2 - 7)		5.9 (4.6 - 6.6)		4 (3 - 5)	
Education						
Lower education	6 (4.8 - 6.8)	0.681	5.5 (4.1 - 6.4)	0.475	4.3 (3.3 - 5)	<0.001
Bachelor's, master's or doctor's degree	5.8 (5 - 6.7)		5.4 (4.3 - 6.3)		4.3 (3.7 - 5)	
Place of residence						
City or town	5.8 (4.8 - 6.7)	0.002	5.4 (4.1 - 6.3)	0.977	4.3 (3.7 - 5)	0.249
Village (up to 500 residents)	6 (5 - 6.8)		5.5 (4.3 - 6.5)		4.3 (3.3 - 4.7)	
Marital status						
With partner	6 (5 - 6.8)	<0.001	5.5 (4.3 - 6.4)	0.701	4.3 (3.7 - 5)	<0.001
Single	5.7 (4.7 - 6.5)		5.1 (4 - 6.1)		4.3 (3.7 - 5)	
Number of family members						
One or two	6 (5 - 6.8)	0.112	5.8 (4.5 - 6.6)	<0.001	4.3 (3.3 - 5)	<0.001
Three or more	5.8 (4.8 - 6.7)		5 (4 - 6.1)		4.3 (3.7 - 5)	
With children in the household						
No	6 (5 - 6.8)	0.156	5.6 (4.4 - 6.5)	<0.001	4.3 (3.3 - 5)	<0.001
Yes	5.8 (4.8 - 6.7)		5 (4 - 6.1)		4.3 (3.7 - 5)	
Employment						
Unemployed	6 (5 - 6.8)	0.008	5.6 (4.4 - 6.5)	<0.001	4 (3.3 - 5)	<0.001
Employed	5.8 (4.8 - 6.7)		5.3 (4.1 - 6.3)		4.3 (3.7 - 5)	
Household income						
2500 EUR or less	6 (5 - 6.8)	0.029	5.4 (4.3 - 6.4)	0.033	4.3 (3.3 - 5)	<0.001

2501 EUR or more	5.8 (4.8 - 6.7)		5.4 (4.1 - 6.3)		4.3 (3.7 - 5)	
Socioeconomic status						
High	5.8 (5 - 6.7)	0.783	5.3 (4.1 - 6.3)	0.056	4.3 (3.7 - 5)	<0.001
Moderate	6 (5 - 6.8)	<0.001	5.5 (4.4 - 6.5)	<0.001	4 (3.3 - 5)	<0.001
Low	5.7 (4.8 - 6.7)	<0.001	5.3 (4.1 - 6.3)	0.012	4.3 (3.7 - 5)	0.068
Had problems with affording food						
No	6 (5 - 6.7)	0.372	5.5 (4.3 - 6.5)	<0.001	4.3 (3.3 - 5)	0.013
Yes	5.8 (4.8 - 6.7)		5.1 (4.1 - 6.1)		4.3 (3.7 - 5)	
Religion						
Atheists, agnostics, non-believers	5.7 (4.8 - 6.5)	<0.001	5.5 (4.4 - 6.4)	<0.001	4.3 (3.7 - 5)	0.419
Religious respondents	6 (5 - 6.8)		5.3 (4.1 - 6.3)		4.3 (3.7 - 5)	

As to digital literacy scale, males, younger, higher educated, urban, employed respondents, those with higher income, high socioeconomic status, not religious respondents scored higher ($p < 0.05$). Marital status, number of family members, having children, having problems with affording food were not associated with digital literacy scores ($p > 0.05$) (Table 18).

As to bad environmental attitudes, males, younger, lower educated respondents, those from rural areas, those with higher number of family members, without children, with lower income, lower socioeconomic status, those who had problems with affording food, religious respondents scored higher ($p < 0.05$). Marital status and employment were not associated with environmental attitudes ($p > 0.05$) (Table 18).

Females, older respondents, those from cities and towns, with partners, unemployed respondents, those with higher income, lower socioeconomic status, those who had no problems with affording food, religious respondents scored higher in health self-consciousness ($p < 0.05$). Education, number of family members, and having children were not associated with differences in health self-consciousness ($p > 0.05$) (Table 18).

Table 18. Comparison of the scores of the scales indicating the possible barriers between the social and demographic groups.

Factor	Digital literacy		Bad environmental attitudes		Health self-consciousness	
	Median (Q1 - Q3)	p value	Median (Q1 - Q3)	p value	Median (Q1 - Q3)	p value
Sex						
Male	6 (4.3 - 7)	0.019	4 (2.9 - 4.6)	<0.001	5 (4 - 6)	<0.001
Female	6 (4.3 - 7)		3.7 (2.7 - 4.4)		5 (4.3 - 6)	
Age						
48 years old or younger	6.3 (5 - 7)	<0.001	4 (3 - 4.6)	<0.001	5 (4 - 6)	<0.001
49 years old or older	5.3 (4 - 6.7)		3.6 (2.7 - 4.4)		5 (4.3 - 6)	
Education						
Lower education	6 (4.3 - 7)	<0.001	3.9 (2.9 - 4.6)	<0.001	5 (4.3 - 6)	0.626
Bachelor's, master's or doctor's degree	6.3 (5 - 7)		3.7 (2.6 - 4.4)		5 (4 - 6)	
Place of residence						

City or town	6 (4.3 - 7)	0.005	3.9 (2.7 - 4.4)	0.016	5 (4.3 - 6)	<0.001
Village (up to 500 residents)	6 (4.1 - 6.7)		4 (3 - 4.6)		5 (4 - 6)	
Marital status						
With partner	6 (4.3 - 7)	0.378	3.9 (2.9 - 4.4)	0.665	5 (4.3 - 6)	0.009
Single	6 (4.3 - 7)		4 (2.7 - 4.6)		5 (4 - 6)	
Number of family members						
One or two	6 (4.3 - 7)	0.059	3.7 (2.7 - 4.4)	<0.001	5 (4.3 - 6)	0.621
Three or more	6 (4.7 - 7)		3.9 (2.9 - 4.6)		5 (4 - 6)	
With children in the household						
No	6 (4.3 - 7)	0.156	3.7 (2.7 - 4.4)	0.003	5 (4.3 - 6)	0.402
Yes	6 (4.7 - 7)		4 (3 - 4.6)		5 (4 - 6)	
Employment						
Unemployed	5.7 (4 - 7)	<0.001	3.7 (2.7 - 4.4)	0.154	5 (4.3 - 6)	0.007
Employed	6 (4.7 - 7)		3.9 (2.9 - 4.6)		5 (4 - 6)	
Household income						
2500 EUR or less	5.7 (4.3 - 7)	<0.001	4 (2.9 - 4.6)	<0.001	5 (4 - 6)	0.006
2501 EUR or more	6.3 (4.7 - 7)		3.7 (2.7 - 4.4)		5 (4.3 - 6)	
Socioeconomic status						
High	6 (4.7 - 7)	<0.001	3.9 (2.7 - 4.4)	0.016	5 (4 - 6)	0.581
Moderate	5.7 (4 - 7)	0.003	3.9 (2.7 - 4.4)	0.048	5 (4.3 - 6)	0.007
Low	5.7 (4.3 - 7)	<0.001	4 (3 - 4.6)	<0.001	5 (4.3 - 6)	0.028
Had problems with affording food						
No	6 (4.3 - 7)	0.488	3.7 (2.7 - 4.4)	<0.001	5 (4.3 - 6)	0.090
Yes	6 (4.3 - 7)		4 (3 - 4.6)		5 (4 - 6)	
Religion						
Atheists, agnostics, non-believers	6.3 (4.8 - 7)	<0.001	3.7 (2.7 - 4.4)	<0.001	5 (4 - 6)	<0.001
Religious respondents	5.7 (4.3 - 7)		3.9 (2.9 - 4.5)		5 (4.3 - 6)	

3.4.1 Resistant respondents

The comparative analysis of the various barriers-related scores between resistant versus non-resistant groups revealed that not resistant to healthier and more sustainable cooking respondents scored higher in Food provisioning and preparation, culinary culture, consumer ethnocentrism, seasonal food orientation, waste avoidance, personal innovativeness, digital literacy, and health self-consciousness scales ($p < 0.05$). Resistant respondents showed higher scores in bad environmental attitudes ($p < 0.05$) (Table 19).

Table 19. Median scores of the scales indicating the possible barriers and their comparison between the resistant and not resistant groups.

Factor	Resistance to healthier cooking			Resistance to more sustainable cooking		
	Not resistant	Resistant	p value	Not resistant	Resistant	p value
Food provisioning and preparation	5.8 (5.1 - 6.4)	4.8 (4.2 - 5.5)	<0.001	5.7 (5.2 - 6.4)	4.8 (4.1 - 5.5)	<0.001
Culinary culture	5.5 (4.7 - 6.2)	4.5 (3.8 - 5.2)	<0.001	5.5 (4.7 - 6.2)	4.5 (3.8 - 5.2)	<0.001
Consumer ethnocentrism	5.5 (4.3 - 6.3)	4.5 (3.8 - 5.3)	<0.001	5.5 (4.3 - 6.3)	4.5 (3.8 - 5.3)	<0.001

Seasonal food orientation	6.3 (5.7 - 7)	5.2 (4.5 - 6.2)	<0.001	6.4 (5.7 - 7)	5.2 (4.5 - 6)	<0.001
Waste avoidance	5.8 (4.5 - 6.6)	5 (4 - 6)	<0.001	5.9 (4.5 - 6.6)	4.9 (4 - 6)	<0.001
Personal innovativeness	4.3 (3.7 - 5)	4 (3.7 - 4.7)	<0.001	4.3 (3.7 - 5)	4 (3.3 - 4.7)	<0.001
Digital literacy	6.3 (5 - 7)	5.7 (4 - 7)	<0.001	6.3 (5 - 7)	5.3 (4 - 7)	<0.001
Bad environmental attitudes	3.6 (2.6 - 4.6)	4 (3.1 - 4.4)	<0.001	3.4 (2.6 - 4.4)	4 (3.3 - 4.6)	<0.001
Health self-consciousness	5.7 (4.7 - 6.7)	4.7 (4 - 5.3)	<0.001	5.7 (4.7 - 6.7)	4.7 (4 - 5.3)	<0.001

3.4.2 Ambivalent respondents

The comparative analysis of the various barriers-related scores between ambivalent versus not ambivalent groups revealed that not ambivalent about healthier and sustainable cooking respondents scored higher in food provisioning and preparation, culinary culture, seasonal food orientation, waste avoidance, digital literacy, and health self-consciousness scales ($p < 0.05$). Ambivalent respondents showed higher scores in bad environmental attitudes ($p < 0.05$). Consumer ethnocentrism and personal innovativeness were not associated with ambivalence ($p > 0.05$) (Table 20).

Table 21. Median scores of the scales indicating the possible barriers and their comparison between the ambivalent and not ambivalent groups.

Factor	Ambivalence about healthier cooking			Ambivalence about more sustainable cooking		
	Not ambivalent	Ambivalent	p value	Not ambivalent	Ambivalent	p value
Food provisioning and preparation	5.6 (4.8 - 6.3)	4.9 (4.3 - 5.6)	<0.001	5.6 (4.8 - 6.2)	5 (4.3 - 5.6)	<0.001
Culinary culture	5 (4.2 - 6)	4.8 (4.2 - 5.7)	<0.001	5 (4.2 - 6)	4.8 (4.2 - 5.7)	<0.001
Consumer ethnocentrism	4.8 (4 - 6)	5 (4 - 5.8)	0.160	4.8 (4 - 6)	5 (4 - 5.8)	0.947
Seasonal food orientation	6.2 (5.2 - 7)	5.5 (4.7 - 6.3)	<0.001	6.2 (5.2 - 7)	5.5 (4.7 - 6.3)	<0.001
Waste avoidance	5.9 (4.8 - 6.6)	4.5 (4 - 5.8)	<0.001	5.9 (4.8 - 6.6)	4.5 (4 - 5.8)	<0.001
Personal innovativeness	4.3 (3.3 - 5)	4.3 (3.7 - 5)	0.429	4.3 (3.3 - 5)	4.3 (3.7 - 5)	0.138
Digital literacy	6.3 (4.7 - 7)	5.3 (4.3 - 6.7)	<0.001	6.3 (4.7 - 7)	5.3 (4.3 - 6.7)	<0.001
Bad environmental attitudes	3.4 (2.6 - 4.3)	4.1 (3.4 - 4.6)	<0.001	3.4 (2.6 - 4.4)	4.1 (3.4 - 4.6)	<0.001
Health self-consciousness	5 (4.3 - 6)	5 (4 - 6)	<0.001	5 (4.3 - 6)	5 (4 - 6)	<0.001

3.4.3 Supporting respondents

The comparative analysis of the various barriers-related scores between supportive versus unsupportive groups revealed that supporting the use of innovative tools for healthier and more sustainable cooking respondents scored higher in Food provisioning and preparation, culinary culture, consumer ethnocentrism, seasonal food orientation, waste avoidance, personal innovativeness, digital literacy, and health self-consciousness scales ($p < 0.05$). Not supporting respondents showed higher scores in bad environmental attitudes ($p < 0.05$) (Table 22).

Table 22. Median scores of the scales indicating the possible barriers and their comparison between the supporting and not supporting groups.

Factor	Supporting the use of novel tools for healthier cooking			Supporting the use of novel tools for more sustainable cooking		
	Not supporting	Supporting	p value	Not supporting	Supporting	p value

Food provisioning and preparation	4.9 (4.2 - 5.8)	5.6 (4.9 - 6.2)	<0.001	5 (4.2 - 5.8)	5.6 (4.9 - 6.2)	<0.001
Culinary culture	4.5 (3.8 - 5.3)	5.5 (4.7 - 6.2)	<0.001	4.5 (4 - 5.3)	5.5 (4.7 - 6.2)	<0.001
Consumer ethnocentrism	4.5 (3.8 - 5.5)	5.3 (4.3 - 6)	<0.001	4.5 (3.8 - 5.5)	5.3 (4.3 - 6.3)	<0.001
Seasonal food orientation	5.3 (4.5 - 6.3)	6.3 (5.5 - 7)	<0.001	5.3 (4.5 - 6.3)	6.3 (5.5 - 7)	<0.001
Waste avoidance	5.3 (4.1 - 6.3)	5.5 (4.3 - 6.5)	<0.001	5.3 (4.1 - 6.3)	5.6 (4.3 - 6.5)	<0.001
Personal innovativeness	4 (3.3 - 4.7)	4.7 (4 - 5)	<0.001	4 (3.3 - 4.7)	4.7 (4 - 5)	<0.001
Digital literacy	5.3 (4 - 6.7)	6.3 (5 - 7)	<0.001	5.3 (4 - 7)	6.3 (5 - 7)	<0.001
Bad environmental attitudes	4 (3.1 - 4.4)	3.7 (2.6 - 4.6)	<0.001	4 (3.1 - 4.4)	3.6 (2.6 - 4.4)	<0.001
Health self-consciousness	4.7 (4 - 5.3)	5.7 (4.7 - 6.3)	<0.001	4.7 (4 - 5.3)	5.7 (4.7 - 6.3)	<0.001

3.5 Drivers

In order to assess the possible drivers to use a cooking application, the respondents were asked which of the provided functions of the cooking application would motivate them to use such application. One third of the respondents indicated that insights into healthiness of recipes, insights into specific products or nutrients or ingredients, insights in possible alternatives for certain products would act as drivers to use a cooking application/tool with such properties. Every fourth respondent indicated that there is nothing that would motivate him/her to use such tool (Figure 2).

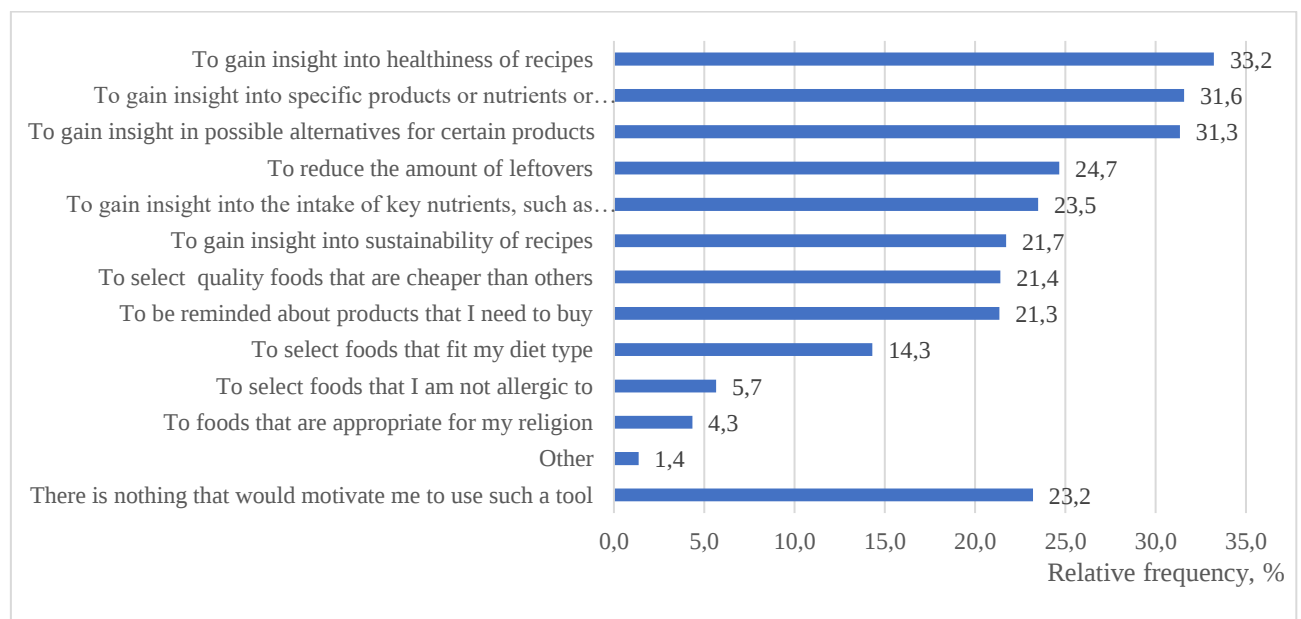


Figure 2. Distribution of the sample by properties of the cooking app/tool that would motivate to use it

Afterwards, the distribution of the respondents by cooking application functions and sociodemographic factors was assessed. The analysis revealed that younger, higher educated, urban residents, those with partners, with higher number of family members, with children, employed respondents, those with higher income, with higher socioeconomic status, those who searched for recipes more frequently indicated insights into healthiness of recipes as an option which could motivate them to use a cooking app ($p < 0.05$) (Table 23).

Younger, higher educated, urban residents, those with partners, with higher number of family members, with children, those with higher income, with higher socioeconomic status, religious

respondents, those who searched for recipes more frequently indicated insights into sustainability of recipes as an option which could motivate them to use a cooking app ($p < 0.05$) (Table 23).

Females, younger respondents, those with partners, those who had problems with affording food, religious respondents, those who searched for recipes more frequently indicated insights into specific products or nutrients or ingredients as an option which could motivate them to use a cooking app ($p < 0.05$) (Table 23).

Table 23. Distribution of the respondents by sociodemographic factors and the properties of the cooking app/tool that would motivate them to use it.

Factor	Insights into healthiness of recipes		Insights into sustainability of recipes		Insights into specific products or nutrients or ingredients	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Sex						
Male	31.7%	0.067	20.7%	0.143	28.9%	0.001
Female	34.7%		22.7%		34.1%	
Age						
48 years old or younger	37.7%	<0.001	25.6%	<0.001	33.1%	0.048
49 years old or older	28.5%		17.6%		30.0%	
Education						
Lower education	31.9%	0.007	19.1%	<0.001	30.6%	0.056
Bachelor's, master's or doctor's degree	36.6%		28.1%		33.9%	
Place of residence						
City or town	33.9%	0.034	22.3%	0.045	31.2%	0.257
Village (up to 500 residents)	29.0%		18.2%		33.8%	
Marital status						
With partner	35.4%	<0.001	23.6%	<0.001	32.9%	0.021
Single	29.2%		18.3%		29.1%	
Number of family members						
One or two	30.5%	<0.001	19.4%	<0.001	30.2%	0.058
Three or more	36.6%		24.5%		33.2%	
With children in the household						
No	32.9%	0.009	22.0%	0.031	32.9%	0.940
Yes	37.7%		25.5%		32.7%	
Employment						
Unemployed	30.1%	0.004	20.7%	0.308	31.4%	0.903
Employed	34.9%		22.2%		31.6%	
Household income						
2500 EUR or less	29.8%	<0.001	20.0%	<0.001	30.9%	0.127
2501 EUR or more	38.9%		26.5%		33.5%	
Socioeconomic status						
High	35.3%	0.053	25.5%	<0.001	31.9%	0.745
Moderate	33.3%	0.966	18.3%	0.001	31.9%	0.762
Low	30.7%	0.037	20.8%	0.413	30.8%	0.513
Had problems with affording food						
No	32.2%	0.122	21.0%	0.242	30.2%	0.033

Yes	34.7%		22.7%		33.6%	
Religion						
Atheists, agnostics, non-believers	32.4%	0.360	19.1%	0.002	29.3%	0.012
Religious respondents	34.0%		23.8%		33.6%	
Search for recipes						
Yes	35.6%	<0.001	23.3%	<0.001	33.7%	<0.001
No	5.5%		3.3%		6.9%	

Females, younger, higher educated respondents, those with partners, with higher number of family members, higher income, high socioeconomic status, also those who searched for recipes more frequently indicated insights into possible alternatives for certain products as an option which could motivate them to use a cooking app ($p<0.05$) (Table 24).

Females, younger, higher educated respondents, those with higher number of family members, employed respondents, those with higher income, high socioeconomic status, those who had problems with affording food, also those who searched for recipes more frequently indicated insights into the intake of key nutrients, such as proteins, as an option which could motivate them to use a cooking app ($p<0.05$) (Table 24).

Females, younger respondents, those with partners, with higher number of family members, with children, those who had problems with affording food, also those who searched for recipes more frequently indicated the help with reducing the amount of leftovers as an option which could motivate them to use a cooking app ($p<0.05$) (Table 24).

Table 24. Distribution of the respondents by sociodemographic factors and the properties of the cooking app/tool that would motivate them to use it.

Factor	Insights in possible alternatives for certain products		Insights into the intake of key nutrients, such as proteins		Help with reducing the amount of leftovers	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Sex						
Male	28.2%	<0.001	21.8%	0.020	21.3%	<0.001
Female	34.3%		25.1%		27.8%	
Age						
48 years old or younger	35.3%	<0.001	27.2%	<0.001	26.8%	0.003
49 years old or older	27.1%		19.5%		22.4%	
Education						
Lower education	29.9%	0.004	22.5%	0.029	23.9%	0.120
Bachelor's, master's or doctor's degree	34.9%		25.9%		26.4%	
Place of residence						
City or town	31.9%	0.083	23.9%	0.159	24.8%	0.519
Village (up to 500 residents)	27.9%		20.9%		23.5%	
Marital status						
With partner	33.7%	<0.001	23.4%	0.925	26.4%	0.001
Single	27.1%		23.6%		21.5%	
Number of family members						
One or two	29.3%	0.004	21.7%	0.005	21.6%	<0.001

Three or more	33.8%		25.7%		28.3%	
With children in the household						
No	31.6%	0.092	23.6%	0.398	23.9%	0.006
Yes	34.7%		25.0%		28.4%	
Employment						
Unemployed	30.3%	0.327	20.8%	0.007	24.3%	0.706
Employed	31.9%		24.9%		24.9%	
Household income						
2500 EUR or less	28.2%	<0.001	22.6%	0.006	24.1%	0.108
2501 EUR or more	37.3%		27.0%		26.7%	
Socioeconomic status						
High	33.8%	0.018	26.5%	0.001	24.7%	0.990
Moderate	31.1%	0.793	21.7%	0.082	25.2%	0.574
Low	28.7%	0.027	21.7%	0.104	24.0%	0.554
Had problems with affording food						
No	30.3%	0.119	21.9%	0.008	22.2%	<0.001
Yes	32.8%		25.8%		28.2%	
Religion						
Atheists, agnostics, non-believers	32.6%	0.440	24.1%	0.813	23.6%	0.274
Religious respondents	31.2%		23.7%		25.3%	
Search for recipes						
Yes	33.5%	<0.001	25.1%	<0.001	26.0%	<0.001
No	5.8%		5.1%		8.7%	

Younger respondents, those with higher number of family members, with children, with higher income, those who had problems with affording food, religious respondents, also those who searched for recipes more frequently indicated reminders about products that need to be bought as an option which could motivate them to use a cooking app ($p < 0.05$) (Table 25).

Females, younger, higher educated, rural respondents, those with higher number of family members, those who had problems with affording food, religious respondents, also those who searched for recipes more frequently indicated the help with selecting quality foods that are cheaper than others as an option which could motivate them to use a cooking app ($p < 0.05$) (Table 25).

Females, those with partners, those who had problems with affording food, religious respondents, also those who searched for recipes more frequently indicated the help with selecting foods that fit a certain diet type as an option which could motivate them to use a cooking app ($p < 0.05$) (Table 25).

Table 25. Distribution of the respondents by sociodemographic factors and the properties of the cooking app/tool that would motivate them to use it.

Factor	Reminders about products that need to be bought		Help with selecting quality foods that are cheaper than others		Help with selecting foods that fit a certain diet type	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Sex						

Male	21.7%	0.652	19.1%	0.001	12.5%	0.002
Female	21.0%		23.6%		16.1%	
Age						
48 years old or younger	24.4%	<0.001	24.7%	<0.001	14.9%	0.279
49 years old or older	18.0%		17.9%		13.7%	
Education						
Lower education	22.0%	0.135	20.2%	0.008	14.1%	0.606
Bachelor's, master's or doctor's degree	19.7%		24.3%		14.8%	
Place of residence						
City or town	21.6%	0.402	20.8%	0.024	14.3%	0.967
Village (up to 500 residents)	19.9%		25.4%		14.4%	
Marital status						
With partner	21.8%	0.411	22.4%	0.055	15.2%	0.033
Single	20.6%		19.6%		12.6%	
Number of family members						
One or two	18.9%	<0.001	19.5%	0.002	13.6%	0.167
Three or more	24.2%		23.7%		15.2%	
With children in the household						
No	20.4%	0.005	21.7%	0.444	14.8%	0.893
Yes	24.9%		22.9%		14.9%	
Employment						
Unemployed	20.5%	0.371	20.8%	0.544	13.9%	0.618
Employed	21.8%		21.7%		14.5%	
Household income						
2500 EUR or less	20.4%	0.026	21.5%	0.875	13.6%	0.064
2501 EUR or more	23.8%		21.8%		16.0%	
Socioeconomic status						
High	20.9%	0.592	23.0%	0.072	14.4%	0.915
Moderate	22.0%	0.512	20.1%	0.185	14.9%	0.495
Low	21.2%	0.911	20.8%	0.599	13.6%	0.415
Had problems with affording food						
No	19.8%	0.007	17.5%	<0.001	12.7%	0.001
Yes	23.6%		27.1%		16.7%	
Religion						
Atheists, agnostics, non- believers	19.9%	0.029	18.3%	<0.001	12.2%	0.012
Religious respondents	23.2%		23.8%		15.5%	
Search for recipes						
Yes	22.4%	<0.001	22.6%	<0.001	15.3%	<0.001
No	8.4%		6.9%		2.5%	

Younger, higher educated, those with higher number of family members, with children, with high socioeconomic status, those who had problems with affording food, also those who searched for recipes more frequently indicated other options which could motivate them to use a cooking app ($p < 0.05$) (Table 26).

Males, older, lower educated, single respondents, those with lower number of family members, without children, with lower income, unemployed, lower socioeconomic status, those who had no problems with affording food, not religious respondents, also those who did not search for recipes more frequently indicated there is no option which could motivate them to use a cooking app ($p < 0.05$) (Table 26).

Table 26. Distribution of the respondents by sociodemographic factors and the properties of the cooking app/tool that would motivate them to use it.

Factor	Other properties		There is no property that would motivate to use such a tool	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Sex				
Male	10.2%	0.522	26.1%	<0.001
Female	9.6%		20.5%	
Age				
48 years old or younger	13.7%	<0.001	15.5%	<0.001
49 years old or older	5.9%		31.4%	
Education				
Lower education	8.9%	0.001	25.2%	<0.001
Bachelor's, master's or doctor's degree	12.4%		18.2%	
Place of residence				
City or town	10.2%	0.102	22.8%	0.187
Village (up to 500 residents)	7.8%		25.6%	
Marital status				
With partner	9.7%	0.631	20.6%	<0.001
Single	10.2%		28.0%	
Number of family members				
One or two	7.5%	<0.001	28.2%	<0.001
Three or more	12.8%		17.1%	
With children in the household				
No	9.1%	0.014	23.9%	<0.001
Yes	11.9%		16.2%	
Employment				
Unemployed	8.7%	0.086	28.3%	<0.001
Employed	10.5%		20.5%	
Household income				
2500 EUR or less	9.7%	0.104	25.0%	<0.001
2501 EUR or more	11.6%		16.8%	
Socioeconomic status				
High	11.8%	0.006	19.5%	<0.001
Moderate	7.9%	0.004	25.4%	0.029
Low	9.9%	0.971	25.3%	0.051
Had problems with affording food				
No	8.2%	<0.001	26.8%	<0.001
Yes	12.4%		18.0%	
Religion				
Atheists, agnostics, non-believers	8.8%	0.072	24.9%	0.028
Religious respondents	10.8%		21.5%	
Search for recipes				

Yes	10.5%	<0.001	18.8%	<0.001
No	2.5%		75.3%	

3.5.1 Resistant respondents

The comparative analysis of the different functions of a cooking application between resistant versus not resistant groups revealed that only reminders about products that need to be bought and “Other” options among resistant respondents were prevalent with a similar frequency as among non-resistant respondents ($p>0.05$). All other options were less prevalent among resistant respondents ($p<0.05$) (Table 27).

Table 27. Distribution of the respondents by properties of a cooking tool that would motivate to use it in resistant groups and its comparison to non-resistant groups.

Factor	Resistant to healthier cooking		Resistant to more sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Insights into healthiness of recipes				
No	56.7%	<0.001	57.2%	<0.001
Yes	38.3%		39.2%	
Insights into sustainability of recipes				
No	53.9%	<0.001	55.5%	<0.001
Yes	38.8%		35.7%	
Insights into specific products or nutrients or ingredients				
No	55.3%	<0.001	56.2%	<0.001
Yes	40.5%		40.3%	
Insights in possible alternatives for certain products				
No	53.8%	<0.001	55.1%	<0.001
Yes	43.6%		42.6%	
Insights into the intake of key nutrients, such as proteins				
No	52.9%	<0.001	53.7%	<0.001
Yes	42.9%		43.2%	
Help with reducing the amount of leftovers				
No	52.6%	<0.001	53.5%	<0.001
Yes	44.4%		44.3%	
Reminders about products that need to be bought				
No	50.9%	0.459	51.8%	0.149
Yes	49.4%		48.9%	
Help with selecting quality foods that are cheaper than others				
No	51.5%	0.039	53.0%	<0.001
Yes	47.3%		44.6%	
Help with selecting foods that fit a certain diet type				

No	52.2%	<0.001	52.3%	0.002
Yes	41.3%		44.7%	
Other properties				
No	50.8%	0.457	51.5%	0.327
Yes	48.7%		48.7%	
There is nothing that would motivate to use such a tool				
No	47.4%	<0.001	47.5%	<0.001
Yes	61.3%		63.5%	

3.5.2 Ambivalent respondents

In comparison to not ambivalent groups, insights into sustainability of recipes, also help with selecting foods that fit a certain diet type were more frequently indicated as possible drivers both in ambivalent about healthier cooking and ambivalent about more sustainable cooking ($p < 0.05$). Insights into specific products or nutrients or ingredients, help with reducing the amount of leftovers, also reminders about products that need to be bought were selected less frequently by ambivalent respondents in comparison to not ambivalent respondents ($p < 0.05$). Insights into healthiness of recipes, insights into possible alternatives for certain products, help with selecting quality foods that are cheaper than others were indicated by ambivalent respondents with a similar frequency as by not ambivalent respondents ($p > 0.05$) (Table 28).

Table 28. Distribution of the respondents by properties of a cooking tool that would motivate to use it in ambivalent groups and its comparison to non-ambivalent groups.

Factor	Ambivalent about healthier cooking		Ambivalent about more sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Insights into healthiness of recipes				
No	42.9%	0.881	40.7%	0.927
Yes	43.2%		40.9%	
Insights into sustainability of recipes				
No	41.1%	0.005	38.5%	0.001
Yes	45.9%		44.1%	
Insights into specific products or nutrients or ingredients				
No	45.1%	0.006	43.7%	<0.001
Yes	40.5%		37.1%	
Insights in possible alternatives for certain products				
No	44.0%	0.133	41.5%	0.313
Yes	41.4%		39.7%	
Insights into the intake of key nutrients, such as proteins				
No	44.1%	0.026	41.6%	0.114
Yes	39.6%		38.4%	
Help with reducing the amount of leftovers				

No	45.6%	<0.001	42.2%	0.021
Yes	37.9%		38.1%	
Reminders about products that need to be bought				
No	45.1%	0.001	42.2%	0.027
Yes	38.9%		38.2%	
Help with selecting quality foods that are cheaper than others				
No	42.4%	0.119	40.1%	0.079
Yes	45.5%		43.6%	
Help with selecting foods that fit a certain diet type				
No	41.4%	<0.001	39.5%	0.002
Yes	48.6%		45.3%	
Other properties				
No	42.3%	0.057	40.1%	0.048
Yes	46.2%		44.1%	
There is nothing that would motivate to use such a tool				
No	41.0%	0.000	39.4%	0.001
Yes	50.9%		46.5%	

3.4.3 Supportive respondents

In comparison to not supporting respondents, insights into healthiness of recipes, insights into sustainability of recipes, insights into specific products or nutrients or ingredients, insights in possible alternatives for certain products, insights into the intake of key nutrients, such as proteins, help with reducing the amount of leftovers, reminders about products that need to be bought, help with selecting quality foods that are cheaper than others, help with selecting foods that fit a certain diet type, also other properties were indicated more frequently by supporting respondents ($p < 0.05$) (Table 29).

Table 29. Distribution of the respondents by properties of a cooking tool that would motivate to use it in supporting groups and its comparison to non-supporting groups.

Factor	Supporting healthier cooking		Supporting more sustainable cooking	
	Relative Frequency (%)	p value	Relative Frequency (%)	p value
Insights into healthiness of recipes				
No	18.2%	<0.001	19.2%	<0.001
Yes	49.3%		46.8%	
Insights into sustainability of recipes				
No	35.7%	<0.001	35.1%	<0.001
Yes	55.8%		52.1%	
Insights into specific products or nutrients or ingredients				
No	39.9%	<0.001	38.5%	<0.001
Yes	50.3%		47.6%	

Insights in possible alternatives for certain products				
No	33.5%	<0.001	32.5%	<0.001
Yes	65.9%		62.1%	
Insights into the intake of key nutrients, such as proteins				
No	38.4%	<0.001	35.7%	<0.001
Yes	65.7%		66.2%	
Help with reducing the amount of leftovers				
No	35.8%	<0.001	34.9%	<0.001
Yes	62.7%		58.4%	
Reminders about products that need to be bought				
No	37.8%	<0.001	36.5%	<0.001
Yes	58.4%		55.2%	
Help with selecting quality foods that are cheaper than others				
No	39.2%	<0.001	37.9%	<0.001
Yes	60.9%		56.8%	
Help with selecting foods that fit a certain diet type				
No	39.9%	<0.001	37.9%	<0.001
Yes	57.7%		56.0%	
Other properties				
No	40.4%	<0.001	38.5%	<0.001
Yes	58.6%		56.3%	
There is nothing that would motivate to use such a tool				
No	41.1%	<0.001	39.4%	<0.001
Yes	56.1%		53.3%	

3.6 Determinants of resistance, supportiveness and ambivalence

With respect to the fact that different social, demographic, attitudinal, and behavioral factors might be associated with each other and have an overlapping association with resistance, supportiveness and ambivalence, binary logistic regression models were created to reveal the independent factors determining resistant, supportive and ambivalent groups.

Living in a bigger household, not using books and magazines as sources of recipes, lower food provisioning and preparation scores, lower compliance to nutritional guidelines, lower ethnocentrism scores, lower seasonal food orientation scores, lower health self-consciousness scores independently determined being resistant to healthier cooking (Table 30).

Table 30. Binary logistic regression analysis to identify the independent determinants of being resistant to healthier cooking.

Factor	Odds Ratio (95% CI)	p-value
Bigger household	1.266 (1.029 - 1.558)	0.026
Using books and magazines as sources of recipes	0.781 (0.635 - 0.96)	0.019
Food provisioning and preparation score	0.522 (0.462 - 0.589)	<0.001

Compliance to nutritional guidelines	0.59 (0.519 - 0.67)	<0.001
Ethnocentrism	0.907 (0.834 - 0.987)	0.024
Seasonal food orientation	0.76 (0.679 - 0.852)	<0.001
Health self-consciousness	0.765 (0.695 - 0.843)	<0.001

Nagelkerke R Square 0.403, Cox & Snell R Square 0.302, Hosmer & Lemeshow Test p = 0.379, overall correctly predicted percentage 74.5 (with the cut value 0.5).

Younger age, lower food provisioning and preparation scores, lower compliance to nutritional guidelines, lower importance of price, lower culinary culture scores, lower consumer ethnocentrism scores, lower seasonal food orientation scores, higher unfriendliness to environment score, lower health self-consciousness scores independently determined being resistant to more sustainable cooking (Table 31).

Table 31. Binary logistic regression analysis to identify the independent determinants of being resistant to more sustainable cooking.

Factor	Odds Ratio (95% CI)	p-value
Older age	0.688 (0.551 - 0.857)	0.001
Food provisioning and preparation score	0.545 (0.477 - 0.623)	<0.001
Compliance to nutritional guidelines	0.506 (0.439 - 0.584)	<0.001
High importance of price	0.870 (0.794 - 0.953)	0.003
Culinary culture	0.884 (0.786 - 0.993)	0.038
Ethnocentrism	0.882 (0.806 - 0.966)	0.006
Seasonal food orientation	0.812 (0.719 - 0.918)	0.001
Unfriendliness to environment	1.368 (1.238 - 1.512)	<0.001
Health self-consciousness	0.823 (0.743 - 0.913)	<0.001

Nagelkerke R Square 0.467, Cox & Snell R Square 0.350, Hosmer & Lemeshow Test p = 0.034, overall correctly predicted percentage 79.3 (with the cut value 0.5).

Using websites and apps as sources for recipes, using social networks as sources for recipes, higher compliance to nutritional guidelines, high importance of price, higher culinary culture scores, higher seasonal food orientation scores, higher personal innovativeness scores, higher health self-consciousness scores independently determined being supportive to the use of novel tools for healthier cooking (Table 32).

Table 32. Binary logistic regression analysis to identify the independent determinants of being supportive to using innovative tools for healthier cooking.

Factor	Odds Ratio (95% CI)	p-value
Using websites and apps as sources for recipes	3.185 (2.271 - 4.467)	<0.001
Using social networks as sources for recipes	1.657 (1.352 - 2.032)	<0.001
Compliance to nutritional guidelines	1.739 (1.531 - 1.976)	<0.001
High importance of price	1.198 (1.103 - 1.302)	<0.001
Culinary culture	1.235 (1.112 - 1.371)	<0.001
Seasonal food orientation	1.193 (1.068 - 1.332)	0.002
Personal innovativeness	1.284 (1.175 - 1.403)	<0.001
Health self-consciousness	1.268 (1.152 - 1.396)	<0.001

Nagelkerke R Square 0.364, Cox & Snell R Square 0.273, Hosmer & Lemeshow Test $p = 0.176$, overall correctly predicted percentage 73.6 (with the cut value 0.5).

Having troubles with affording food, being religious, using websites and apps as sources for recipes, using social networks as sources for recipes, higher food provisioning and preparation scores, higher compliance to nutritional guidelines, higher importance of price, higher culinary culture scores, higher consumer ethnocentrism scores, higher seasonal food orientation scores, lower waste avoidance scores, higher personal innovativeness scores, lower unfriendliness to environment scores, higher health self-consciousness scores independently determined being supportive to the use of novel tools for more sustainable cooking (Table 33).

Table 33. Binary logistic regression analysis to identify the independent determinants of being supportive to using innovative tools for more sustainable cooking.

Factor	Odds Ratio (95% CI)	p-value
Having troubles with affording food	1.262 (1.02 - 1.561)	0.032
Being religious	1.294 (1.044 - 1.604)	0.019
Using websites and apps as sources for recipes	3.048 (2.16 - 4.302)	<0.001
Using social networks as sources for recipes	1.359 (1.103 - 1.675)	0.004
Food provisioning and preparation score	1.21 (1.059 - 1.382)	0.005
Compliance to nutritional guidelines	1.628 (1.424 - 1.861)	<0.001
High importance of price	1.168 (1.071 - 1.273)	<0.001
Culinary culture	1.17 (1.044 - 1.311)	0.007
Ethnocentrism	1.123 (1.031 - 1.224)	0.008
Seasonal food orientation	1.208 (1.068 - 1.366)	0.003
Waste avoidance	0.844 (0.759 - 0.939)	0.002
Personal innovativeness	1.272 (1.162 - 1.392)	<0.001
Unfriendliness to environment	0.761 (0.69 - 0.839)	<0.001
Health self-consciousness	1.204 (1.092 - 1.328)	<0.001

Nagelkerke R Square 0.371, Cox & Snell R Square 0.278, Hosmer & Lemeshow Test $p = 0.181$, overall correctly predicted percentage 74.3 (with the cut value 0.5).

Having troubles with affording food, having higher number of family members, lower food provisioning and preparation scores, higher importance of price, higher culinary culture scores, higher consumer ethnocentrism scores, lower seasonal food orientation scores, lower waste avoidance scores, higher unfriendliness to environment scores independently determined being ambivalent about changing habits to healthier ones (Table 34).

Table 34. Binary logistic regression analysis to identify the independent determinants of being ambivalent about changing habits to healthier ones.

Factor	Odds Ratio (95% CI)	p-value
Having troubles with affording food	1.441 (1.185 - 1.752)	<0.001
Bigger household	1.311 (1.08 - 1.592)	0.006
Food provisioning and preparation score	0.644 (0.573 - 0.724)	<0.001
High importance of price	1.156 (1.064 - 1.255)	0.001
Culinary culture	1.12 (1.01 - 1.241)	0.031
Ethnocentrism	1.181 (1.09 - 1.281)	<0.001

Seasonal food orientation	0.807 (0.724 - 0.899)	<0.001
Waste avoidance	0.668 (0.607 - 0.734)	<0.001
Unfriendliness to environment	1.205 (1.106 - 1.313)	<0.001

Nagelkerke R Square 0.238, Cox & Snell R Square 0.178, Hosmer & Lemeshow Test $p = 0.002$, overall correctly predicted percentage 69.8 (with the cut value 0.5).

Having troubles with affording food, having children, lower education, being single, lower food provisioning and preparation scores, higher importance of price, higher culinary culture scores, higher consumer ethnocentrism scores, lower seasonal food orientation, lower waste avoidance, higher unfriendliness to environment scores independently determined being ambivalent about changing habits to more sustainable ones (Table 35).

Table 35. Binary logistic regression analysis to identify the independent determinants of being ambivalent about changing habits to more sustainable ones.

Factor	Odds Ratio (95% CI)	p-value
Having troubles with affording food	1.307 (1.073 - 1.591)	0.008
Having children	1.323 (1.092 - 1.602)	0.004
Non-university education	1.31 (1.063 - 1.614)	0.011
Being single	1.286 (1.012 - 1.635)	0.04
Food provisioning and preparation score	0.679 (0.604 - 0.763)	<0.001
High importance of price	1.13 (1.04 - 1.228)	0.004
Culinary culture	1.185 (1.067 - 1.314)	0.001
Ethnocentrism	1.175 (1.082 - 1.275)	<0.001
Seasonal food orientation	0.767 (0.688 - 0.854)	<0.001
Waste avoidance	0.681 (0.619 - 0.749)	<0.001
Unfriendliness to environment	1.237 (1.134 - 1.349)	<0.001

Nagelkerke R Square 0.227, Cox & Snell R Square 0.169, Hosmer & Lemeshow Test $p = 0.393$, overall correctly predicted percentage 70.0 (with the cut value 0.5).

4. Discussion

This survey revealed that the vast majority of the respondents searched online (e.g., on Google) for recipes. Cookbooks and cooking websites took the second and the third places respectively by the frequency of their use as sources of recipes. Social networks, cooking apps and supermarkets' websites were less frequently used sources of recipes. To sum this up, the majority of the respondents likely either looked for instructions about making desired dishes or used a cooking-specific source of information (a cookbook or a cooking website). This finding supports the core idea of Dietwise, namely creating an artificial intelligence-based cooking application integrated with existing online recipes, which could replace the need of using additional search engines and be a cooking-specific tool.

In addition to this, the results of this survey revealed the social, demographic, attitudinal, and behavioral characteristics of three groups of respondents: those resistant to healthier or more sustainable cooking, those supportive of using novel tools for healthier or more sustainable cooking, and those ambivalent about changing their cooking habits toward healthier or more sustainable

practices. Based on the profiles of these groups, targeted communication strategies can be implemented by addressing the needs, barriers, and drivers that were revealed.

Respondents resistant to healthier and more sustainable cooking were more likely to be younger, with a larger number of family members, and less likely to search for recipes frequently, and less engaged in food provisioning and preparation. Resistant respondents were less likely to use websites, social networks, or printed media as sources of recipes and showed lower compliance with nutritional guidelines and less concern for food price. They also scored lower in various food-related and personal characteristics such as culinary skills, seasonal food orientation, waste avoidance, digital literacy, and health consciousness, while showing higher negative environmental attitudes. Compared to non-resistant individuals, they were less motivated by potential features of cooking tools or applications, with many indicating that nothing would encourage their use. Only reminders to buy products and unspecified “other” motivators were reported at similar levels between resistant and non-resistant groups, which could be taken into account when designing cooking apps.

Respondents ambivalent about healthier and more sustainable cooking were more likely to experience difficulties affording food, live in larger households, have children, be single, and possess lower levels of education. They were less engaged in food provisioning and preparation activities but placed greater importance on food price. Compared to non-ambivalent individuals, they showed higher levels of consumer ethnocentrism and attachment to culinary culture, yet scored lower in seasonal food orientation and waste avoidance. Ambivalent respondents also frequently demonstrated negative environmental attitudes. In comparison to non-ambivalent groups, insights into sustainability of recipes, also help with selecting foods that fit a certain diet type were more frequently indicated as possible drivers both in respondents ambivalent about healthier cooking and ambivalent about more sustainable cooking.

Respondents supportive for the use of novel tools for healthier and more sustainable cooking more often were religious, experiencing difficulties affording food, and being more engaged in food provisioning and preparation. They were more likely to use websites, apps, and social networks as sources of recipes. They demonstrated higher compliance with nutritional guidelines and placed high importance on food price. These individuals also scored higher in culinary culture, seasonal food orientation, personal innovativeness, and health self-consciousness. They showed higher consumer ethnocentrism and more positive environmental attitudes, although their waste avoidance scores were lower. In comparison to not supporting respondents, insights into healthiness of recipes, insights into sustainability of recipes, insights into specific products or nutrients or ingredients, insights in possible alternatives for certain products, insights into the intake of key nutrients, such as proteins, help with reducing the amount of leftovers, reminders about products that need to be bought, help with selecting quality foods that are cheaper than others, help with selecting foods that fit a certain diet type, also other properties were indicated more frequently by supporting respondents.

This overview suggests that the supportive respondents may be quite open to the Dietwise solutions, whereas ambivalent respondents may need more fine-tuned persuasion strategies tailored to their specific drivers and barriers. The resistant groups are hard to convince -which is no surprise- but the finding that they do not very often use online recipes to start with, our solutions would have a low reach among this group. Our data therefore suggest that other strategies will be needed to get this

group on board and that we should gear our tools towards the supportive and the ambivalent consumers.

5. Conclusions

Attitudes toward healthier and more sustainable cooking were strongly linked to behaviors, values, and openness to digital tools. Resistant individuals used websites, social networks, and books for recipes less frequently and showed lower compliance with nutritional guidelines and lower price sensitivity. Ambivalent respondents used social networks more often but showed inconsistent behaviors—lower compliance with guidelines, but no difference in price importance or website use. Supportive individuals used all recipe sources more often and scored higher on nutritional compliance and price awareness. They also demonstrated stronger food-related values, environmental attitudes, digital literacy, and health consciousness. In contrast, resistant and ambivalent respondents showed weaker engagement and more negative environmental attitudes. Supportive participants were most motivated to use digital cooking tools, valuing features related to health, sustainability, and food planning. Ambivalent respondents had selective interest, while resistant individuals showed little to no interest. Resistance was linked to disengagement, while supportiveness reflected consistent pro-health and pro-sustainable behavior.

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Annex 1: Structure of the questionnaire - Dutch version

Question/Scale	Answer options/statements and the agreement options
Je leeftijd:	(open-ended question)
Je geslacht:	(open-ended question)
Woonplaats: (used for quota formation)	Hoofdstad; Een andere stad; Dorp
Woonplaats:	Dorp (tot 500 inwoners); Stad (501 – 1<0.001 inwoners); Middelgrote stad (10.001 - 10<0.001 inwoners); Grote stad (100.001 inwoners en meer)
Selecteer het hoogste opleidingsniveau dat je tot nu toe hebt behaald:	Lager dan basisonderwijs; Basisonderwijs of eerste fase van het basisonderwijs; Lager secundair onderwijs of tweede fase van het basisonderwijs; Hoger secundair onderwijs; Postsecundair niet-tertiair onderwijs (beroepsgericht); Bachelordiploma; Masterdiploma; Doctoraat
Uit hoeveel mensen bestaat je huishouden, inclusief jezelf?	1; 2; 3; 4; 5; 6; 7 of meer
Hoeveel kinderen wonen er bij je thuis?	1; 2; 3; 4; 5 of meer
Selecteer de optie die het beste je beroep beschrijft:	Manager of bedrijfsleider in loondienst met meer dan 6 ondergeschikten; Zelfstandige professional (bijv. arts, advocaat, accountant, etc.); Professional in loondienst (bijv. arts, advocaat, accountant, etc.); Manager of bedrijfsleider in loondienst met 0-5 ondergeschikten; Leidinggevende in loondienst met meer dan 6 ondergeschikten; Leidinggevende in loondienst met 0-5 ondergeschikten; Ondernemer, bedrijfs-/winkeleigenaar met meer dan 6 werknemers; Kantoormedewerker die geen handwerk verricht; Ondernemer, bedrijfs-/winkeleigenaar met 0-5 werknemers; Student; Werknemer buiten kantoor die geen handwerk verricht; Boer, fokker/pluimveehouder, visser.; Huisvrouw/huisman; Arbeider met specialisatie of in een toezichthoudende functie; Arbeider zonder specialisatie en niet in een toezichthoudende functie; Gepensioneerd (van eerder beroep); Tijdelijk werkloos
Burgerlijke staat:	Met partner (getrouwd of samenwonend in een niet-geregistreerd huwelijk); Alleenstaand (weduwe/weduwnaar, gescheiden, zonder partner))
Wat is je gemiddelde maandelijkse gezinsinkomen (na aftrek van belastingen en aftrekposten)?	Minder dan 500 EUR; 501 EUR tot 1500 EUR; 1501 EUR tot 2500 EUR; 2501 EUR tot 3500 EUR; 3501 EUR tot 4500 EUR; 4501 EUR tot 5500 EUR; 5501 EUR en meer; Zeg ik liever niet
Was er in de afgelopen 12 maanden een moment waarop je, door een gebrek aan geld of andere middelen:	Je zorgen maakte dat je niet genoeg te eten zou hebben?; Geen gezonde en voedzame voedingsmiddelen kon eten?; Maar een paar

	soorten voedingsmiddelen hebt gegeten?; Een maaltijd moest overslaan?; Minder hebt gegeten dan je dacht dat je zou moeten?; Huishouden geen eten meer had?; Honger had maar niet hebt gegeten?; Een hele dag niet hebt gegeten? (agreement options: Ja; Nee; Weet ik niet; Zeg ik liever niet)
Beschouw je jezelf als:	Katholiek; Orthodox Christelijk; Protestant; Andere Christen; Joods; Moslim – Sjiiet; Moslim – Soenniet; Andere Moslim; Sikh; Boeddhist; Hindoe; Atheïst; Anders [vermeld]; Weet ik niet; Ongelovig of agnostisch; Zeg ik liever niet
Wat is je etnische achtergrond?	Belgisch; Vlaams (Nederlandstalige Belg); Waals (Franstalige Belg); Overig Europees (bijv. Italiaans, Pools, etc.); Marokkaans; Turks; Sub-Saharaans Afrikaans; Aziatisch (bijv. Zuid-Aziatisch, Oost-Aziatisch); Roma; Gemengde/meerdere etnische groepen (vermeld); Anders (vermeld); Zeg ik liever niet
Intentions to cook healthier at home (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	als mijn leefomstandigheden hetzelfde blijven, kook ik liever thuis gezond eten.; Het is zeer waarschijnlijk dat ik thuis vaker gezond eten ga koken.; Ik wil mijn best doen om thuis gezond eten te koken; Ik probeer om vaker thuis gezond eten te koken. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Intentions to cook more sustainably at home (Instruction to the respondent: Duurzaam koken thuis betekent dat je eten maakt op een manier die goed is voor de planeet, je portemonnee en je gemeenschap. Dit omvat het gebruiken van verse voedingsmiddelen die op natuurlijke wijze in jouw omgeving worden geteeld tijdens het huidige seizoen, energie besparen tijdens het koken en voedselverspilling verminderen. Duurzaam koken thuis betekent dat je eten maakt op een manier die goed is voor de planeet, je portemonnee en je gemeenschap. Dit omvat het gebruiken van verse voedingsmiddelen die op natuurlijke wijze in jouw omgeving worden geteeld tijdens het huidige seizoen, energie besparen tijdens het koken en voedselverspilling verminderen.)	als mijn leefomstandigheden hetzelfde blijven, zou ik thuis liever duurzaam koken.; Het is zeer waarschijnlijk dat ik vaker thuis duurzaam ga koken.; Ik wil mijn best doen om thuis duurzaam te koken.; Ik probeer om vaker thuis duurzaam te koken. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Stel, je staat thuis op het punt een maaltijd te koken en je bent op internet op zoek naar een recept. Zou je bereid zijn om een nieuwe online aanbevelingstool te gebruiken die je kan adviseren hoe je de recepten die je online vindt gezonder kunt maken?)	Scale from 1 to 7 where 1 - helemaal niet bereid, 7 - heel erg bereid
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Stel, je staat thuis op het punt een maaltijd te koken en je	Scale from 1 to 7 where 1 - helemaal niet bereid, 7 - heel erg bereid

bent op internet op zoek naar een recept. Zou je bereid zijn om een nieuwe online aanbevelingstool te gebruiken die je kan adviseren hoe je de recepten die je online vindt duurzamer kunt maken?)	
Sources of recipes (Instruction to the respondent: Geef alle relevante bronnen aan waar je recepten zoekt als je thuis kookt: Meerdere antwoorden mogelijk.)	Online zoeken (bijv. op Google); Recepten-apps/-websites van supermarkten; Kookboeken; Kookblogs; Kookwebsites; Kookapps; TikTok; Pinterest; Instagram; Facebook; Lifestyle-tijdschriften; Andere (vermeld);; Ik zoek nooit naar recepten
Food provisioning and preparation (Instruction to the respondent: Lees de onderstaande uitspraken over je dieet en geef aan in hoeverre je het hier mee eens bent.)	Ik voel me beperkt door mijn gebrek aan kookkennis.; Ik weet altijd wat ik op een bepaald moment wil eten.; Bij het maken van eten heb ik er vertrouwen in dat ik met onverwachte resultaten kan omgaan.; Bij het maken van eten is het voor mij gemakkelijk om de gewenste resultaten te bereiken.; Bij het maken van eten kan ik de meeste problemen oplossen als ik er voldoende moeite voor doe.; Ik vind het leuk om eten te maken.; Ik weet hoe ik de keukenapparatuur die ik heb, moet gebruiken.; Ik ben betrokken bij de dagelijkse bereiding van maaltijden.; Als ik boodschappen doe, weet ik hoe ik de ingrediënten die ik koop, zal gebruiken.; Ik heb er vertrouwen in dat ik maaltijden kan bereiden met de ingrediënten die ik bij de hand heb.; Voordat ik begin met koken, heb ik meestal een mentaal plan van alle stappen die ik moet voltooien.; Als ik de keuze heb tussen twee vergelijkbare producten, heb ik er vertrouwen in dat ik tussen die twee kan kiezen.; Ik weet waar ik de ingrediënten kan vinden die ik nodig heb om een maaltijd te bereiden. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Geef aan in hoeverre de volgende woorden je gevoelens beschrijven ten opzichte van het veranderen van je kookgewoonten om gezonder te worden.)	Tegenstrijdig; Gemengd; Besluiteloos (scale from 0 to 5 where 0 - ik heb dit gevoel niet, 1 - een beetje, 5 - zeer)
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Geef aan in hoeverre de volgende woorden je gevoelens beschrijven ten opzichte van het veranderen van je kookgewoonten om ze duurzamer te maken.)	Tegenstrijdig; Gemengd; Besluiteloos (scale from 0 to 5 where 0 - ik heb dit gevoel niet, 1 - een beetje, 5 - zeer)
Compliance to nutritional guidelines (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Het is belangrijk voor mij om meer plantaardig voedsel in mijn dieet op te nemen.; Ik probeer per week minder vlees te eten.; Ik probeer meer groenten te eten.; Ik probeer zo weinig mogelijk suiker te eten door minder snoep te eten.; Ik probeer bewerkte voedingsmiddelen in mijn dieet

	te vermijden.; Ik doe mijn best om voedzame ingrediënten te kiezen bij het plannen van een maaltijd.; Ik probeer mijn boodschappen zorgvuldig te plannen om zo weinig mogelijk voedsel te verspillen.; Ik probeer restjes op de juiste manier te bewaren en ze de volgende dag in maaltijden te verwerken.; Ik probeer maaltijden in redelijke porties te bereiden om onnodige verspilling of te veel eten te voorkomen.; Ik probeer elke dag volkorenproducten te eten.; Ik probeer minder vetten te eten.; Ik probeer minder zout te eten. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Importance of price (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Ik koop voornamelijk boodschappen wanneer ze in de aanbieding zijn.; Prijs is voor mij de belangrijkste factor bij het kiezen van voedingsmiddelen.; Als gezondere voedingsmiddelen goedkoper zouden zijn, zou ik deze vaker kopen; Als duurzame voedingsmiddelen goedkoper zouden zijn, zou ik deze vaker kopen (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Culinary culture (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Eten is een centraal onderdeel van de tradities en festiviteiten van mijn familie.; Ik neem meestal deel aan het bereiden van traditionele gerechten voor speciale gelegenheden.; Ik heb kennis van de eetgewoonten van mijn cultuur.; Ik vind het leuk om meer te weten te komen over gerechten van andere culturen en om deze te proberen.; Mijn kookgewoonten wordenbeïnvloed door de gerechten uit andere regio's.; Ik zie eten als een manier om culturele verschillen te overbruggen en begrip te kweken. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Locavorism/regionality (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Lokaal geproduceerde voedingsmiddelen smaken gewoon beter.; Voor de rest is er geen smaakverschil tussen lokaal geproduceerde voedingsmiddelen en voedingsmiddelen die ergens anders vandaan komen.; Lokaal geproduceerde voedingsmiddelen zijn voedzamer dan voedingsmiddelen die ergens anders vandaan komen.; Lokaal geproduceerde voedingsmiddelen hebben minder impact op het milieu. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Consumer ethnocentrism (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Men mag geen geïmporteerde voedingsmiddelen kopen, omdat het de Belgische boeren schaadt.; Het is niet juist om geïmporteerde voedingsmiddelen te kopen omdat dit leidt tot banenverlies in België.; Men moet alleen voedingsmiddelen uit eigen land kopen.; Ik heb altijd liever Belgische voedingsmiddelen dan

	geïmporteerde producten. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Seasonal food orientation (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Seizoensgebonden groenten smaken beter dan producten die niet in het seizoen zijn; Seizoensgebonden voedingsmiddelen zijn voedzamer dan voedingsmiddelen die niet in het seizoen zijn.; Het eten van seizoensgebonden voedingsmiddelen is een belangrijk onderdeel van mijn dieet; Ik vind dat seizoensgebonden producten een versere smaak hebben vergeleken met niet-seizoensgebonden producten; Ik eet het liefst voedingsmiddelen die tijdens het hoogseizoen beschikbaar zijn; Seizoensgebonden eten heeft aanzienlijke voordelen voor het milieu (minder energieverbruik, minder transportuitstoot, minder chemische input, etc.) (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Wasting food (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Ik probeer geen voedsel te verspillen.; Ik probeer altijd alle gekochte voedingsmiddelen op te eten.; Ik probeer zo weinig mogelijk voedsel te verspillen.; Ik probeer alle restjes te gebruiken.; Ik vind het moeilijk om met restjes een nieuwe maaltijd te bereiden.; Ik vind het moeilijk om ervoor te zorgen dat er in mijn huishouden alleen kleine hoeveelheden voedsel worden weggegooid.; Ik vind het moeilijk om mijn boodschappen zo te plannen dat ik al de voedingsmiddelen die ik koop, ook daadwerkelijk opeet.; Ik heb het gevoel dat ik niets kan doen aan de voedselverspilling in mijn huishouden. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Digital literacy (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent)	Ik kan zelfstandig applicaties/programma's (zoals Zoom) op mijn mobiele telefoon, computer of een ander elektronisch apparaat gebruiken (zonder de hulp van iemand anders); Ik kan zelfstandig een videogesprek opzetten met mijn mobiele telefoon, computer of een ander elektronisch apparaat (zonder de hulp van iemand anders); Ik kan eenvoudige technische problemen zelf oplossen of uitvinden hoe ik ze kan oplossen (zonder de hulp van iemand anders) (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Personal innovativeness (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent)	Onder mijn leeftijdsgenoten ben ik meestal de eerste die nieuwe online hulpmiddelen of mobiele applicaties uitprobeert.; Ik moet eerst zien dat andere mensen nieuwe online hulpmiddelen of mobiele applicaties gebruiken, voordat ik deze overweeg.; Wanneer ik hoor over nieuwe online hulpmiddelen of mobiele applicaties, ga ik op zoek naar manieren om ermee te experimenteren.

	(scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Drivers of smart recipe tool use (Instruction to the respondent: Welke van de volgende opties zou je motiveren om een kookapp of online hulpmiddel te gaan gebruiken? Meerdere antwoorden mogelijk.)	Om inzicht te krijgen in hoe gezond recepten zijn; Om inzicht te krijgen in de duurzaamheid van recepten; Om inzicht te krijgen in specifieke producten of voedingsstoffen of ingrediënten; Om inzicht te krijgen in mogelijke alternatieven voor bepaalde producten; Om inzicht te krijgen in de inname van belangrijke voedingsstoffen, zoals eiwitten; Om de hoeveelheid restjes te verminderen; Om herinnerd te worden aan producten die ik moet kopen; Ik heb hulp nodig bij het selecteren van voedingsmiddelen waarvoor ik niet allergisch ben; Ik heb hulp nodig bij het selecteren van kwaliteitsvoedingsmiddelen die goedkoper zijn dan andere voedingsmiddelen; Ik heb hulp nodig bij het selecteren van voedingsmiddelen die geschikt zijn voor mijn religie; Ik heb hulp nodig bij het selecteren van voedingsmiddelen die passen in mijn soort dieet; Anders: (vermeld); Er is niets dat mij zou motiveren om zo'n hulpmiddel te gebruiken
Environmental attitudes (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Ik zou een deel van mijn inkomen afstaan als ik er zeker van zou zijn dat het geld gebruikt zou worden om milieuvervuiling te voorkomen.; Het is gewoon te moeilijk voor iemand als ik om veel te doen aan het milieu.; Er zijn belangrijkere dingen in het leven dan het beschermen van het milieu.; Het heeft geen zin om te doen wat ik kan voor het milieu, tenzij anderen hetzelfde doen.; Veel beweringen over bedreigingen voor het milieu zijn overdreven.; De bescherming van het milieu moet prioriteit krijgen, zelfs als dit leidt tot een tragere economische groei en banenverlies.; Economische groei en het creëren van banen moeten de hoogste prioriteit hebben, zelfs als het milieu er in zekere mate onder lijdt. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)
Health self-consciousness (Instruction to the respondent: Lees de onderstaande uitspraken en geef aan in hoeverre je het hier mee eens bent.)	Ik denk veel na over mijn gezondheid.; Ik ben erg zelfbewust over mijn gezondheid.; Over het algemeen let ik op mijn gevoelens over mijn gezondheid. (scale from 1 to 7 where 1 - helemaal mee oneens, 7 - helemaal mee eens)

Annex 2: Structure of the questionnaire - French version

Question/Scale	Answer options/statements and the agreement options
Votre âge :	(open-ended question)
Vous êtes...	(open-ended question)

Vous vivez... (used for quota formation)	en Ile-de-France; Dans un milieu urbain; dans un milieu rural
Lieu de résidence :	Village (jusqu'à 500 habitants); Ville (501 - 10 000 habitants); Ville moyenne (10 001 - 100 000 habitants); Grande ville (100 001 habitants et plus)
Veuillez sélectionner le niveau d'études le plus élevé que vous avez atteint à ce jour :	Moins que l'école primaire (aucune scolarisation ou maternelle seulement); École primaire (CP au CM2); Collège (6e à 3e, Brevet des collèges); Lycée (Seconde à Terminale, Baccalauréat général, technologique ou pro); BTS, DUT (devenus BUT), ou autres formations post-bac non universitaires; Licence (Bac +3); Master (Bac +5); Doctorat (Bac +8 et plus)
Combien de personnes vivent dans votre foyer, y compris vous-même ?	1; 2; 3; 4; 5; 6; 7 ou plus
Combien d'enfants avez-vous à la maison ?	1; 2; 3; 4; 5 ou plus
Veuillez sélectionner l'option qui décrit le mieux votre profession :	Cadre salarié ou chef d'entreprise ayant plus de 6 employés; Profession libérale (médecin, avocat, comptable, etc.); Professionnel salarié (médecin, avocat, comptable, etc.); Cadre salarié ou chef d'entreprise avec 0-5 subordonnés; Chef d'équipe/Superviseur avec 6+ subordonnés; Chef d'équipe/Superviseur salarié avec 0-5 subordonnés; Entrepreneur, propriétaire d'une entreprise ou d'un magasin avec 6+ employés; Employé de bureau dans un emploi non manuel; Chef d'entreprise, propriétaire d'une entreprise ou d'un magasin employant de 0 à 5 personnes; Étudiant; Employé hors bureau dans un travail non manuel; Agriculteur, éleveur de volailles, pêcheur.; Femme/homme au foyer; Travailleur manuel spécialisé ou occupant un poste d'encadrement.; Travailleur manuel sans spécialisation et dans une position non encadrante; Retraité (avec une occupation précédente); Temporairement sans emploi
État civil :	En couple (marié ou vivant en union libre); Célibataire (veuf/veuve, divorcé(e), sans partenaire)
Quel est le revenu mensuel moyen de votre ménage net (après impôts et déductions) ?	Moins de 500 EUR; Entre 501 EUR et 1 500 EUR; Entre 1 501 EUR et 2 500 EUR; Entre 2 501 EUR et 3 500 EUR; Entre 3 501 EUR et 4 500 EUR; Entre 4 501 EUR et 5 500 EUR; 5 501 EUR et plus; Préfère ne pas dire
Au cours des 12 derniers mois, y a-t-il eu un moment où, par manque d'argent ou d'autres ressources :	Vous craigniez de ne pas avoir assez à manger ?; Vous n'avez pas pu manger des aliments sains et nutritifs ?; Vous ne mangiez que quelques types d'aliments ?; Vous avez dû sauter un repas ?; Vous avez mangé moins que ce que vous pensiez devoir manger ?; Votre foyer a manqué de nourriture ?; Vous aviez faim mais vous n'avez

	pas mangé ?; Vous êtes resté sans manger pendant toute une journée ? (agreement options: Oui; Non; Je ne sais pas; Je préfère ne pas répondre)
Cette question est facultative. Elle nous aide à mieux comprendre les profils socioculturels dans leur diversité. Quelle est votre religion, si vous en avez une ?	Catholique; Chrétien orthodoxe; Protestant; Autre chrétien; Juif; Musulman - chiite; Musulman - sunnite; Autre musulman; Sikh; Bouddhiste; Hindou; Athée; Autre [précisez]; Ne sais pas; Non-croyant ou agnostique; Préfère ne pas dire
Quelle est votre origine ethnique ?	Français; Algérien; Marocain; Portugais; Italien; Espagnol; Turc; Allemand; Groupes ethniques mixtes/multiples (veuillez préciser); Autre (veuillez préciser); Préfère ne pas divulguer
Intentions to cook healthier at home (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Si mes conditions de vie restent les mêmes, je préférerais cuisiner des aliments sains à la maison.; Il est très probable que je cuisine plus souvent des aliments sains à la maison.; Je veux faire l'effort de cuisiner des aliments sains à la maison.; Je m'efforce de plus souvent cuisiner des aliments sains à la maison. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Intentions to cook more sustainably at home (Instruction to the respondent: Cuisiner de manière durable à la maison signifie préparer des aliments d'une manière qui soit meilleure pour la planète, pour votre portefeuille et pour votre communauté. Il s'agit notamment d'utiliser des aliments frais qui poussent naturellement dans votre région pendant la saison en cours, d'économiser de l'énergie en cuisinant et de réduire les déchets alimentaires. Cuisiner de manière durable à la maison signifie préparer des aliments d'une manière qui soit meilleure pour la planète, pour votre portefeuille et pour votre communauté. Il s'agit notamment d'utiliser des aliments frais qui poussent naturellement dans votre région pendant la saison en cours, d'économiser de l'énergie en cuisinant et de réduire les déchets alimentaires.)	Si mes conditions de vie restent les mêmes, je préférerais cuisiner de manière durable à la maison.; Il est très probable que j'adopte une manière de cuisiner durable à la maison plus fréquemment.; Je veux fournir un effort pour adopter une manière de cuisiner durable à la maison.; Je m'efforce de plus souvent adopter une manière de cuisiner durable à la maison. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Imaginez que vous êtes sur le point de préparer un dîner à la maison et que vous cherchez une recette sur internet. Seriez-vous disposé à utiliser un nouvel outil de recommandation en ligne qui vous suggérerait comment rendre les recettes que vous trouvez en ligne plus saines ?)	Scale from 1 to 7 where 1 - pas du tout disposé, 7 - tout à fait disposé
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Imaginez que vous êtes sur le point de préparer un dîner à la maison et que vous cherchez une recette sur internet. Seriez-vous disposé à utiliser un	Scale from 1 to 7 where 1 - pas du tout disposé, 7 - tout à fait disposé

nouvel outil de recommandations en ligne pouvant vous suggérer comment rendre les recettes que vous trouvez en ligne plus durables ?)	
Sources of recipes (Instruction to the respondent: Cochez toutes les sources où vous cherchez des recettes lorsque vous cuisinez à la maison. Plusieurs réponses possibles.)	Recherche en ligne (par exemple, sur Google); Applications/sites web de recettes des supermarchés; Livres de cuisine; Blogs culinaires; Sites Internet consacrés à la cuisine; Applications culinaires; TikTok; Pinterest; Instagram; Facebook; Magazines de mode de vie; Autre (précisez); Je ne cherche jamais de recettes
Food provisioning and preparation (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Je me sens limité par mon manque de connaissances en matière de cuisine.; A n'importe quel moment, j'arrive toujours à décider ce que j'ai envie de manger.; Lorsque je prépare des aliments, je sais que je peux faire face à des résultats inattendus.; Lorsque je prépare des aliments, il m'est facile d'obtenir les résultats souhaités.; Dans la préparation des aliments, je peux résoudre la plupart des problèmes avec suffisamment d'efforts.; Je suis à l'aise dans la préparation des aliments.; Je sais comment utiliser le matériel de cuisine dont je dispose.; Je participe à la préparation des repas quotidiens.; Lorsque je fais mes courses, je sais comment je vais utiliser les ingrédients que j'achète.; Je sais créer des repas à partir des ingrédients que j'ai sous la main.; Avant de commencer à cuisiner, j'ai généralement un plan mental de toutes les étapes à franchir.; Lorsqu'on me présente deux produits similaires à acheter, je suis sûr(e) de pouvoir choisir entre l'un et l'autre.; Je sais où trouver les ingrédients dont j'ai besoin pour préparer un repas. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Veuillez indiquer dans quelle mesure les mots suivants décrivent vos sentiments à l'égard du changement de vos habitudes culinaires pour les rendre plus saines.)	Partagé; Mitigé; Indécis (scale from 0 to 5 where 0 - je ne ressens pas du tout ce sentiment , 1 - légèrement, 5 - extrêmement)
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Veuillez indiquer dans quelle mesure les mots suivants décrivent vos sentiments à l'égard du changement de vos habitudes culinaires pour les rendre plus durable.)	Partagé; Mitigé; Indécis (scale from 0 to 5 where 0 - je ne ressens pas du tout ce sentiment , 1 - légèrement, 5 - extrêmement)
Compliance to nutritional guidelines (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Il est important pour moi d'intégrer davantage d'aliments d'origine végétale dans mon régime alimentaire.; Je cherche à réduire ma consommation hebdomadaire de viande.; Je cherche à augmenter ma consommation de légumes.; Je m'efforce de minimiser ma consommation de sucre en réduisant ma

	consommation de sucreries.; Je cherche à éviter les aliments transformés dans mon alimentation.; Je m'efforce de choisir des ingrédients nutritifs lorsque je prépare un repas.; Je m'efforce de planifier soigneusement mes courses afin de minimiser le gaspillage alimentaire.; Je m'efforce de conserver correctement les restes et de les incorporer aux repas du lendemain.; Je m'efforce de préparer des repas de portion raisonnable afin d'éviter le gaspillage ou la surconsommation.; Je m'efforce de manger chaque jour des aliments contenant des céréales complètes.; Je m'efforce de réduire ma consommation de graisses.; Je m'efforce de réduire ma consommation de sel. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Importance of price (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquer votre degré d'accord.)	Je fais mes courses principalement lorsqu'il y a des promotions.; Le prix est le facteur le plus important pour moi lorsque je choisis un produit alimentaire.; Si les aliments plus sains étaient moins chers, j'en achèterais plus souvent.; Si les aliments durables étaient moins chers, j'en achèterais plus souvent. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Culinary culture (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	La nourriture est au cœur des traditions et des célébrations de ma famille.; J'ai tendance à participer à la préparation de plats traditionnels pour des occasions spéciales.; Je connais les coutumes alimentaires de ma culture.; J'aime découvrir et essayer des plats d'autres cultures.; Mes pratiques culinaires ont été influencées par les aliments d'autres régions.; Je considère la nourriture comme un moyen de combler les différences culturelles et de favoriser la compréhension. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Locavorism/regionalty (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Les aliments produits localement ont tout simplement meilleur goût.; Toutes choses égales par ailleurs, il n'y a pas de différence de goût entre un aliment produit localement et un aliment expédié d'ailleurs.; Les aliments produits localement sont plus nutritifs que les aliments expédiés d'ailleurs.; Les aliments produits localement ont un moindre impact sur l'environnement. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Consumer ethnocentrism (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Il ne faut pas acheter d'aliments importés car cela nuit aux agriculteurs français.; Il n'est pas normal d'acheter des produits alimentaires importés car cela entraîne la perte d'emplois en France.; Il ne faut acheter que des produits locaux.; Je préfère toujours la nourriture française aux produits

	importés. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Seasonal food orientation (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Les légumes de saison ont meilleur goût que les produits hors saison.; Les aliments de saison sont plus nutritifs que les aliments hors saison.; La consommation d'aliments de saison est un élément important de mon régime alimentaire.; Je pense que les aliments saisonniers ont un goût plus frais que les aliments non saisonniers.; Je préfère consommer des aliments qui sont naturellement disponibles pendant leur saison de prédilection.; Manger de manière saisonnière présente des avantages environnementaux significatifs (moins de consommation d'énergie, d'émissions dues au transport, d'intrants chimiques, etc.) (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Wasting food (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	J'essaie de ne jamais gaspiller de nourriture.; J'essaie toujours de manger tous les aliments achetés.; J'essaie de produire très peu de déchets alimentaires.; Je m'efforce d'utiliser tous les restes.; J'ai du mal à préparer un nouveau repas à partir de restes.; J'ai du mal à veiller à ce que seule une petite quantité de nourriture soit jetée dans mon foyer.; J'ai du mal à planifier mes achats alimentaires de manière à ce que toute la nourriture que j'achète soit consommée.; J'ai l'impression que je ne peux rien faire contre le gaspillage alimentaire dans mon foyer. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Digital literacy (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Je peux utiliser des applications/programmes (tels que Zoom) sur mon téléphone portable, mon ordinateur ou tout autre appareil électronique par moi-même (sans demander l'aide de quelqu'un d'autre).; Je peux mettre en place un chat vidéo en utilisant mon téléphone portable, mon ordinateur ou tout autre appareil électronique de manière autonome (sans demander l'aide de quelqu'un d'autre).; Je peux résoudre ou comprendre comment résoudre des problèmes techniques basiques par moi-même (sans demander l'aide de quelqu'un d'autre). (scale from 1 to 7 where 1 - pas du tout d'accord, 7 - tout à fait d'accord)
Personal innovativeness (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Parmi mes pairs, je suis généralement le premier à essayer de nouveaux outils en ligne ou de nouvelles applications mobiles.; Je dois voir d'autres personnes utiliser de nouveaux outils en ligne ou de nouvelles applications mobiles avant de les envisager.; Si j'entendais parler de nouveaux outils en ligne ou d'applications mobiles, je chercherais à les expérimenter. (scale

	from 1 to 7 where 1 - pas du tout d'accord, 7 - tout à fait d'accord)
Drivers of smart recipe tool use (Instruction to the respondent: Lequel des éléments suivants vous inciterait à utiliser une application culinaire ou un outil en ligne ? Plusieurs réponses possibles.)	Se faire une idée du degré de santé des recettes; Se faire une idée de la durabilité des recettes; Connaître des produits, des nutriments ou des ingrédients spécifiques; Connaître les alternatives possibles à certains produits; Mieux connaître l'apport en nutriments clés, tels que les protéines; Réduire la quantité de restes; Me rappeler les produits que je dois acheter; J'ai besoin d'aide pour sélectionner des aliments auxquels je ne suis pas allergique; J'ai besoin d'aide pour choisir des aliments de qualité qui sont moins chers que d'autres; J'ai besoin d'aide pour choisir des aliments adaptés à ma religion; J'ai besoin d'aide pour choisir des aliments qui correspondent à mon type de régime alimentaire; Autre : (précisez); Il n'y a rien qui me motiverait à utiliser un tel outil
Environmental attitudes (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord.)	Je donnerais une partie de mes revenus si j'étais certain que l'argent serait utilisé pour prévenir la pollution de l'environnement.; Il est tout simplement trop difficile pour quelqu'un comme moi de faire beaucoup pour l'environnement.; Il y a des choses plus importantes à faire dans la vie que de protéger l'environnement.; Il ne sert à rien de faire ce que je peux pour l'environnement si les autres ne font pas de même.; De nombreuses affirmations concernant les menaces environnementales sont exagérées.; La protection de l'environnement doit être une priorité, même si elle entraîne un ralentissement de la croissance économique et des pertes d'emplois.; La croissance économique et la création d'emplois doivent être la priorité absolue, même si cela peut faire souffrir l'environnement. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)
Health self-consciousness (Instruction to the respondent: Veuillez lire les affirmations ci-dessous et indiquez votre degré d'accord)	Je pense beaucoup à ma santé.; Je suis très soucieux de ma santé.; Je suis généralement attentif aux sensations concernant ma santé. (scale from 1 to 7 where 1 - pas du tout d'accord , 7 - tout à fait d'accord)

Annex 3: Structure of the questionnaire - German version

Question/Scale	Answer options/statements and the agreement options
Dein Alter:	(open-ended question)
Dein Geschlecht:	(open-ended question)
Ort des Wohnsitzes: (used for quota formation)	Bundeshauptstadt; Eine andere Stadt; Dorf

Ort des Wohnsitzes:	Dorf (bis zu 500 Einwohner); Stadt (501 - 1<0.001 Einwohner); Mitttelgroße Stadt (10.001 - 10<0.001 Einwohner); Großstadt (100.001 Einwohner und mehr)
Bitte wähle den höchsten Bildungsgrad aus, den du bisher erreicht hast:	Weniger als Grundschulbildung; Grundschule oder erste Stufe der Grundbildung; Sekundarstufe I oder zweite Stufe der Grundschulbildung; Obere Sekundarstufe; Postsekundäre nicht-tertiäre Bildung (berufliche Bildung); Tertiäre Bildung (Bachelor-Abschluss); Master-Abschluss; Doktorgrad
Wie viele Personen leben in deinem Haushalt, dich eingeschlossen?	1; 2; 3; 4; 5; 6; 7 oder mehr
Wie viele Kinder hast du zu Hause?	1; 2; 3; 4; 5 oder mehr
Bitte wähle die Option aus, die deinen Beruf am besten beschreibt:	Angestellter Manager oder Geschäftsführer mit 6+ Untergebenen; Selbstständiger Freiberufler (z.B. Arzt, Rechtsanwalt, Buchhalter, etc.); Angestellter Freiberufler (z. B. Arzt, Anwalt, Buchhalter usw.); Angestellter Manager oder Geschäftsführer mit 0-5 unterstellten Mitarbeitern; Angestellter Vorgesetzter mit 6+ Untergebenen; Angestellter Vorgesetzter mit 0-5 unterstellten Mitarbeitern; Unternehmer/in, Geschäftsinhaber/in mit 6+ Angestellten; Büroangestellter mit nicht-manueller Arbeit; Unternehmer/in, Geschäftsinhaber/in mit 0-5 Beschäftigten; Student/in; Angestellte außerhalb des Büros mit nicht-manuellen Tätigkeiten; Landwirt/in, Züchter/in, Geflügelzüchter/in, Fischer/in.; Hausfrau/Hausmann; Manuelle Arbeit, entweder mit Spezialisierung oder in einer Aufsichtsposition; Manuelle Arbeit ohne Spezialisierung und in einer nicht-aufsichtsführenden Position; Rentner (mit vorherigem Beruf); Vorübergehend arbeitslos
Familienstand:	Mit einem Partner (verheiratet oder in einer nicht registrierten Ehe lebend); Alleinstehend (Witwe/Witwer, geschieden, ohne Partner)
Wie hoch ist dein durchschnittliches monatliches Haushaltseinkommen (nach Steuern und Abzügen)?	Unter 500 EUR; 501 EUR bis 1500 EUR; 1501 EUR bis 2500 EUR; 2501 EUR bis 3500 EUR; 3501 EUR bis 4500 EUR; 4501 EUR bis 5500 EUR; 5501 EUR und mehr; Möchte ich nicht sagen
Gab es in den letzten 12 Monaten einen Zeitpunkt, an dem du aufgrund von Geldmangel oder anderen Ressourcen	Hast du dir Sorgen gemacht, dass du nicht genug zu essen hast?; Du warst nicht in der Lage, dich gesund und nahrhaft zu ernähren?; Du hast nur wenige Lebensmittel gegessen?; Du musstest eine Mahlzeit auslassen?; Du hast weniger gegessen, als du dachtest, dass du solltest?; Deinem Haushalt sind die Lebensmittel ausgegangen?; Du warst hungrig, hast aber nichts gegessen?; Du hast einen ganzen Tag lang nichts gegessen?

	(agreement options: Ja; Nein; Ich weiß nicht; Ich möchte nichts sagen)
Siehst du dich selbst als:	Katholisch; Orthodoxer Christ; Protestantisch; Andere Christen; Jüdisch; Muslim - Schia; Muslim - Sunnit; Anderer Muslim; Sikh; Buddhist; Hindu; Atheist; Andere (angeben);; Ich weiß es nicht; Nicht gläubig oder agnostisch; Möchte ich nicht sagen
Was ist dein ethnischer Hintergrund?	Deutsch; Türkisch; Polnisch; Syrisch; Rumänisch; Italienisch; Griechisch; Französisch; Gemischte/mehrere ethnische Gruppen (bitte angeben); Andere (bitte angeben); Ich möchte keine Angaben machen
Intentions to cook healthier at home (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Unter der Voraussetzung, dass meine Lebensbedingungen gleich bleiben, würde ich es vorziehen, zu Hause gesund zu kochen.; Es ist sehr wahrscheinlich, dass ich häufiger gesundes Essen zu Hause kochen werde.; Ich will mich bemühen, zu Hause gesundes Essen zu kochen.; Ich bemühe mich, zu Hause häufiger gesund zu kochen. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Intentions to cook more sustainably at home (Instruction to the respondent: Nachhaltiges Kochen zu Hause bedeutet, dass du dein Essen so zubereitest, dass es gut für den Planeten, deinen Geldbeutel und deine Gemeinschaft ist. Dazu gehört, dass du frische Lebensmittel verwendest, die in deiner Region in der jeweiligen Saison natürlich wachsen, beim Kochen Energie sparst und Lebensmittelabfälle reduzierst. Nachhaltiges Kochen zu Hause bedeutet, dass du dein Essen so zubereitest, dass es gut für den Planeten, deinen Geldbeutel und deine Gemeinschaft ist. Dazu gehört, dass du frische Lebensmittel verwendest, die in deiner Region in der jeweiligen Saison natürlich wachsen, beim Kochen Energie sparst und Lebensmittelabfälle reduzierst.)	Unter der Voraussetzung, dass meine Lebensbedingungen gleich bleiben, würde ich lieber zu Hause nachhaltig kochen.; Es ist sehr wahrscheinlich, dass ich häufiger zu Hause nachhaltig kochen werde.; Ich will mich bemühen, zu Hause nachhaltig zu kochen.; Ich bemühe mich, zu Hause häufiger nachhaltig zu kochen. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Stell dir vor, du willst zu Hause kochen und suchst im Internet nach einem Rezept. Wärest du bereit, ein neuartiges Online-Empfehlungstool zu nutzen, das dir vorschlägt, wie du die Rezepte, die du online findest, gesünder machen kannst?)	Scale from 1 to 7 where 1 - überhaupt nicht bereit, 7 - sehr bereit
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Stell dir vor, du willst zu Hause kochen und suchst im Internet nach einem Rezept. Wärest du bereit, ein neuartiges Online-Empfehlungstool zu nutzen, das dir vorschlägt, wie du deine Rezepte, die du online findest, nachhaltiger gestalten kannst?)	Scale from 1 to 7 where 1 - gar nicht bereit, 7 - sehr bereit

Sources of recipes (Instruction to the respondent: Markiere alle relevanten Quellen, in denen du nach Rezepten suchst, wenn du zu Hause kochst. Mehrfachnennungen möglich.)	Online-Suche (z. B. bei Google); Rezept-Apps/Webseiten von Supermärkten; Kochbücher; Kochblogs; Websites zum Thema Kochen; Koch-Apps; TikTok; Pinterest; Instagram; Facebook; Lifestyle-Magazine; Andere [angeben];; Ich suche nie nach Rezepten
Food provisioning and preparation (Instruction to the respondent: Bitte lies die folgenden Aussagen über deine Ernährung und gib deine Zustimmung an.)	Ich fühle mich durch meine mangelnden Kochkenntnisse eingeschränkt.; Ich kann mich immer entscheiden, was ich zu einem bestimmten Zeitpunkt gerne essen möchte.; Bei der Zubereitung von Speisen bin ich zuversichtlich, dass ich mit unerwarteten Ergebnissen umgehen kann.; Bei der Zubereitung von Lebensmitteln fällt es mir leicht, die gewünschten Ergebnisse zu erzielen.; Bei der Zubereitung von Lebensmitteln kann ich die meisten Probleme mit genügend Aufwand lösen.; Ich fühle mich bei der Zubereitung von Lebensmitteln wohl.; Ich weiß, wie man die Küchengeräte benutzt, die ich habe.; Ich bin an der täglichen Essenszubereitung beteiligt.; Wenn ich Lebensmittel einkaufe, weiß ich, wie ich die Zutaten, die ich kaufe, verwenden werde.; Ich bin sicher, dass ich mit den Zutaten, die ich zur Verfügung habe, Mahlzeiten zubereiten kann.; Bevor ich mit dem Kochen anfangen, habe ich normalerweise einen Plan mit allen Schritten, die ich erledigen muss.; Wenn mir zwei ähnliche Produkte zum Kauf angeboten werden, kann ich mich gut zwischen ihnen entscheiden.; Ich weiß, wo ich die Zutaten finde, die ich für die Zubereitung einer Mahlzeit brauche. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Bitte gib an, inwieweit die folgenden Wörter deine Gefühle in Bezug auf eine Änderung deiner Kochgewohnheiten beschreiben, um gesünder zu werden.)	Widersprüchlich; Gemischt; Unentschlossen (scale from 0 to 5 where 0 - ich habe dieses Gefühl nicht, 1 - leicht, 5 - extrem)
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Bitte gib an, inwieweit die folgenden Wörter deine Gefühle in Bezug auf eine Veränderung deiner Kochgewohnheiten in Richtung mehr Nachhaltigkeit beschreiben.)	Widersprüchlich; Gemischt; Unentschlossen (scale from 0 to 5 where 0 - ich habe dieses Gefühl nicht, 1 - leicht, 5 - extrem)
Compliance to nutritional guidelines (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Es ist wichtig für mich, mehr pflanzliche Lebensmittel in meiner Ernährung zu verwenden.; Ich versuche, meinen wöchentlichen Fleischkonsum zu reduzieren.; Ich versuche, den Konsum von Gemüse zu erhöhen.; Ich bemühe mich, meinen Zuckerkonsum zu minimieren, indem ich den Konsum von Süßigkeiten reduziere.; Ich versuche, verarbeitete Lebensmittel

	in meiner Ernährung zu vermeiden.; Ich bemühe mich, nahrhafte Zutaten auszuwählen, wenn ich eine Mahlzeit plane.; Ich plane meinen Lebensmitteleinkauf sorgfältig, um Lebensmittelverschwendung zu vermeiden.; Ich versuche, Essensreste richtig zu lagern und sie am nächsten Tag in die Mahlzeiten einzubauen.; Ich versuche, Mahlzeiten in angemessenen Portionen zuzubereiten, um unnötige Verschwendung oder Überkonsum zu vermeiden.; Ich bemühe mich, jeden Tag Vollkornprodukte zu essen.; Ich bemühe mich, meinen Fettkonsum zu reduzieren.; Ich versuche, meinen Salzkonsum zu reduzieren. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Importance of price (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Ich kaufe Lebensmittel hauptsächlich dann, wenn sie im Angebot sind.; Der Preis ist für mich der wichtigste Faktor bei der Auswahl von Lebensmitteln.; Wenn gesündere Lebensmittel billiger wären, würde ich sie öfter kaufen.; Wenn nachhaltige Lebensmittel billiger wären, würde ich sie öfter kaufen. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Culinary culture (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Essen ist ein zentraler Bestandteil der Traditionen und Feste meiner Familie.; Ich beteilige mich gerne an der Zubereitung traditioneller Gerichte für besondere Anlässe.; Ich kenne mich mit den Essensbräuchen meiner Kultur aus.; Es macht mir Spaß, Gerichte aus anderen Kulturen kennenzulernen und zu probieren.; Meine kulinarischen Gewohnheiten sind von den Speisen anderer Regionen beeinflusst worden.; Ich sehe Essen als eine Möglichkeit, kulturelle Unterschiede zu überbrücken und das Verständnis zu fördern. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Locavorism/regionality (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Lokal produzierte Lebensmittel schmecken einfach besser.; Wenn alle anderen Faktoren gleich sind, gibt es keinen geschmacklichen Unterschied zwischen einem lokal produzierten Lebensmittel und einem, das von irgendwo anders her geliefert wurde.; Lokal produzierte Lebensmittel sind nährstoffreicher als solche, die von irgendwoher geliefert wurden.; Lokal produzierte Lebensmittel haben geringere Auswirkungen auf die Umwelt. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Consumer ethnocentrism (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Man sollte keine importierten Lebensmittel kaufen, weil das den deutschen Landwirten schadet.; Es ist nicht richtig, importierte Lebensmittel zu kaufen, weil dadurch Arbeitsplätze in Deutschland verloren gehen.;

	Man sollte nur einheimische Lebensmittel kaufen.; Ich ziehe deutsche Lebensmittel immer importierten Produkten vor. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Seasonal food orientation (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Saisonales Gemüse schmeckt besser als Produkte außerhalb der Saison; Lebensmittel der Saison sind nahrhafter als Lebensmittel außerhalb der Saison.; Der Verzehr von saisonalen Lebensmitteln ist ein wichtiger Bestandteil meiner Ernährung; Ich glaube, dass saisonale Lebensmittel frischer schmecken als nicht saisonale.; Ich bevorzuge Lebensmittel, die in der Hauptsaison natürlich verfügbar sind; Saisonales Essen hat erhebliche Vorteile für die Umwelt (weniger Energieverbrauch, Transportemissionen, Chemikalieneinsatz usw.) (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Wasting food (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Ich versuche, überhaupt keine Lebensmittel zu verschwenden.; Ich versuche immer, alle gekauften Lebensmittel zu essen.; Ich versuche, nur sehr wenig Lebensmittelabfälle zu produzieren.; Ich versuche, alle Reste zu verwenden.; Ich finde es schwierig, eine neue Mahlzeit aus Resten zuzubereiten.; Ich finde es schwierig, dafür zu sorgen, dass in meinem Haushalt nur kleine Mengen an Lebensmitteln weggeworfen werden.; Ich finde es schwierig, meinen Lebensmitteleinkauf so zu planen, dass alle Lebensmittel, die ich kaufe, auch gegessen werden.; Ich habe das Gefühl, dass ich nichts gegen die Lebensmittelverschwendung in meinem Haushalt tun kann. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Digital literacy (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Ich kann Anwendungen/Programme (wie z. B. Zoom) auf meinem Handy, Computer oder einem anderen elektronischen Gerät selbstständig nutzen (ohne jemanden um Hilfe zu bitten); Ich kann mit meinem Handy, Computer oder einem anderen elektronischen Gerät selbstständig einen Videochat einrichten (ohne jemand anderen um Hilfe zu bitten); Ich kann grundlegende technische Probleme selbst lösen oder herausfinden, wie ich sie lösen kann (ohne jemand anderen um Hilfe zu bitten). (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Personal innovativeness (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Unter meinen Altersgenossen bin ich normalerweise der Erste, der neue Online-Tools oder mobile Anwendungen ausprobiert.; Ich muss sehen, wie andere Menschen neue Online-Tools oder mobile Anwendungen benutzen, bevor ich sie in Betracht ziehe.; Wenn ich von neuen

	Online-Tools oder mobilen Anwendungen höre, würde ich nach Möglichkeiten suchen, sie auszuprobieren. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Drivers of smart recipe tool use (Instruction to the respondent: Was würde dich dazu motivieren, eine Koch-App oder ein Online-Tool zu nutzen? Mehrfachnennungen möglich.)	Um einen Einblick in die Gesundheit von Rezepten zu bekommen; Um einen Einblick in die Nachhaltigkeit von Rezepten zu bekommen; Einblicke in bestimmte Produkte, Nährstoffe oder Zutaten zu erhalten; Einblicke in mögliche Alternativen für bestimmte Produkte zu erhalten; Einblicke in die Aufnahme von wichtigen Nährstoffen, wie z. B. Proteinen, zu erhalten; Um die Menge an Essensresten zu reduzieren; Um an Produkte erinnert zu werden, die ich kaufen muss; Ich brauche Hilfe bei der Auswahl von Lebensmitteln, gegen die ich nicht allergisch bin; Ich brauche Hilfe bei der Auswahl von Qualitätslebensmitteln, die billiger als andere sind; Ich brauche Hilfe bei der Auswahl von Lebensmitteln, die für meine Religion geeignet sind; Ich brauche Hilfe bei der Auswahl von Lebensmitteln, die zu meinem Ernährungstyp passen; Sonstiges: (angeben); Es gibt nichts, was mich motivieren würde, ein solches Tool zu verwenden
Environmental attitudes (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Ich würde einen Teil meines Einkommens spenden, wenn ich sicher wäre, dass das Geld zur Vermeidung von Umweltverschmutzung verwendet wird.; Es ist einfach zu schwierig für jemanden wie mich, viel für die Umwelt zu tun.; Es gibt im Leben wichtigere Dinge zu tun als die Umwelt zu schützen.; Es hat keinen Sinn, das, was ich tun kann, für die Umwelt zu tun, wenn andere das nicht auch tun.; Viele der Behauptungen über Umweltbedrohungen sind übertrieben.; Der Schutz der Umwelt sollte Vorrang haben, auch wenn dies zu einem langsameren Wirtschaftswachstum und einem gewissen Verlust an Arbeitsplätzen führt.; Wirtschaftswachstum und die Schaffung von Arbeitsplätzen sollten oberste Priorität haben, auch wenn die Umwelt darunter etwas leidet. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)
Health self-consciousness (Instruction to the respondent: Bitte lies die folgenden Aussagen und gib deine Zustimmung an.)	Ich denke viel über meine Gesundheit nach.; Ich bin sehr selbstbewusst, wenn es um meine Gesundheit geht.; Ich achte im Allgemeinen auf meine inneren Gefühle in Bezug auf meine Gesundheit. (scale from 1 to 7 where 1 - stimme überhaupt nicht zu, 7 - stimme völlig zu)

Annex 4: Structure of the questionnaire - Greek version

Question/Scale	Answer options/statements and the agreement options
Η ηλικία σου:	(open-ended question)
Το φύλο σας:	(open-ended question)
Τόπος κατοικίας: (used for quota formation)	Η πρωτεύουσα; Πόλεις και κωμοπόλεις; Χωριό
Τόπος κατοικίας:	Χωριό (έως 500 κάτοικοι); Πόλη (501 - 1<0.001 κάτοικοι); Μεσαία πόλη (10.001 - 10<0.001 κάτοικοι); Μεγάλη πόλη (100.001 κάτοικοι και άνω)
Παρακαλώ επιλέξτε το υψηλότερο επίπεδο εκπαίδευσης που έχετε επιτύχει μέχρι σήμερα:	Λιγότερο από την πρωτοβάθμια εκπαίδευση; Πρωτοβάθμια εκπαίδευση (Δημοτικό); Γυμνάσιο; Λύκειο; Μεταδευτεροβάθμια μη τριτοβάθμια εκπαίδευση (επαγγελματική); Τριτοβάθμια εκπαίδευση; Μεταπτυχιακός τίτλος; Διδακτορικό δίπλωμα
Πόσα άτομα ζουν στο νοικοκυριό σας, συμπεριλαμβανομένου του εαυτού σας;	1; 2; 3; 4; 5; 6; 7 ή περισσότερα
Πόσα παιδιά έχετε στο σπίτι σας	1; 2; 3; 4; 5 ή περισσότερα
Παρακαλώ επιλέξτε την επιλογή που περιγράφει καλύτερα το επάγγελμά σας:	Μισθωτός διευθυντής ή στέλεχος επιχείρησης με 6+ υφισταμένους; Αυτοαπασχολούμενος επαγγελματίας (π.χ. ιατρός, δικηγόρος, λογιστής κ.λπ.); Μισθωτός επαγγελματίας (π.χ. ιατρός, δικηγόρος, λογιστής κ.λπ.); Απασχολούμενος διευθυντής ή στέλεχος επιχείρησης με 0-5 υφισταμένους; Απασχολούμενος προϊστάμενος με 6+ υφισταμένους; Απασχολούμενος προϊστάμενος με 0-5 υφισταμένους; Επιχειρηματίας, επιχειρηματίας/ιδιοκτήτης καταστήματος με 6+ υπαλλήλους; Υπάλληλος γραφείου σε μη χειρωνακτική εργασία; Επιχειρηματίας, επιχειρηματίας/ιδιοκτήτης καταστήματος με 0-5 υπαλλήλους; Φοιτητής; Υπάλληλος εκτός γραφείου σε μη χειρωνακτική εργασία; Αγρότης, κτηνοτρόφος/πτηνοτρόφος, ψαράς.; Νοικοκυρά/σύζυγος; Χειρωνακτικό επάγγελμα είτε με εξειδίκευση είτε σε θέση εποπτείας; Χειρωνακτικό επάγγελμα χωρίς εξειδίκευση και σε μη εποπτική θέση; Συνταξιούχος (με προηγούμενο επάγγελμα); Προσωρινά άνεργος
Οικογενειακή κατάσταση:	Με σύντροφο (παντρεμένος ή σε μη καταχωρημένο γάμο); Άγαμος (χήρος/ χήρα, διαζευγμένος, χωρίς σύντροφο)
Ποιο είναι το μέσο μηνιαίο εισόδημα του νοικοκυριού σας (μετά από φόρους και εκπτώσεις);	Κάτω από 500 EUR; 501 EUR έως 1500 EUR; 1501 EUR έως 2500 EUR; 2501 EUR έως 3500 EUR; 3501 EUR έως 4500 EUR; 4501 EUR έως 5500 EUR; 5501 EUR και άνω; Προτιμώ να μην πω

Κατά τη διάρκεια των τελευταίων 12 μηνών, υπήρξε κάποια στιγμή κατά την οποία, λόγω έλλειψης χρημάτων ή άλλων πόρων	Ανησυχούσατε ότι δεν θα είχατε αρκετό φαγητό για να φάτε;; Δεν μπορούσατε να φάτε υγιεινά και θρεπτικά τρόφιμα;; Τρώγατε μόνο λίγα είδη τροφίμων;; Έπρεπε να παραλείψετε κάποιο γεύμα;; Φάγατε λιγότερο απ' ό,τι νομίζατε ότι θα έπρεπε;; Το νοικοκυριό σας ξέμεινε από τρόφιμα;; Πεινούσατε αλλά δεν φάγατε;; Δεν φάγατε για μια ολόκληρη ημέρα; (agreement options: Ναι; Όχι; Δεν ξέρω; Προτιμώ να μην πω)
Θεωρείτε τον εαυτό σας:	Καθολικός; Ορθόδοξος Χριστιανός; Προτεστάντης; Άλλος Χριστιανός; Εβραίος; Μουσουλμάνος - Σίιτης; Μουσουλμάνος - Σουνίτης; Άλλος Μουσουλμάνος; Σιχ; Βουδιστής; Ινδουιστής; Άθεος; Άλλο (αναφέρετε); Δεν γνωρίζω; Μη πιστός ή αγνωστικιστής; Προτιμώ να μην πω
Ποια είναι η εθνική σας καταγωγή;	Έλληνας; Αλβανός; Ρομά; Αρωμάνος; Μακεδόνας; Αρβανίτης; Τούρκος; Πομάκος; Μικτές/πολλαπλές εθνικές ομάδες (παρακαλώ προσδιορίστε); Άλλο (παρακαλώ προσδιορίστε); Προτιμώ να μη δηλώσω
Intentions to cook healthier at home (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Υπό την προϋπόθεση ότι οι συνθήκες διαβίωσής μου θα παραμείνουν οι ίδιες, θα προτιμούσα να μαγειρεύω υγιεινά τρόφιμα στο σπίτι.; Είναι πολύ πιθανό να μαγειρεύω υγιεινά τρόφιμα στο σπίτι πιο συχνά.; Θέλω να καταβάλω προσπάθεια για να μαγειρεύω υγιεινά τρόφιμα στο σπίτι.; Προσπαθώ να μαγειρεύω υγιεινά τρόφιμα στο σπίτι πιο συχνά. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Intentions to cook more sustainably at home (Instruction to the respondent: Αειφόρο μαγείρεμα στο σπίτι σημαίνει να φτιάχνετε φαγητό με τρόπο που να είναι καλός για τον πλανήτη, τον οικογενειακό προϋπολογισμό και την κοινότητά σας. Αυτό περιλαμβάνει τη χρήση φρέσκων τροφίμων εποχής, την εξοικονόμηση ενέργειας κατά το μαγείρεμα και τη μείωση σπατάλης τροφίμων. Αειφόρο μαγείρεμα στο σπίτι σημαίνει να φτιάχνετε φαγητό με τρόπο που να είναι καλός για τον πλανήτη, τον οικογενειακό προϋπολογισμό και την κοινότητά σας. Αυτό περιλαμβάνει τη χρήση φρέσκων τροφίμων εποχής, την εξοικονόμηση ενέργειας κατά το μαγείρεμα και τη μείωση σπατάλης τροφίμων.)	Υπό την προϋπόθεση ότι οι συνθήκες διαβίωσής μου θα παραμείνουν οι ίδιες, θα προτιμούσα να μαγειρεύω με πιο βιώσιμες πρακτικές, φιλικές προς το περιβάλλον, στο σπίτι.; Είναι πολύ πιθανό να μαγειρεύω με πιο βιώσιμες πρακτικές, φιλικές προς το περιβάλλον στο σπίτι πιο συχνά.; Θέλω να καταβάλω προσπάθεια για να μαγειρεύω με πιο βιώσιμες πρακτικές, φιλικές προς το περιβάλλον στο σπίτι.; Προσπαθώ να μαγειρεύω με πιο βιώσιμες πρακτικές, φιλικές προς το περιβάλλον στο σπίτι πιο συχνά. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Φανταστείτε ότι ετοιμάξετε να μαγειρέψετε δείπνο στο σπίτι και ψάχνετε για μια συνταγή στο διαδίκτυο. Θα ήσαστε πρόθυμοι να χρησιμοποιήσετε μία νέα εφαρμογή στο κινητό ή στον υπολογιστή συστάσεων που μπορεί να σας προτείνει πώς να	Scale from 1 to 7 where 1 - καθόλου πρόθυμοι, 7 - πολύ πρόθυμοι

κάνετε τις συνταγές που βρίσκετε στο διαδίκτυο πιο υγιεινές;)	
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Φανταστείτε ότι ετοιμάζετε να μαγειρέψετε δείπνο στο σπίτι και ψάχνετε για μια συνταγή στο διαδίκτυο. Θα ήσασταν πρόθυμοι να χρησιμοποιήσετε μία νέα εφαρμογή στο κινητό ή στον υπολογιστή συστάσεων που μπορεί να σας προτείνει πώς να κάνετε τις συνταγές που βρίσκετε στο διαδίκτυο πιο βιώσιμες;)	Scale from 1 to 7 where 1 - καθόλου πρόθυμοι, 7 - πολύ πρόθυμοι
Sources of recipes (Instruction to the respondent: Σημειώστε όλες τις σχετικές πηγές στις οποίες αναζητάτε συνταγές όταν μαγειρεύετε στο σπίτι. πολλαπλές απαντήσεις είναι επιτρεπτές.)	Αναζήτηση στο διαδίκτυο (π.χ. στο Google); Εφαρμογές/ιστοσελίδες συνταγών σε σούπερ μάρκετ; Βιβλία μαγειρικής; Blogs μαγειρικής; Ιστοσελίδες μαγειρικής; Εφαρμογές μαγειρικής; TikTok; Pinterest; Instagram; Facebook; Περιοδικά lifestyle; Άλλο (αναφέρετε); Δεν ψάχνω ποτέ για συνταγές
Food provisioning and preparation (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Αισθάνομαι περιορισμένος από την έλλειψη γνώσεων μαγειρικής.; Μπορώ πάντα να αποφασίσω τι θα ήθελα να φάω ανά πάσα στιγμή.; Κατά την προετοιμασία του φαγητού, είμαι σίγουρος ότι μπορώ να αντιμετωπίσω πιθανές δυσκολίες σε κάποιο στάδιο.; Κατά την προετοιμασία του φαγητού, μου είναι εύκολο να πετύχω τα επιθυμητά αποτελέσματα.; Κατά την προετοιμασία του φαγητού, μπορώ να λύσω τα περισσότερα προβλήματα με αρκετή προσπάθεια.; Νιώθω άνετα κατά την προετοιμασία του φαγητού.; Γνωρίζω πώς να χρησιμοποιώ τον εξοπλισμό κουζίνας που διαθέτω.; Συμμετέχω στην καθημερινή προετοιμασία των γευμάτων.; Όταν ψωνίζω τρόφιμα, ξέρω πώς θα χρησιμοποιήσω τα υλικά που αγοράζω.; Έχω αυτοπεποίθηση στη δημιουργία γευμάτων από τα υλικά που έχω στη διάθεσή μου.; Πριν ξεκινήσω να μαγειρεύω, έχω συνήθως μία συνταγή με όλα τα βήματα που θα πρέπει να ολοκληρώσω.; Όταν μου παρουσιάζονται δύο παρόμοια προϊόντα προς αγορά, αισθάνομαι σίγουρος για την επιλογή μεταξύ τους.; Ξέρω πού μπορώ να βρω τα συστατικά που χρειάζομαι για να ετοιμάσω ένα γεύμα. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Παρακαλούμε δηλώστε σε ποιο βαθμό οι ακόλουθες λέξεις περιγράφουν τα συναισθήματά σας σχετικά με την αλλαγή των μαγειρικών σας συνηθειών για να διατηρήσει την υγεία σας.)	Σύγκρουση; Ανάμεικτα συναισθήματα; Δεν μπορώ να αποφασίσω (scale from 0 to 5 where 0 - δεν τρέφω αυτό το συναίσθημα, 1 - ελαφρώς, 5 - εξαιρετικά)

Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Παρακαλείσθε να δηλώσετε το βαθμό στον οποίο οι ακόλουθες λέξεις περιγράφουν τα συναισθήματά σας ως προς την αλλαγή των μαγειρικών σας συνηθειών ώστε να γίνουν πιο βιώσιμες.)	Σύγκρουση; Ανάμεικτα συναισθήματα; Δεν μπορώ να αποφασίσω (scale from 0 to 5 where 0 - δεν τρέφω αυτό το συναίσθημα, 1 - ελαφρώς, 5 - εξαιρετικά)
Compliance to nutritional guidelines (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Είναι σημαντικό για μένα να αυξήσω τα τρόφιμα φυτικής προέλευσης στη διατροφή μου.; Επιδιώκω να μειώσω την εβδομαδιαία κατανάλωση κρέατος.; Επιδιώκω να αυξήσω την κατανάλωση λαχανικών.; Προσπαθώ να ελαχιστοποιήσω την κατανάλωση ζάχαρης μειώνοντας την κατανάλωση γλυκών.; Επιδιώκω να αποφεύγω τα επεξεργασμένα τρόφιμα στη διατροφή μου.; Καταβάλλω προσπάθεια να επιλέγω συστατικά με υψηλή διατροφική αξία όταν σχεδιάζω ένα γεύμα.; Προσπαθώ να προγραμματίζω προσεκτικά τις αγορές σε τρόφιμα για να ελαχιστοποιώ τη σπατάλη τροφίμων.; Επιδιώκω να αποθηκεύω σωστά τα περισσεύματα και να τα ενσωματώνω στα γεύματα της επόμενης ημέρας.; Προσπαθώ να προετοιμάζω τα γεύματα σε λογικές μερίδες για να αποφεύγω την περιττή σπατάλη ή την υπερκατανάλωση.; Προσπαθώ να τρώω καθημερινά τρόφιμα ολικής άλεσης.; Προσπαθώ να μειώνω την κατανάλωση λιπαρών.; Προσπαθώ να μειώνω την κατανάλωση αλατιού. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Importance of price (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Αγοράζω τρόφιμα κυρίως όταν είναι σε έκπτωση.; Η τιμή είναι ο πιο σημαντικός παράγοντας για μένα όταν επιλέγω τρόφιμα.; Αν τα πιο υγιεινά τρόφιμα ήταν φθηνότερα, θα τα αγόραζα πιο συχνά.; Αν τα τρόφιμα που δεν επιβάρυνουν το περιβάλλον ήταν φθηνότερα, θα τα αγόραζα πιο συχνά. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Culinary culture (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Το φαγητό αποτελεί κεντρικό μέρος των παραδόσεων και των εορταστικών εκδηλώσεων της οικογένειάς μου.; Έχω την τάση να συμμετέχω στην προετοιμασία παραδοσιακών πιάτων για ειδικές περιστάσεις.; Γνωρίζω τα έθιμα του πολιτισμού μου που σχετίζονται με το φαγητό.; Μου αρέσει να μαθαίνω και να δοκιμάζω πιάτα από άλλους πολιτισμούς.; Οι μαγειρικές μου πρακτικές έχουν επηρεαστεί από τα τρόφιμα άλλων περιοχών.; Βλέπω το φαγητό ως έναν τρόπο γεφύρωσης των πολιτισμικών διαφορών. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)

Locavorism/regionalism (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Τα τοπικά προϊόντα έχουν καλύτερη γεύση.; Δεν υπάρχει καμία διαφορά στη γεύση μεταξύ ενός τπικού προϊόντος και προϊόντων που έρχονται από άλλη χώρα.; Τα τοπικά προϊόντα είναι πιο θρεπτικά από τα τρόφιμα που έρχονται από άλλη χώρα.; Τα τοπικά προϊόντα έχουν μικρότερες περιβαλλοντικές επιπτώσεις. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Consumer ethnocentrism (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Δεν πρέπει να αγοράζει κανείς εισαγόμενα τρόφιμα, επειδή βλάπτουν τους αγρότες της Ελλάδας.; Δεν είναι σωστό να αγοράζει κανείς εισαγόμενα τρόφιμα επειδή προκαλούν την απώλεια θέσεων εργασίας στη Ελλάδα.; Πρέπει να αγοράζει κανείς μόνο εγχώρια τρόφιμα.; Πάντα προτιμώ τα τρόφιμα της Ελλάδας από τα εισαγόμενα προϊόντα. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Seasonal food orientation (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Τα εποχιακά λαχανικά έχουν καλύτερη γεύση από τα προϊόντα εκτός εποχής; Τα τρόφιμα εποχής είναι πιο θρεπτικά από τα τρόφιμα εκτός εποχής.; Η κατανάλωση εποχιακών τροφίμων αποτελεί σημαντικό μέρος της διατροφής μου; Πιστεύω ότι τα εποχιακά τρόφιμα έχουν καλύτερη γεύση σε σύγκριση με τις μη εποχιακές επιλογές; Προτιμώ να τρώω τρόφιμα που είναι φυσικά διαθέσιμα στην εποχή τους; Η κατανάλωση εποχιακών τροφίμων έχει σημαντικά περιβαλλοντικά οφέλη (λιγότερη κατανάλωση ενέργειας, λιγότερες εκπομπές από μεταφορές, λιγότερες γεωργικές εισροές χημικών ουσιών κ.λπ.). (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Wasting food (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Προσπαθώ να μη σπαταλάω καθόλου φαγητό.; Προσπαθώ πάντα να τρώω όλα τα τρόφιμα που αγοράζω.; Προσπαθώ να παράγω πολύ λίγα απόβλητα τροφίμων.; Στόχος μου είναι να χρησιμοποιώ όλα τα περισσεύματα.; Δυσκολεύομαι να ετοιμάσω ένα νέο γεύμα από τα περισσεύματα.; Δυσκολεύομαι να διασφαλίσω ότι μόνο μικρές ποσότητες τροφίμων απορρίπτονται στο νοικοκυριό μου.; Δυσκολεύομαι να προγραμματίσω τα ψώνια μου για τρόφιμα με τέτοιο τρόπο ώστε όλα τα τρόφιμα που αγοράζω να καταναλώνονται.; Έχω την αίσθηση ότι δεν μπορώ να κάνω τίποτα για τη σπατάλη τροφίμων στο νοικοκυριό μου. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Digital literacy (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Μπορώ να χρησιμοποιώ εφαρμογές/προγράμματα (όπως το Zoom) στο κινητό μου τηλέφωνο, τον υπολογιστή μου ή άλλη ηλεκτρονική συσκευή μόνος μου (χωρίς να ζητάω βοήθεια από κάποιον άλλο); Μπορώ να οργανώσω μια βιντεοκλήση

	χρησιμοποιώντας το κινητό μου τηλέφωνο, τον υπολογιστή μου ή άλλη ηλεκτρονική συσκευή μόνος μου (χωρίς να ζητάω βοήθεια από κάποιον άλλο); Μπορώ να επιλύω ή να βρίσκω τρόπο να επιλύω βασικά τεχνικά ζητήματα μόνος μου (χωρίς να ζητάω βοήθεια από κάποιον άλλο) (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Personal innovativeness (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Μεταξύ των συνομηλίκων μου, είμαι συνήθως ο πρώτος που δοκιμάζει νέα διαδικτυακά εργαλεία ή εφαρμογές για κινητά τηλέφωνα.; Πρέπει να δω άλλους ανθρώπους να χρησιμοποιούν νέα διαδικτυακά εργαλεία ή εφαρμογές για κινητά πριν τα εξετάσω.; Αν άκουγα για νέα διαδικτυακά εργαλεία ή εφαρμογές για κινητά, θα έψαχνα τρόπους να πειραματιστώ με αυτά. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Drivers of smart recipe tool use (Instruction to the respondent: Ποιο από τα παρακάτω θα σας παρακινούσε να αρχίσετε να χρησιμοποιείτε μια εφαρμογή μαγειρικής ή ένα διαδικτυακό εργαλείο; Δυνατότητα πολλαπλών απαντήσεων)	Για να αποκτήσω εικόνα για το πόσο υγιεινή είναι μία συνταγή; Για να αποκτήσω εικόνα για το πόσο φιλική για το περιβάλλον είναι μία συνταγή.; Για να αποκτήσω εικόνα για συγκεκριμένα προϊόντα ή θρεπτικά συστατικά; Για να αποκτήσω εικόνα για πιθανές εναλλακτικές λύσεις για συγκεκριμένα προϊόντα; Για να αποκτήσω εικόνα για την πρόσληψη βασικών θρεπτικών συστατικών, όπως οι πρωτεΐνες; Για να μειώσω την ποσότητα των περισσευμάτων; Για να μου υπενθυμίζουν τα προϊόντα που πρέπει να αγοράσω; Χρειάζομαι βοήθεια με την επιλογή τροφίμων στα οποία δεν είμαι αλλεργικός; Χρειάζομαι βοήθεια με την επιλογή ποιοτικών τροφίμων που είναι φθηνότερα από άλλα; Χρειάζομαι βοήθεια με την επιλογή τροφίμων που είναι κατάλληλα για τις θρησκευτικές μου πεποιθήσεις; Χρειάζομαι βοήθεια με την επιλογή τροφίμων που ταιριάζουν στο είδος της διατροφής που ακολουθώ.; Άλλο (αναφέρετε); Δεν υπάρχει τίποτα που να με παρακινεί να χρησιμοποιήσω ένα τέτοιο εργαλείο
Environmental attitudes (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Θα έδινα μέρος του εισοδήματός μου αν ήμουν βέβαιος ότι τα χρήματα θα χρησιμοποιούνταν για την πρόληψη της ρύπανσης του περιβάλλοντος.; Είναι πολύ δύσκολο για κάποιον σαν εμένα να κάνει πολλά για το περιβάλλον.; Υπάρχουν πιο σημαντικά πράγματα στη ζωή από την προστασία του περιβάλλοντος.; Δεν έχει νόημα να κάνω ό,τι μπορώ εγώ για το περιβάλλον αν δεν κάνουν το ίδιο και άλλοι.; Πολλοί από τους ισχυρισμούς σχετικά με τις περιβαλλοντικές απειλές είναι υπερβολικοί.; Η προστασία του περιβάλλοντος θα πρέπει να έχει προτεραιότητα, ακόμη και αν αυτό προκαλεί βραδύτερη οικονομική ανάπτυξη και

	κάποια απώλεια θέσεων εργασίας.; Η οικονομική ανάπτυξη και η δημιουργία θέσεων εργασίας θα πρέπει να είναι η πρώτη προτεραιότητα, ακόμη και αν το περιβάλλον υποφέρει σε κάποιο βαθμό. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)
Health self-consciousness (Instruction to the respondent: Παρακαλούμε διαβάστε τις παρακάτω δηλώσεις και δηλώστε τη γνώμη σας.)	Σκέφτομαι πολύ για την υγεία μου.; Έχω μεγάλη αυτοπεποίθηση για την υγεία μου.; Δείχνω ευαισθησία για την υγεία μου. (scale from 1 to 7 where 1 - διαφωνώ απόλυτα, 7 - συμφωνώ απόλυτα)

Annex 5: Structure of the questionnaire - Italian version

Question/Scale	Answer options/statements and the agreement options
La sua età:	(open-ended question)
Il suo sesso:	(open-ended question)
Luogo di residenza: (used for quota formation)	Capitale; Altre città e paesi; Zone rurali
Luogo di residenza:	Paese (fino a 500 abitanti); Città (501 – 1<0.001 abitanti); Città di medie dimensioni (10.001 – 10<0.001 abitanti); Grande città (100.001 o più abitanti)
Selezioni il livello di istruzione più alto che ha raggiunto fino ad oggi:	Scuola dell'infanzia; Scuola elementare; Scuola media; Scuola superiore; Formazione post diploma non universitaria; Laurea triennale; Laurea magistrale o a ciclo unico; Dottorato
Quante persone, lei compreso/a, vivono in casa sua?	1; 2; 3; 4; 5; 6; 7 o più
Quanti figli ha a casa?	1; 2; 3; 4; 5 o più
Selezioni l'opzione che meglio descrive la sua occupazione:	Manager o dirigente d'impresa con 6+ subordinati; Libero Professionista (es. medico, avvocato, commercialista, ecc.); Professionista dipendente (es. medico, avvocato, commercialista, ecc.); Manager o dirigente d'azienda con 0-5 subordinati; Supervisore dipendente con 6+ subordinati; Supervisore dipendente con 0-5 subordinati; Imprenditore, proprietario di un'azienda o negozio con 6+ dipendenti; Impiegato (lavoro non manuale); Imprenditore, proprietario di un'azienda o negozio con 0-5 dipendenti; Studente; Dipendente fuori ufficio (lavoro non manuale); Agricoltore, allevatore/allevatore di pollame, pescatore; Casalingo/a; Operaio specializzato o in posizione di supervisore; Operaio non specializzato o non in posizione di supervisore; Pensionato/a (con precedente occupazione); Temporaneamente disoccupato/a

Stato civile:	Con un partner (sposato/a o in convivenza non registrata); Single (vedovo/a, divorziato/a, senza un partner)
Qual è il suo reddito medio mensile familiare (dopo tasse e detrazioni)?	Meno di 500 EUR; 501 EUR a 1500 EUR; 1501 EUR a 2500 EUR; 2501 EUR a 3500 EUR; 3501 EUR a 4500 EUR; 4501 EUR a 5500 EUR; 5501 EUR o maggiore; Preferisco non rispondere
Nell'ultimo anno, c'è stato un momento in cui, a causa della mancanza di denaro o altre risorse:	Si è preoccupato/a di non avere abbastanza cibo da mangiare?; Non è riuscito/a a mangiare cibo sano e nutriente?; Ha mangiato solo pochi tipi di cibo?; Ha dovuto saltare un pasto?; Ha mangiato meno di quanto pensava dovrebbe?; La sua famiglia è rimasta senza cibo?; Aveva fame ma non ha mangiato?; È stato/a senza mangiare per un intero giorno? (agreement options: Sì; No; Non so; Preferisco non rispondere)
Si considera:	Cattolico/a; Cristiano/a ortodosso/a; Protestante; Altro cristiano/a; Ebreo/a; Musulmano/a - Shia; Musulmano/a - Sunnita; Altro musulmano/a; Sikh; Buddista; Hindu; Ateo/a; Altro [indicare]; Non so; Non credente o agnostico; Preferisco non rispondere
Qual è la sua origine etnica?	Italiana; Rumena; Albanese; Marocchina; Cinese; Ucraina; Filippina; Etnie miste/molteplici (si prega di specificare); Altro (si prega di specificare); Preferisco non divulgarla
Intentions to cook healthier at home (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	A condizione che le mie condizioni di vita rimangano invariate, preferirei cucinare cibo sano a casa.; È molto probabile che cucinerò cibo sano più frequentemente a casa.; Desidero impegnarmi a cucinare cibo sano a casa.; Mi impegno a cucinare cibo sano più frequentemente a casa. (scale from 1 to 7 where 1 - totalmente in disaccordo, 7 - totalmente d'accordo)
Intentions to cook more sustainably at home (Instruction to the respondent: Cucinare in modo sostenibile a casa significa preparare cibo in un modo che sia benefico per il pianeta, il suo portafoglio e la sua comunità. Questo include l'utilizzo di alimenti freschi, di provenienza locale e di stagione, risparmiare energia durante la cottura e ridurre gli sprechi alimentari. Cucinare in modo sostenibile a casa significa preparare cibo in un modo che sia benefico per il pianeta, il suo portafoglio e la sua comunità. Questo include l'utilizzo di alimenti freschi, di provenienza locale e di stagione, risparmiare energia durante la cottura e ridurre gli sprechi alimentari.)	A condizione che le mie condizioni di vita rimangano invariate, preferirei cucinare in modo sostenibile a casa.; È molto probabile che cucinerò in modo sostenibile più frequentemente a casa.; Desidero impegnarmi a cucinare in modo sostenibile a casa.; Mi impegno a cucinare in modo sostenibile più frequentemente a casa. (scale from 1 to 7 where 1 - totalmente in disaccordo, 7 - totalmente d'accordo)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Immagini di essere a casa sul punto di preparare la cena e di stare cercando una ricetta su Internet. Sarebbe	Scale from 1 to 7 where 1 - per niente disposto, 7 - molto disposto

disposto/a a utilizzare uno strumento innovativo di raccomandazioni online che possa suggerire come rendere più salutari le ricette trovate online?)	
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Immagini di essere a casa sul punto di preparare la cena e di stare cercando una ricetta su Internet. Sarebbe disposto/a a utilizzare uno strumento innovativo di raccomandazioni online che possa suggerire come rendere più sostenibili le ricette trovate online?)	Scale from 1 to 7 where 1 - per niente disposto, 7 - molto disposto
Sources of recipes (Instruction to the respondent: Selezioni tutte le fonti rilevanti dove cerca ricette quando cucina a casa: Sono possibili più risposte.)	Ricerca online (es. su Google); App/siti web di ricette dei supermercati; Libri di cucina; Blog di cucina; Siti web di cucina; App di cucina; TikTok; Pinterest; Instagram; Facebook; Riviste di lifestyle; Altro [indicare];; Non cerco mai ricette
Food provisioning an preparation (Instruction to the respondent: Si prega di leggere le seguenti dichiarazioni sulle sue abitudini culinarie e di indicare il suo livello di accordo.)	Mi sento limitato/a dalla mia mancanza di conoscenze culinarie.; Riesco sempre a decidere cosa vorrei mangiare in ogni momento.; Quando preparo il cibo, sono sicuro/a di poter gestire risultati imprevisti.; Quando preparo il cibo, è facile per me ottenere i risultati desiderati.; Nel preparare il cibo, posso risolvere la maggior parte dei problemi con abbastanza impegno.; Mi sento a mio agio nel preparare il cibo.; So come usare l'attrezzatura da cucina che ho.; Sono coinvolto/a nella preparazione dei pasti quotidiani.; Quando faccio la spesa, so come utilizzerò gli ingredienti che sto acquistando.; Sono sicuro/a di poter creare dei pasti con gli ingredienti che ho a disposizione.; Prima di iniziare a cucinare, di solito ho in mente tutti i passaggi che dovrò completare.; Quando mi trovo di fronte a due prodotti simili da acquistare, mi sento sicuro/a di poter scegliere tra di essi.; So dove trovare gli ingredienti di cui ho bisogno per preparare un pasto. (scale from 1 to 7 where 1 - totalmente in disaccordo, 7 - totalmente d'accordo)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Per favore, indichi quanto ciascuna delle seguenti parole descrive i suoi sentimenti riguardo al cambiamento delle sue abitudini alimentari per adottare uno stile di vita più sano.)	Confuso/a; Contrastante; Indeciso/a (scale from 0 to 5 where 0 - non provo questo sentimento, 1 - leggermente, 5 - estremamente)
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Per favore, indichi quanto ciascuna delle seguenti parole descrive i suoi sentimenti riguardo al cambiamento delle sue abitudini culinarie per renderle più sostenibili.)	Confuso/a; Contrastante; Indeciso/a (scale from 0 to 5 where 0 - non provo questo sentimento, 1 - leggermente, 5 - estremamente)
Compliance to nutritional guidelines (Instruction to the respondent: Si prega di leggere le seguenti	È importante per me aumentare il consumo di cibi a base vegetale nella mia dieta.; Cerco di ridurre il

affermazioni e di indicare il suo grado di accordo.)	consumo settimanale di carne.; Cerco di aumentare il consumo di verdure.; Mi impegno a ridurre il consumo di zucchero limitando il consumo di dolci.; Cerco di evitare i cibi processati nella mia dieta.; Faccio uno sforzo per selezionare ingredienti nutrienti quando pianifico un pasto.; Cerco di pianificare attentamente la mia spesa per minimizzare gli sprechi alimentari.; Cerco di conservare correttamente gli avanzi e di incorporarli nei pasti del giorno successivo.; Cerco di preparare pasti in porzioni ragionevoli per evitare sprechi inutili o eccessi.; Mi sforzo di mangiare cibi integrali ogni giorno.; Mi sforzo di ridurre il consumo di grassi.; Cerco di ridurre il consumo di sale. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Importance of price (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Compro alimenti principalmente quando sono in offerta.; Il prezzo è il fattore più importante per me quando scelgo il cibo.; Se il cibo più sano fosse più economico, lo comprerei più spesso.; Se il cibo sostenibile fosse più economico, lo comprerei più spesso. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Culinary culture (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Il cibo è un elemento centrale delle tradizioni e delle festività della mia famiglia.; Tendo a partecipare alla preparazione di piatti tradizionali per occasioni speciali.; Sono esperto/a delle usanze alimentari della mia cultura.; Mi piace imparare e provare piatti di altre culture.; Le mie pratiche culinarie sono state influenzate dai cibi di altre regioni.; Vedo il cibo come un modo per superare le differenze culturali e favorire la comprensione. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Locavorism/regionalism (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	I cibi prodotti localmente hanno un sapore migliore.; A parità di condizioni, non c'è differenza di sapore tra un cibo prodotto localmente e uno che è stato spedito da un'altra area geografica.; I cibi prodotti localmente sono più nutrienti di quelli che sono stati spediti da un'altra area geografica.; I cibi prodotti localmente hanno un impatto ambientale inferiore. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Consumer ethnocentrism (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Non si dovrebbe comprare cibo importato perché danneggia gli agricoltori italiani.; Non è giusto acquistare cibo importato perché causa la perdita di posti di lavoro in Italia.; Si dovrebbe comprare solo cibo domestico.; Preferisco sempre il cibo italiano ai prodotti importati. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)

	where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Seasonal food orientation (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Le verdure di stagione hanno un sapore migliore rispetto a quelle fuori stagione.; I cibi di stagione sono più nutritivi rispetto a quelli fuori stagione.; Mangiare cibi di stagione è una parte importante della mia dieta.; Credo che i cibi di stagione abbiano un sapore più fresco rispetto a quelli fuori stagione.; Preferisco mangiare cibi che sono naturalmente disponibili durante la loro stagione di punta.; Mangiare cibi di stagione ha benefici ambientali significativi (meno consumo di energia, emissioni da trasporto, input chimici, ecc.). (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Wasting food (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Cerco di non sprecare affatto il cibo.; Cerco sempre di mangiare tutti i cibi acquistati.; Cerco di produrre solo pochissimi sprechi alimentari.; Mi impegno a utilizzare tutti gli avanzi.; Trovo difficile preparare un nuovo pasto con gli avanzi.; Trovo difficile fare in modo che vengano scartate solo piccole quantità di cibo in casa mia.; Trovo difficile pianificare la mia spesa alimentare in modo che tutto il cibo che acquisto venga consumato.; Ho la sensazione di non poter fare nulla riguardo agli sprechi alimentari in casa mia. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Digital literacy (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Posso utilizzare applicazioni/programmi (come Zoom) sul mio telefono cellulare, computer o un altro dispositivo elettronico da solo/a (senza chiedere aiuto a qualcun'altro); Posso configurare una videochiamata utilizzando il mio telefono cellulare, computer o un altro dispositivo elettronico da solo/a (senza chiedere aiuto a qualcun'altro); Posso risolvere o capire come risolvere problemi tecnici di base da solo/a (senza chiedere aiuto a qualcun'altro) (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Personal innovativeness (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Tra i miei coetanei, di solito sono il/la primo/a a provare nuovi strumenti online o applicazioni mobili.; Devo vedere altre persone utilizzare nuovi strumenti online o applicazioni mobili prima di prenderli in considerazione.; Se sentissi parlare di nuovi strumenti online o applicazioni mobili, cercherei modi per sperimentarli. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Drivers of smart recipe tool use (Instruction to the respondent: Quali dei seguenti motivi la motiverebbero a iniziare a utilizzare un'app di	Per ottenere informazioni sulla salubrità delle ricette; Per ottenere informazioni sulla sostenibilità delle ricette; Per ottenere informazioni su specifici prodotti, nutrienti o

cucina o uno strumento online? Possibili più risposte.)	ingredienti; Per ottenere informazioni su possibili alternative a determinati prodotti; Per ottenere informazioni sull'assunzione di nutrienti chiave, come le proteine; Per ridurre la quantità di avanzi; Per ricordarmi dei prodotti che devo acquistare; Ho bisogno di aiuto nella selezione di alimenti a cui non sono allergico/a; Ho bisogno di aiuto nella selezione di alimenti di qualità che siano più economici di altri; Ho bisogno di aiuto nella selezione di alimenti che siano adatti alla mia religione; Ho bisogno di aiuto nella selezione di alimenti che si adattino al mio tipo di dieta; Altro: [indicare]; Non c'è nulla che mi motiverebbe a usare uno strumento del genere
Environmental attitudes (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Darei parte del mio reddito se fossi sicuro che i soldi sarebbero usati per prevenire l'inquinamento ambientale.; È troppo difficile per qualcuno come me fare qualcosa per l'ambiente.; Ci sono cose più importanti da fare nella vita che proteggere l'ambiente.; Non ha senso fare quello che posso per l'ambiente a meno che anche gli altri non facciano lo stesso.; Molte delle affermazioni sui rischi ambientali sono esagerate.; Proteggere l'ambiente dovrebbe essere una priorità, anche se ciò causa una crescita economica più lenta e qualche perdita di posti di lavoro.; La crescita economica e la creazione di posti di lavoro dovrebbero essere la priorità assoluta, anche se l'ambiente ne soffre in qualche misura. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)
Health self-consciousness (Instruction to the respondent: Si prega di leggere le seguenti affermazioni e di indicare il suo grado di accordo.)	Rifletto molto sulla mia salute.; Sono molto consapevole della mia salute.; In generale, sono attento/a ai miei sentimenti riguardo alla mia salute. (scale from 1 to 7 where 1 - completamente in disaccordo, 7 - completamente d'accordo)

Annex 6: Structure of the questionnaire - Lithuanian version

Question/Scale	Answer options/statements and the agreement options
Jūsų amžius:	(open-ended question)
Jūsų lytis:	(open-ended question)
Jūsų gyvenamoji vieta: (used for quota formation)	Sostinė; Kiti miestai; Kaimo vietovės
Gyvenamoji vieta:	Kaimas (iki 500 gyventojų); Mažas miestas (501–10 000 gyventojų); Vidutinio dydžio miestas (10 001–100 000 gyventojų); Didelis miestas (100 001 ir daugiau gyventojų)
Pasirinkite savo aukščiausią iki šiol įgytą išsilavinimo lygį:	Žemesnis nei pradinis; Pradinis (baigtos 4 klasės); Pagrindinis išsilavinimas (baigtos 10 klasių); Vidurinis išsilavinimas (baigtos 12 klasių);

	Profesinis; Bakalauro laipsnis; Magistro laipsnis; Daktaro laipsnis
Kiek iš viso žmonių gyvena Jūsų namų ūkyje, įskaitant Jus patį (-čią)?	1; 2; 3; 4; 5; 6; 7 ar daugiau
Kiek vaikų turite savo namuose?	1; 2; 3; 4; 5 ar daugiau
Pasirinkite variantą, kuris geriausiai apibūdina Jūsų pagrindinį užimtumą:	Įmonės arba jos padalinio vadovas (-ė), direktorius (-ė) su daugiau nei 5 pavaldiniais; Savarankiškai dirbantis (-ė) specialistas (-ė). T. y. gydytojas (-a), teisininkas (-ė), buhalteris (-ė) ir kt.; Samdomas (-a) specialistas (-ė). T. y. gydytojas (-a), teisininkas (-ė), buhalteris (-ė) ir kt.; Įmonės arba jos padalinio vadovas (-ė), direktorius (-ė) su 0-5 pavaldiniais; Vidurinės grandies vadovas (-ė) su daugiau nei 5 pavaldiniais; Vidurinės grandies vadovas (-ė) su 0-5 pavaldiniais; Verslininkas (-ė), įmonės / parduotuvės savininkas (-ė), turintis (-i) daugiau nei 5 darbuotojus; Biuro darbuotojas (-a), dirbantis (-i) ne fizinį darbą; Verslininkas (-ė), įmonės / parduotuvės savininkas (-ė), turintis (-i) 0-5 darbuotojus; Studentas (-ė) / moksleivis (-ė); Ne biuro darbuotojas (-a), dirbantis (-i) ne fizinį darbą; Ūkininkas (-ė), žvejys (-ė); Namų šeimininkė (-as); Vadovaujančios pareigos atliekant fizinį darbą; Nevadovaujančios pareigos atliekant fizinį darbą; Pensininkas (-ė) (anksčiau dirbęs / dirbusi); Laikinai bedarbis (-ė)
Šeiminė padėtis:	Turiu partnerį (vedęs / ištėkėjusi arba gyvenantis (-i) neįregistravus santuokos); Vienišas (-a) (našlys (-ė), išsiskyręs (-usi), neturiu partnerio (-ės))
Kokios yra Jūsų vidutinės mėnesinės namų ūkio pajamos (atskaičius mokesčius ir atskaitymus)?	Iki 500 EUR; Nuo 501 EUR iki 1500 EUR; Nuo 1501 EUR iki 2500 EUR; Nuo 2501 EUR iki 3500 EUR; Nuo 3501 EUR iki 4500 EUR; Nuo 4501 EUR iki 5500 EUR; 5501 EUR ir daugiau; Pageidauju nenurodyti
Ar per pastaruosius 12 mėnesių buvo laikas, kai dėl pinigų ar kitų išteklių trūkumo:	Bijojote, kad neturėsite pakankamai maisto?; Negalėjote valgyti sveiko ir maistingo maisto?; Valgėte tik kelių rūšių maistą?; Turėjote badauti?; Valgėte mažiau, nei manėte, kad turėtumėte?; Jūsų namų ūkiui pritrūko maisto?; Buvote alkanas (-a), bet nevalgėte?; Išbuvote visą dieną nevalgę? (agreement options: Taip; Ne; Nežinau; Nenorėčiau sakyti)
Save laikote:	Kataliku (-e); Ortodoksų krikščionimi (-e); Protestantu (-e); Kitu (-a) krikščionimi (-e); Judėjumi (-e); Musulmonu (-e) – šiitu (-e); Musulmonu (-e) – sunitu (-e); Kitu (-a) musulmonu (-e); Sikhu (-e); Budistu (-e); Induistu (-e); Ateistu (-e); Kita (įrašykite); Nežinau; Netikintis (-i) arba agnostikas (-ė); Pageidauju nenurodyti

Kokia Jūsų etninė kilmė?	Lietuvis (-ė); Lenkas (-ė); Rusas (-ė); Baltarusis (-ė); Ukrainietis (-ė); Mišri kilmė / kelios etninės grupės (nurodykite); Kita (įrašykite);; Pageidauju neatskleisti
Intentions to cook healthier at home (Instruction to the respondent: Perskaitykite pateiktus teiginius ir įvertinkite, kiek su jais sutinkate.)	Jei mano gyvenimo sąlygos nesikeistų, norėčiau namuose gaminti sveiką maistą.; Labai tikėtina, kad sveiką maistą namuose gaminsiu dažniau.; Noriu įdėti pastangų namuose gaminti sveiką maistą.; Stengiuosi namuose dažniau gaminti sveiką maistą. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Intentions to cook more sustainably at home (Instruction to the respondent: Tvarus maisto gaminimas namuose apima maisto ruošimą, kuris naudingas tiek planetai, tiek Jūsų finansams bei bendruomenei. Tai apima šviežių sezoninių produktų naudojimą, energijos taupymą ir maisto švaistymo mažinimą. Tvarus maisto gaminimas namuose apima maisto ruošimą, kuris naudingas tiek planetai, tiek Jūsų finansams bei bendruomenei. Tai apima šviežių sezoninių produktų naudojimą, energijos taupymą ir maisto švaistymo mažinimą.)	Jei mano gyvenimo sąlygos nesikeistų, norėčiau gaminti maistą namuose tvariai.; Labai tikėtina, kad tvariai maistą namuose gaminsiu dažniau.; Noriu įdėti pastangų namuose gaminti maistą tvariai.; Stengiuosi namuose dažniau gaminti maistą tvariai. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Įsivaizduokite, kad ruošiatės gaminti vakarienę ir recepto ieškote internete. Ar norėtumėte naudoti naują internetinę rekomendacijas siūlančią priemonę, kuri padėtų padaryti internete rastus receptus sveikesniais?)	Scale from 1 to 7 where 1 - Visai nenorėčiau, 7 - Labai norėčiau
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Įsivaizduokite, kad ruošiatės gaminti vakarienę ir recepto ieškote internete. Ar norėtumėte naudoti naują internetinę rekomendacijas siūlančią priemonę, kuri padėtų padaryti internete rastus receptus tvaresniais?)	Scale from 1 to 7 where 1 - Visai nenorėčiau, 7 - Labai norėčiau
Sources of recipes (Instruction to the respondent: Pažymėkite visus svarbius šaltinius, kuriuose ieškote receptų gamindami maistą namuose. Galimi keli atsakymai.)	Paieška internete (pvz., „Google“); Prekybos centrų receptų programėlės/svetainės; Kulinarinės knygos; Maisto gaminimo tinklaraščiai; Maisto gaminimo svetainės; Maisto gaminimo programėlės; „TikTok“; „Pinterest“; „Instagram“; „Facebook“; Gyvenimo būdo žurnalai; Kita (įrašykite);; Niekada neieškau receptų
Food provisioning and preparation (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius apie savo mitybą ir įvertinkite, kiek su jais sutinkate.)	Man trūksta žinių apie maisto gaminimą.; Bet kuriuo metu galiu nuspręsti, ką noriu valgyti.; Ruošiant maistą esu užtikrintas (-a), kad įveiksiu netikėtus iššūkius.; Ruošiant maistą, lengvai pasiekiu norimų rezultatų.; Įdėjus šiek tiek pastangų, sugebu išspręsti daugumą problemų, kylančių gaminant maistą.; Ruošiant maistą nejaučiu diskomforto.; Moku naudotis turima virtuvės įranga.; Kasdien gaminu maistą.; Kai

	perku maistą, žinau, kaip panaudosiu įsigytus produktus.; Pasitikiu savo gebėjimais gaminti patiekalus iš turimų produktų.; Prieš pradedant gaminti, paprastai turiu aiškų planą, kokius veiksmus reikės atlikti.; Kai įsigyjant tenka pasirinkti tarp dviejų panašių produktų, aš jaučiuosi užtikrintai pasirinkdamas (-a) vieną iš jų.; Žinau, kur rasti produktus reikalingus maistui gaminti. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Nurodykite, kaip labai jaučiate žemiau išvardintus jausmus keičiant maisto gaminimo įpročius, kad jie būtų sveikesni.)	Vidinis prieštaravimas; Mišrūs jausmai; Neapsisprendimas (scale from 0 to 5 where 0 - Nejaučiu šio jausmo, 1 - Šiek tiek jaučiu šį jausmą, 5 - Stipriai jaučiu šį jausmą)
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Nurodykite, kaip labai jaučiate žemiau išvardintus jausmus keičiant maisto gaminimo įpročius, kad jie taptų tvaresni.)	Vidinis prieštaravimas; Mišrūs jausmai; Neapsisprendimas (scale from 0 to 5 where 0 - Nejaučiu šio jausmo, 1 - Šiek tiek jaučiu šį jausmą, 5 - Stipriai jaučiu šį jausmą)
Compliance to nutritional guidelines (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius apie Jūsų mitybos įpročius ir nurodykite, kiek su jais sutinkate.)	Man svarbu į savo mitybos racioną įtraukti daugiau augalinio maisto.; Siekiu sumažinti savaitinį mėsos suvartojimą.; Siekiu padidinti daržovių vartojimą.; Stengiuosi sumažinti cukraus suvartojimą valgant mažiau saldumynų.; Savo racione stengiuosi vengti perdirbto maisto.; Renkuosi maistingus produktus, kai planuoju gaminti maistą.; Kruopščiai planuoju apsipirkimą, kad sumažinčiau maisto švaistymą.; Siekiu tinkamai laikyti maisto likučius ir juos įtraukti valgant kitą dieną.; Stengiuosi gaminti maistą saikingomis porcijomis, kad išvengčiau perteklinio vartojimo ar švaistymo.; Kiekvieną dieną stengiuosi valgyti pilno grūdo maisto produktus.; Stengiuosi sumažinti riebalų suvartojimą.; Stengiuosi sumažinti druskos suvartojimą. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Importance of price (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Maisto produktus perku dažniausiai tada, kai jiems yra taikoma akcija.; Renkantis maistą man svarbiausia kaina.; Jei sveikesnis maistas būtų pigesnis, pirkčiau jį dažniau.; Jei tvarus maistas būtų pigesnis, pirkčiau jį dažniau (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Culinary culture (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Maistas yra svarbi mano šeimos tradicijų ir švenčių dalis.; Esu linkęs (-usi) dalyvauti ruošiant tradicinius patiekalus ypatingoms progoms.; Išmanau savo kultūros papročius, susijusius su maistu.; Man patinka mokytis apie kitų kultūrų patiekalus ir juos išbandyti.; Mano kulinarinei praktikai įtakos turėjo kitų regionų maistas.; Aš matau maistą kaip būdą įveikti kultūrinius

	skirtumus ir skatinti supratingumą. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Locavorism/regionality (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Vietinės gamybos maisto produktai yra skanesni.; Jei visos kitos sąlygos būtų tokios pačios, vietinių maisto produktų ir atgabentų iš kitur skonis nesiskirtų.; Vietinis maistas yra maistingesnis nei maistas, atgabentas iš kitur.; Vietinis maistas daro mažesnę poveikį aplinkai. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Consumer ethnocentrism (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Nereikėtų pirkti importuoto maisto, nes tai kenkia Lietuvos ūkininkams.; Nedera pirkti importuoto maisto, nes dėl to prarandamos darbo vietos Lietuvoje.; Reikėtų pirkti tik vietinį maistą.; Lietuvoje pagaminti maisto produktai man visada labiau patinka už importuotus produktus. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Seasonal food orientation (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Sezoninės daržovės yra skanesnės už nesezoninius produktus; Sezoniniai maisto produktai yra maistingesni už nesezoninius; Sezoninio maisto valgymas yra svarbi mano mitybos dalis; Manau, kad sezoniniai maisto produktai turi gaivesnį skonį, lyginant su nesezoniniais; Man labiau patinka valgyti maistą, kuris yra natūraliai prieinamas jų sezono piko metu; Sezoninių produktų valgymas turi didelę naudą aplinkai (mažesnis energijos suvartojimas ir transporto išmetamų teršalų kiekis, mažesnės cheminių medžiagų sąnaudos ir kt.) (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Wasting food (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Stengiuosi visiškai nešvaistyti maisto.; Visada stengiuosi suvalgyti visus nusipirktus maisto produktus.; Stengiuosi, kad liktų tik labai mažai maisto atliekų.; Siekiu panaudoti visus likučius.; Man sunku paruošti naują patiekalą iš likučių.; Man sunku užtikrinti, kad mano namuose būtų išmetami tik nedideli maisto kiekiai.; Man sunku suplanuoti maisto pirkimą taip, kad visas nupirktas maistas būtų suvalgytas.; Jaučiu, kad nieko negaliu padaryti dėl maisto švaistymo savo namuose. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Digital literacy (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Galiu savarankiškai naudoti programėles / programas (pvz., „Zoom“) savo mobiliajame telefone, kompiuteryje ar kitame elektroniniame įrenginyje (neprašant pagalbų iš kitų); Galiu savarankiškai pradėti vaizdo pokalbį naudojant savo mobiliąjį telefoną, kompiuterį ar kitą elektroninį įrenginį (neprašant pagalbų iš kitų); Galiu savarankiškai išspręsti arba išsiaiškinti, kaip išspręsti pagrindines technines problemas

	(neprašant pagalbų iš kitų) (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Personal innovativeness (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Tarp savo bendraamžių dažniausiai esu pirmasis (-oji), kuris (-i) išbandė naujus internetinius įrankius ar mobiliąsias programėles.; Prieš pats (-i) pradėdamas (-a) naudoti naują internetinį įrankį ar mobiliąją programėlę, turiu pamatyti, kad kiti žmonės juo/ja naudojami.; Jei išgirsčiau apie naujus internetinius įrankius ar mobiliąsias programėles, norėčiau juos/jas išbandyti. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
Drivers of smart recipe tool use (Instruction to the respondent: Kuris iš šių dalykų paskatintų Jus pradėti naudoti maisto gamavimo programėlę ar internetinį įrankį? Galimi keli atsakymai.)	Programėlės ar įrankio teikiamos išvalgos apie receptų sveikumą; Programėlės ar įrankio teikiamos išvalgos apie receptų tvarumą; Programėlės ar įrankio teikiamos išvalgos apie konkrečius produktus, maistines medžiagas ar sudedamąsias dalis; Programėlės ar įrankio teikiamos išvalgos apie galimas tam tikrų produktų alternatyvas; Programėlės ar įrankio teikiamos išvalgos apie pagrindinių maistinių medžiagų, tokių kaip baltymai, suvartojimą; Programėlės ar įrankio pagalba sumažinti maisto likučių kiekį; Programėlės ar įrankio priminimai apie produktus, kuriuos turiu nusipirkti; Programėlės ar įrankio pagalba renkantis maistą, kuriam nesu alergiškas (-a); Programėlės ar įrankio pagalba renkantis kokybiškus maisto produktus, kurie yra pigesni už kitus; Programėlės ar įrankio pagalba renkantis maistą, atitinkantį mano religiją; Programėlės ar įrankio pagalba renkantis maisto produktus, atitinkančius mano mitybos/dietos tipą; Kita (įrašykite); Nėra nieko, kas mane motyvuotų pradėti naudotis maisto gamavimo programėle ar internetiniu įrankiu
Environmental attitudes (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Dalį savo pajamų atiduočiau, jei žinočiau, kad pinigai bus panaudoti aplinkos taršos prevencijai.; Tokiam žmogui kaip aš tiesiog per sunku daug nuveikti aplinkosaugos labui.; Gyvenime yra svarbesnių dalykų nei saugoti aplinką.; Nėra prasmės stengtis dėl aplinkos, jeigu kiti nedarys to paties.; Daugelis teiginių apie grėsmes aplinkai yra perdėti.; Aplinkos apsaugai turėtų būti teikiama pirmenybė, net jei dėl to sulėtėtų ekonomikos augimas ar būtų prarastos darbo vietos.; Ekonomikos augimas ir darbo vietų kūrimas turėtų būti svarbiausias prioritetas, net jei kažkiek dėl to nukentėtų aplinka. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)

Health self-consciousness (Instruction to the respondent: Perskaitykite toliau pateiktus teiginius ir nurodykite, kiek su jais sutinkate.)	Daug kalbu apie savo sveikatą su kitais.; Labai rūpinuosi savo sveikata.; Apskritai įsiklausau į savo jausmus dėl savo sveikatos. (scale from 1 to 7 where 1 - Visiškai nesutinku, 7 - Visiškai sutinku)
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Annex 7: Structure of the questionnaire - Polish version

Question/Scale	Answer options/statements and the agreement options
Twój wiek:	(open-ended question)
Twoja płeć:	(open-ended question)
Miejsce zamieszkania: (used for quota formation)	Stolica; Inne miasta i miasteczka; Tereny wiejskie
Miejsce zamieszkania:	Wieś (do 500 mieszkańców); Miasto (501 - 10 000 mieszkańców); Średniej wielkości miasto (10 001 - 100 000 mieszkańców); Duże miasto (100 001 mieszkańców i więcej)
Wybierz najwyższy poziom wykształcenia, jaki osiągnąłeś do tej pory:	Brak wykształcenia; Podstawowe, gimnazjalne; Zawodowe; Średnie; Policealne; Wyższe - licencjat; Wyższe - magister; Wyższe - doktorat
Ile osób mieszka w Twoim gospodarstwie domowym, wliczając Ciebie?	1; 2; 3; 4; 5; 6; 7 lub więcej
Ile dzieci masz w domu?	1; 2; 3; 4; 5 lub więcej
Wybierz opcję, która najlepiej opisuje Twoje główne zajęcie:	Zatrudniony kierownik lub dyrektor biznesowy z 6+ podwładnymi; Samozatrudniony specjalista (np. lekarz, prawnik, księgowy itp.); Zatrudniony specjalista (np. lekarz, prawnik, księgowy itp.); Zatrudniony kierownik lub dyrektor biznesowy z 0-5 podwładnymi; Zatrudniony kierownik z 6+ podwładnymi; Zatrudniony kierownik z 0-5 podwładnymi; Przedsiębiorca, właściciel firmy/sklepu z 6+ pracownikami; Pracownik biurowy w pracy niefizycznej; Przedsiębiorca, właściciel firmy/sklepu z 0-5 pracownikami; Student; Pracownik poza biurem wykonujący pracę niefizyczną; Rolnik, hodowca/hodowca drobiu, rybak.; Gospodyni domowa/mąż domowy; Zawód fizyczny ze specjalizacją lub na stanowisku kierowniczym; Zawód fizyczny bez specjalizacji i na stanowisku niekierowniczym; Emerytowany (były pracownik); Tymczasowo bezrobotny
Stan cywilny:	Z partnerem (żonaty/zamężna lub żyjący w niezarejestrowanym związku); Kawaler/panna (wdowiec/wdowa, rozwiedziony, bez partnera)
Jaki jest średni miesięczny dochód gospodarstwa domowego (po opodatkowaniu i odliczeniach)?	Poniżej 500 EUR (poniżej 2135 PLN); Od 501 EUR do 1500 EUR (od 2140 PLN do 6405 PLN); Od 1501 EUR do 2500 EUR (od 6410 PLN do 10 675 PLN); Od 2501 EUR do 3500 EUR (od 10 680 PLN do 14 945 PLN); Od 3501 EUR do

	4500 EUR (od 14 950 PLN do 19 215 PLN); Od 4501 EUR do 5500 EUR (od 19 220 PLN do 23 485 PLN); Od 5501 EUR i więcej (od 23 490 PLN i więcej); Wolę nie mówić
Czy w ciągu ostatnich 12 miesięcy był taki moment, kiedy z powodu braku pieniędzy lub innych zasobów?	Martwił(a)ś się, że nie będziesz miał(a) wystarczająco dużo jedzenia?; Nie mogł(a)ś jeść zdrowej i pożywnej żywności?; Jadł(a)ś tylko kilka rodzajów żywności?; Musiał(a)ś opuścić posiłek?; Zjadł(a)ś mniej, niż myślał(a)ś, że powinien(eś/ powinnaś)?; W Twoim gospodarstwie domowym skończyło się jedzenie?; Był(a)ś głodny, ale nic nie jadł(a)ś?; Nie jadł(eś przez cały dzień? (agreement options: Tak; Nie; Nie wiem; Wolę nie mówić)
Czy uważasz się za:	Katolika; Prawosławnego chrześcijanina; Protestanta; Innego chrześcijanina; Żyda; Muzułmanina – szyitę; Muzułmanina – sunnitę; Innego muzułmanina; Sikha; Buddystę; Hinduistę; Ateistę; Inne (wskaż); Nie wiem; Niewierzącego lub agnostyka; Wolę nie mówić
Jakie jest Twoje pochodzenie etniczne?	Polska; Ukraińska; Białoruska; Niemiecka; Mieszana/wiele grup etnicznych (proszę określić); Inna (proszę określić); Wolę nie ujawniać
Intentions to cook healthier at home (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Jeśli moje warunki życia pozostaną takie same, wolałbym gotować zdrowe jedzenie w domu.; Jest bardzo prawdopodobne, że będę częściej gotować zdrowe jedzenie w domu.; Chcę podjąć wysiłek gotowania zdrowego jedzenia w domu.; Staram się częściej gotować zdrowe jedzenie w domu. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Intentions to cook more sustainably at home (Instruction to the respondent: Zrównoważone gotowanie w domu oznacza przygotowywanie żywności w sposób, który jest dobry dla planety, Twojego portfela i Twojej społeczności. Obejmuje to korzystanie ze świeżych produktów, które rosną naturalnie w Twojej okolicy w bieżącym sezonie, oszczędzanie energii podczas gotowania i ograniczanie marnowania żywności. Zrównoważone gotowanie w domu oznacza przygotowywanie żywności w sposób, który jest dobry dla planety, Twojego portfela i Twojej społeczności. Obejmuje to korzystanie ze świeżych produktów, które rosną naturalnie w Twojej okolicy w bieżącym sezonie, oszczędzanie energii podczas gotowania i ograniczanie marnowania żywności.)	Jeśli moje warunki życia pozostaną takie same, wolał(a)bym praktykować zrównoważone gotowanie w domu.; Jest bardzo prawdopodobne, że będę częściej praktykować zrównoważone gotowanie w domu.; Chcę podjąć wysiłek, aby praktykować zrównoważone gotowanie w domu.; Staram się częściej praktykować zrównoważone gotowanie w domu. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Wyobraź sobie, że zamierzasz ugotować obiad w domu i szukasz przepisu w internecie. Czy był(a)byś skłonny(a)	Scale from 1 to 7 where 1 - wcale nie chcę, 7 - bardzo chcę

skorzystać z nowego narzędzia rekomendacji online, które może podpowiedzieć Ci, jak sprawić, by Twoje przepisy znalezione w internecie były zdrowsze?)	
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Wyobraź sobie, że zamierzasz ugotować obiad w domu i szukasz przepisu w internecie. Czy był(a)byś skłonny(a) skorzystać z nowego narzędzia rekomendacji online, które może podpowiedzieć Ci, jak sprawić, by Twoje przepisy znalezione w internecie były bardziej zrównoważone?)	Scale from 1 to 7 where 1 - wcale nie chcę, 7 - bardzo chcę
Sources of recipes (Instruction to the respondent: Zaznacz wszystkie istotne źródła, w których szukasz przepisów podczas gotowania w domu: Można podać wiele odpowiedzi.)	Wyszukiwanie online (np. w Google); Aplikacje / strony internetowe supermarketów z przepisami; Książki kucharskie; Blogi kulinarne; Strony internetowe o gotowaniu; Aplikacje kulinarne; TikTok; Pinterest; Instagram; Facebook; Czasopisma o stylu życia; Inne (wskaz);; Nigdy nie szukam przepisów
Food provisioning and preparation (Instruction to the respondent: Przeczytaj poniższe stwierdzenia dotyczące swojej diety i zaznacz, czy się z nimi zgadzasz.)	Czuję się ograniczony(a) przez moją niewiedzę kulinarną.; Zawsze potrafię zdecydować, co chciał(a)bym zjeść w danym momencie.; Podczas przygotowywania jedzenia jestem pewien/ pewna, że poradzę sobie z nieoczekiwanymi rezultatami.; Podczas przygotowywania jedzenia łatwo mi osiągnąć pożądane rezultaty.; Podczas przygotowywania jedzenia mogę rozwiązać większość problemów, wkładając w to wystarczająco dużo wysiłku.; Czuję się komfortowo, przygotowując jedzenie.; Wiem, jak korzystać ze sprzętu kuchennego, który posiadam.; Biorę udział w codziennym przygotowywaniu posiłków.; Kiedy robię zakupy spożywcze, wiem, jak wykorzystam kupowane składniki.; Nie mam problemu z przygotowywaniem posiłków ze składników, które mam pod ręką.; Zanim zacznę gotować, zwykle mam w głowie plan wszystkich kroków, które będę musiał(a) wykonać.; Kiedy mam do kupienia dwa podobne produkty, czuję się pewnie, wybierając między nimi.; Wiem, gdzie znaleźć składniki, których potrzebuję do przygotowania posiłku. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Proszę wskazać, w jakim stopniu poniższe słowa opisują Twoje odczucia dotyczące zmiany nawyków kulinarnych na zdrowsze.)	Sprzeczne; Mieszane; Niezdecydowane (scale from 0 to 5 where 0 - nie żywię tego uczucia, 1 - nieznacznie, 5 - bardzo)
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Proszę wskazać, w jakim stopniu	Sprzeczne; Mieszane; Niezdecydowane (scale from 0 to 5 where 0 - nie żywię tego uczucia, 1 - nieznacznie, 5 - skrajnie)

poniższe słowa opisują Twoje odczucia dotyczące zmiany nawyków kulinarnych, aby stały się bardziej zrównoważone.)	
Compliance to nutritional guidelines (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Ważne jest dla mnie zwiększenie spożycia produktów roślinnych w mojej diecie.; Staram się zmniejszyć tygodniowe spożycie mięsa.; Staram się zwiększyć spożycie warzyw.; Staram się zminimalizować spożycie cukru, ograniczając spożycie słodczy.; Staram się unikać przetworzonej żywności w mojej diecie.; Staram się wybierać odżywcze składniki podczas planowania posiłków.; Staram się starannie planować zakupy spożywcze, aby zminimalizować marnowanie żywności.; Staram się odpowiednio przechowywać resztki i włączać je do posiłków następnego dnia.; Staram się przygotowywać posiłki w rozsądnych porcjach, aby uniknąć niepotrzebnego marnotrawstwa lub nadmiernego spożycia.; Staram się jeść produkty pełnoziarniste każdego dnia.; Staram się ograniczyć spożycie tłuszczów.; Staram się ograniczyć spożycie soli. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Importance of price (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Kupuję artykuły spożywcze głównie wtedy, gdy są w promocji.; Cena jest dla mnie najważniejszym czynnikiem przy wyborze żywności.; Gdyby zdrowsza żywność była tańsza, kupował(a)bym ją częściej.; Gdyby zrównowazona żywność była tańsza, kupował(a)bym ją częściej (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Culinary culture (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Jedzenie jest centralną częścią tradycji i uroczystości mojej rodziny.; Zazwyczaj biorę udział w przygotowywaniu tradycyjnych potraw na specjalne okazje.; Mam wiedzę na temat zwyczajów związanych z jedzeniem w mojej kulturze.; Lubię uczyć się i próbować potraw z innych kultur.; Moje praktyki kulinarne zostały zainspirowane potrawami z innych regionów.; Postrzegam jedzenie jako sposób na przezwyciężenie różnic kulturowych i wspieranie zrozumienia. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Locavorism/regionality (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Lokalnie produkowana żywność po prostu smakuje lepiej.; Przy założeniu, że wszystko inne jest takie samo, nie ma różnicy w smaku między lokalnie produkowaną żywnością a żywnością sprowadzoną z innego miejsca.; Lokalnie produkowana żywność jest bardziej odżywcza niż żywność sprowadzona z innego miejsca.;

	Lokalnie produkowana żywność ma mniejszy wpływ na środowisko. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Consumer ethnocentrism (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Nie należy kupować importowanej żywności, ponieważ szkodzi to polskim rolnikom.; Nie należy kupować importowanej żywności, ponieważ powoduje to utratę miejsc pracy w Polsce.; Należy kupować tylko żywność krajową.; Zawsze wolę polską żywność od produktów importowanych. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Seasonal food orientation (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Sezonowe warzywa smakują lepiej niż produkty poza sezonem; Produkty sezonowe są bardziej odżywcze niż produkty poza sezonem.; Jedzenie sezonowych produktów jest ważną częścią mojej diety.; Uważam, że sezonowe produkty mają świeższy smak w porównaniu z produktami niesezonowymi.; Wolę jeść produkty, które są naturalnie dostępne w szczycie sezonu.; Jedzenie sezonowe ma znaczące korzyści dla środowiska (mniejsze zużycie energii, emisje transportowe, wkłady chemiczne itp.) (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Wasting food (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Staram się nie marnować jedzenia w ogóle.; Zawsze staram się zjadać wszystkie zakupione produkty.; Staram się produkować jak najmniej odpadów żywnościowych.; Staram się wykorzystywać wszystkie resztki.; Trudno mi przygotować nowy posiłek z resztek.; Trudno mi upewnić się, że w moim gospodarstwie domowym wyrzucane są tylko niewielkie ilości jedzenia.; Trudno mi zaplanować zakupy spożywcze w taki sposób, aby zjeść całą zakupioną żywność.; Mam wrażenie, że nie mogę nic zrobić z żywnością marnowaną w moim gospodarstwie domowym. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Digital literacy (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i wskaż, z czym się zgadzasz.)	Potrafię samodzielnie korzystać z aplikacji/programów (takich jak Zoom) na moim telefonie komórkowym, komputerze lub innym urządzeniu elektronicznym (bez proszenia o pomoc kogoś innego); Potrafię samodzielnie skonfigurować wideorozmowę za pomocą mojego telefonu komórkowego, komputera lub innego urządzenia elektronicznego (bez proszenia o pomoc kogoś innego); Potrafię samodzielnie rozwiązać lub dowiedzieć się, jak rozwiązać podstawowe problemy techniczne (bez proszenia o pomoc kogoś innego) (scale from 1 to 7 where 1

	- całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Personal innovativeness (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i wskaż, z czym się zgadzasz.)	Wśród moich rówieśników jestem zazwyczaj pierwszym/ pierwszą, który wypróbuję nowe narzędzia online lub aplikacje mobilne.; Muszę zobaczyć, jak inni ludzie korzystają z nowych narzędzi online lub aplikacji mobilnych, zanim wezmę je pod uwagę.; Gdybym usłyszał(a) o nowych narzędziach online lub aplikacjach mobilnych, poszukał(a)bym sposobów na eksperymentowanie z nimi. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Drivers of smart recipe tool use (Instruction to the respondent: Które z poniższych zmotywowałyby Cię do rozpoczęcia korzystania z aplikacji do gotowania lub narzędzia online? Możliwe wiele odpowiedzi odpowiedzi)	Aby uzyskać wgląd w zdrowotność przepisów; Aby uzyskać wgląd w zrównoważony rozwój przepisów; Aby uzyskać wgląd w konkretne produkty, składniki odżywcze lub składniki; Aby uzyskać wgląd w możliwe alternatywy dla niektórych produktów; Aby uzyskać wgląd w spożycie kluczowych składników odżywczych, takich jak białka; Aby zmniejszyć ilość resztek; Aby otrzymywać przypomnienia o produktach, które muszę kupić; Potrzebuję pomocy w wyborze produktów, na które nie jestem uczulony; Potrzebuję pomocy w wyborze wysokiej jakości produktów, które są tańsze od innych; Potrzebuję pomocy w wyborze produktów odpowiednich dla mojej religii; Potrzebuję pomocy w wyborze produktów, które pasują do mojego typu diety; Inne;; Nie ma nic, co by mnie motywowało do korzystania z takiego narzędzia
Environmental attitudes (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Oddał(a)bym część swojego dochodu, gdybym był pewien/ pewna, że pieniądze zostaną przeznaczone na zapobieganie zanieczyszczeniu środowiska.; Komuś takiemu jak ja jest po prostu zbyt trudno zrobić cokolwiek dla środowiska.; W życiu są ważniejsze rzeczy do zrobienia niż ochrona środowiska.; Nie ma sensu robić tego, co mogę dla środowiska, jeśli inni nie zrobią tego samego.; Wiele twierdzeń dotyczących zagrożeń dla środowiska jest przesadzonych.; Ochrona środowiska powinna być priorytetem, nawet jeśli powoduje spowolnienie wzrostu gospodarczego i utratę miejsc pracy.; Wzrost gospodarczy i tworzenie miejsc pracy powinny być najwyższym priorytetem, nawet jeśli środowisko ucierpi w pewnym stopniu. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
Health self-consciousness (Instruction to the respondent: Przeczytaj poniższe stwierdzenia i zaznacz, czy się z nimi zgadzasz.)	Dużo myślę o swoim zdrowiu.; Jestem bardzo świadomy(a) swojego zdrowia.; Zazwyczaj zwracam uwagę na swoje wewnętrzne odczucia

	dotyczące mojego zdrowia. (scale from 1 to 7 where 1 - całkowicie się nie zgadzam, 7 - całkowicie się zgadzam)
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Annex 8: Structure of the questionnaire - Spanish version

Question/Scale	Answer options/statements and the agreement options
Su edad:	(open-ended question)
Su sexo:	(open-ended question)
Lugar de residencia: (used for quota formation)	Madrid; Otras ciudades; Áreas rurales
Lugar de residencia:	Aldea (hasta 500 habitantes); Pueblo (501 a 1<0.001 habitantes); Ciudad de tamaño medio (10.001 a 10<0.001 habitantes); Ciudad más grande (100.001 habitantes y más)
Por favor seleccione el nivel más alto de educación que ha logrado hasta la fecha:	Sin estudios – No ha cursado estudios reglados o no finalizados.; Educación primaria – Estudios hasta 6º de Primaria (antigua EGB o equivalente).; Educación secundaria obligatoria (ESO) – Educación general básica hasta los 16 años.; Bachillerato o estudios universitarios incompletos – Estudios preuniversitarios (2 años tras la ESO) o ha cursado parte de una carrera universitaria, sin finalizarla.; Formación profesional de grado medio (FP1) o superior (FP2) – Ciclo formativo; Grado universitario / Diplomatura / Licenciatura – Título universitario (Grado, Diplomatura, Licenciatura).; Máster o estudios de posgrado – Estudios de especialización tras el grado.; Doctorado – Estudios de doctorado o título de doctor/a.
¿Cuántas personas viven en su hogar, incluyéndose a sí mismo(a)?	1; 2; 3; 4; 5; 6; 7 o más
¿Cuántos niños tiene en casa?	1; 2; 3; 4; 5 o más
Por favor seleccione la opción que mejor describa su ocupación principal:	Gerente empleado(a) o ejecutivo(a) Empresarial con más de 6 subordinados; Profesional autónomo(a), es decir, doctor(a), abogado(a), contador(a), etc.; Profesional empleado(a), es decir, doctor(a), abogado(a), contador(a), etc.; Gerente empleado(a) o ejecutivo(a) Empresarial con 0 a 5 subordinados; Superior empleado(a) con más de 6 subordinados; Superior empleado(a) con 0 a 5 subordinados; Empresario(a), propietario(a) de negocio/tienda con más de 6 subordinados; Trabajador(a) de oficina en trabajo no manual; Empresario(a), propietario(a) de negocio/tienda con 0 a 5 subordinados; Estudiante; Empleado(a) fuera de la oficina en un trabajo no manual; Granjero(a), ganadero(a)/avicultor(a), pescador(a).; Amo(a) de casa; Ocupación de

	trabajo manual, ya sea con especialización o en una posición supervisora; Ocupación de trabajo manual sin especialización y en una posición no supervisora; Jubilado(a) (con ocupación previa); Temporalmente desempleado(a)
Estado civil:	Con una pareja (casado(a) o viviendo un matrimonio no registrado); Soltero(a) (viudo(a), divorciado(a), sin una pareja)
¿Cuál es su ingreso familiar mensual promedio (después de los impuestos y deducciones)?	Menos de 500 EUR; 501 EUR a 1500 EUR; 1501 EUR a 2500 EUR; 2501 EUR a 3500 EUR; 3501 EUR a 4500 EUR; 4501 EUR a 5500 EUR; 5501 EUR y más; Prefiero no decir
Durante los últimos 12 meses, ¿hubo una vez cuando, debido a falta de dinero u otros recursos...?	¿Estaba preocupado(a) de no tener lo suficiente para comer?; ¿No pudo comer alimentos sanos y nutritivos?; ¿Solo comió pocos tipos de alimentos?; ¿Tuvo que saltarse una comida?; ¿Comía menos de lo que pensó que debía?; ¿Su hogar se quedó sin comida?; ¿Tenía hambre, pero no comió?; ¿Pasó todo un día sin comer? (agreement options: Sí; No; No lo sé; Prefiero no decir)
¿Considera que es...?	Católico(a); Cristiano(a) ortodoxo(a); Protestante; Otro(a) cristiano(a); Judío(a); Musulmán(a) - Chiita; Musulmán(a) - Sunita; Otro(a) musulmán(a); Sij; Budista; Hindú; Ateo(a); Otro (indique); No lo sé; No creyente o agnóstico(a); Prefiero no decir
¿Cuál es su origen étnico?	Español(a); Marroquí; Rumano(a); Ecuatoriano(a); Colombiano(a); British; Italiano(a); French; Grupos étnicos mixtos/múltiples (por favor especifique); Otro (por favor especifique); Prefiero no divulgar
Intentions to cook healthier at home (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Siempre que mis condiciones de vida permanezcan iguales, preferiría cocinar comida sana en casa.; Siempre que mis condiciones de vida permanezcan iguales, es posible que cocine comida sana en casa con más frecuencia.; Quiero esforzarme en cocinar comida sana en casa.; Aspiro cocinar comida sana en casa con más frecuencia. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Intentions to cook more sustainably at home (Instruction to the respondent: La cocina sostenible en casa significa cocinar de una forma que sea bueno para el planeta, su bolsillo y su comunidad. Esto incluye usar alimentos frescos que crezcan naturalmente en su área durante la temporada actual, ahorrar energía mientras se cocina y reducir el desperdicio de comida. La cocina sostenible en casa significa cocinar de una forma que sea bueno para el planeta, su bolsillo y su comunidad. Esto incluye usar alimentos frescos	Siempre que mis condiciones de vida permanezcan iguales, preferiría practicar cocina sostenible en casa.; Es muy posible que practique cocina sostenible en casa con más frecuencia.; Quiero esforzarme en practicar cocina sostenible en casa.; Aspiro practicar cocina sostenible en casa con más frecuencia. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)

que crezcan naturalmente en su área durante la temporada actual, ahorrar energía mientras se cocina y reducir el desperdicio de comida.)	
Intentions to use an app to make recipes healthier (Instruction to the respondent: Imagine que está por hacer la cena en casa y que busca una receta en internet. ¿Estaría dispuesto(a) a usar una nueva herramienta en línea que le recomiende cómo hacer más saludables las recetas que encuentra en línea?)	Scale from 1 to 7 where 1 - no dispuesto en lo absoluto, 7 - bastante dispuesto(a)
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Imagine que está por hacer la cena en casa y que busca una receta en internet. ¿Estaría dispuesto(a) a usar una nueva herramienta en línea que le recomiende cómo hacer más sostenible las recetas en encuentre en línea?)	Scale from 1 to 7 where 1 - no dispuesto en lo absoluto, 7 bastante dispuesto(a)
Sources of recipes (Instruction to the respondent: Marque todas las fuentes relevantes donde busca recetas al cocinar en casa: Es posible las respuestas múltiples.)	Buscar en línea (por ejemplo, en Google); Aplicaciones/páginas web de recetas de supermercados; Libros de cocina; Blogs de cocina; Páginas web de cocina; Aplicaciones de cocina; TikTok; Pinterest; Instagram; Facebook; Revistas de estilo de vida; Otro (indique); Nunca busco recetas
Food provisioning an preparation (Instruction to the respondent: Por favor lea las declaraciones sobre su dieta en la parte inferior e indique su conformidad.)	Me siento limitado(a) por mi falta de conocimiento de cocina.; Siempre puedo decidir lo que me gustaría comer en cualquier momento.; Al cocinar, tengo la confianza de poder lidiar con resultados inesperados.; Al cocinar, para mí es fácil lograr mis resultados deseados.; Al preparar comida, puedo solventar la mayoría de problemas con suficiente esfuerzo.; Me siento cómodo(a) preparando comida.; Sé cómo usar los equipos de cocina que tengo.; Estoy involucrado(a) en la preparación diaria de comida.; Cuando compro comida, sé cómo voy a usar los ingredientes que compro.; Tengo la confianza en mi capacidad de preparar comidas con los ingredientes que tengo a la mano.; Antes de empezar a cocinar, usualmente tengo un plan mental de todos los pasos que necesitaré completar.; Cuando se me presentan dos productos similares para comprar, tengo la confianza de elegir entre ellos.; Sé dónde encontrar los ingredientes que necesito para preparar una comida. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Por favor indique la medida en la cual las siguientes palabras describen lo que piensa	Con conflicto; Sentimientos encontrados; Indecisión (scale from 0 to 5 where 0 - no tengo este sentimiento, 1 - un poco, 5 - extremadamente)

sobre cambiar sus hábitos alimenticios para volverlos más sanos.)	
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Por favor indique la medida en la cual las siguientes palabras describen lo que piensa sobre cambiar sus hábitos alimenticios para volverlos más sostenibles.)	Con conflicto; Sentimientos encontrados; Indecisión (scale from 0 to 5 where 0 - no tengo este sentimiento, 1 - un poco, 5 - extremadamente)
Compliance to nutritional guidelines (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Es importante para mí aumentar la comida a base de plantas en mi dieta.; Busco reducir mi consumo semanal de carne.; Busco aumentar el consumo de vegetales.; Aspiro minimizar mi consumo de azúcar reduciendo el consumo de dulces.; Buscar evitar los alimentos procesados en mi dieta.; Me esfuerzo en seleccionar ingredientes nutritivos al planificar una comida.; Aspiro planificar mi compra de comestibles para minimizar el desperdicio de comida.; Busco almacenar las sobras de manera apropiada e incorporarlas en mis comidas al siguiente día.; Busco preparar comidas en porciones razonables para evitar desperdicios innecesarios o sobreconsumo.; Aspiro comer alimentos con granos enteros todos los días.; Aspiro reducir mi consumo de grasas.; Trato reducir mi consumo de sal. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Importance of price (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Compro mis comestibles donde estén en descuento.; El precio es el factor más importante para mí al escoger comida.; Si la comida más sana fuese más económica, la compraría más a menudo.; Si la comida sostenible fuese más económica, la compraría más a menudo. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Culinary culture (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	La comida es una parte central de las tradiciones y celebraciones de mi familia.; Tiendo a participar en la preparación de platos tradicionales para ocasiones especiales.; Tengo conocimiento sobre las costumbres relacionadas a comidas de mi cultura.; Disfrutar aprender sobre, y probar, platos de otras culturas.; Mis prácticas culinarias han sido influenciadas por comidas de otras regiones.; Veo la comida como una forma de unir las diferencias culturales y fomentar el entendimiento. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Locavorism/regionalism (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Las comidas producidas regionalmente simplemente saben mejor.; Dadas las mismas circunstancias, no existe diferencia en gusto entre un alimento producido regionalmente y uno que se envió desde otro lugar.; Los

	alimentos producidos regionalmente son más nutritivos que los alimentos que se han enviado desde otro lugar.; Los alimentos producidos regionalmente tienen menos impacto ambiental. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Consumer ethnocentrism (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Uno no debería comprar alimentos importados porque perjudica a los agricultores españoles.; No está bien comprar alimentos importados porque causa la pérdida de trabajos en España.; Uno debería comprar solamente alimentos domésticos.; Siempre prefiero la comida española por encima de los productos importados. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Seasonal food orientation (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Los vegetales de estación saben mejor que los producidos fuera de estación.; Los alimentos de temporada son más nutritivos que los alimentos fuera de temporada; Comer alimentos de temporada es una parte importante de mi dieta.; Creo que los alimentos de temporada tienen sabor más fresco comparados con las opciones no de estación.; Prefiero comer alimentos que están disponibles naturalmente durante su temporada alta.; Comer alimentos de temporada tiene beneficios significativos ambientales (menos consumo de energía, emisiones de transporte, insumos químicos, etc.) (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Wasting food (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Trato de no desperdiciar ninguna comida en lo absoluto.; Siempre intento comer toda la comida comprada.; Intento producir solo muy poco desperdicio de alimentos.; Busco usar todas las sobras.; Me parece difícil preparar una nueva comida de las sobras.; Me parece difícil asegurarme que solo las cantidades pequeñas de comida se tiren en mi casa.; Me parece difícil planificar la compra de mi comida de tal forma que toda la comida que compro se coma.; Creo que no puedo hacer nada sobre la comida desperdiciada en mi casa. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Digital literacy (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Puedo usar aplicaciones/programas (como Zoom) en mi teléfono celular, computadora u otro dispositivo electrónico de mi cuenta (sin pedir ayuda a alguien más); Puedo configurar un chat de video usando mi teléfono celular, computadora u otro dispositivo electrónico de mi cuenta (sin pedir ayuda a alguien más); Puedo resolver o averiguar cómo solventar problemas técnicos básicos por cuenta propia (sin pedir ayuda a

	alguien más) (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Personal innovativeness (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Entre mis compañeros, usualmente soy/la primero(a) en probar nuevas herramientas en líneas o aplicaciones móviles.; Debo ver a otras personas usando nuevas herramientas en líneas o aplicaciones móviles antes de considerarlas.; Si escuché sobre nuevas herramientas en líneas o aplicaciones móviles, buscaría formas de experimentar con ellas. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Drivers of smart recipe tool use (Instruction to the respondent: ¿Cuál de los siguientes le motivaría a empezar a usar una aplicación de cocina o herramienta en línea? Es posible las respuestas múltiples.)	Obtener conocimiento en la salubridad de las recetas; Obtener conocimiento en la sostenibilidad de las recetas; Obtener conocimiento en productos específicos o nutrientes o ingredientes; Obtener conocimiento en alternativas posibles para ciertos productos; Obtener conocimiento en el consumo de ingredientes claves, como proteínas; Reducir la cantidad de las sobras; Que le recuerden sobre los productos que necesito comprar; Necesito ayuda con la selección de alimentos a los que no soy alérgico(a); Necesito ayuda con la selección de alimentos de calidad que son más económicos de otros; Necesita ayuda para seleccionar alimentos que sean apropiados para mi religión; Necesita ayuda para seleccionar alimentos que se adapten a mi tipo de dieta; Otro;; No hay nada que me motive a utilizar dicha herramienta.
Environmental attitudes (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Daría parte de mis ingresos si estuviese seguro(a) que el dinero se usaría para prevenir la contaminación ambiental.; Es simplemente demasiado difícil para alguien como yo hacer algo sobre el medio ambiente.; Existen cosas más importantes en la vida que proteger el medio ambiente.; No tiene sentido que yo haga algo por el medio ambiente a menos de que los otros hagan lo mismo.; Muchos de los reclamos sobre las amenazas al medio ambientes son exageradas.; Debería darse prioridad a la protección del medio ambiente, incluso si causa menor crecimiento económico y algunas pérdidas de trabajo.; El crecimiento económico y la creación de trabajos deberían ser las principales prioridades, incluso si el medio ambiente sufre de algún modo. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)
Health self-consciousness (Instruction to the respondent: Por favor lea las declaraciones en la parte inferior e indique su conformidad.)	Reflexiono mucho sobre mi salud.; Soy muy consciente de mi salud.; Soy generalmente atento(a) con mis sentimientos internos sobre mi salud. (scale from 1 to 7 where 1 - totalmente en desacuerdo, 7 - totalmente de acuerdo)

Annex 9: Structure of the questionnaire - Swedish version

Question/Scale	Answer options/statements and the agreement options
Din ålder:	(open-ended question)
Ditt kön:	(open-ended question)
Bostadsort: (used for quota formation)	Huvudstaden; Andra städer och småstäder; Landsbygdsområden
Bostadsort:	By (upp till 500 invånare); Mindre tätort (501–10 000 invånare); Medelstor stad (10 001–100 000 invånare); Stor stad (100 001 invånare eller fler)
Vänligen välj den högsta utbildningsnivå du har uppnått hittills:	Lägre än grundskoleutbildning; Grundskoleutbildning eller första stadiet av grundläggande utbildning; Lägre sekundärutbildning eller andra stadiet av grundläggande utbildning; Gymnasieutbildning; Eftergymnasial men ej akademisk utbildning (yrkesutbildning); Högskole- eller universitetsutbildning (kandidatexamen); Masterexamen, magisterexamen; Doktorsexamen
Hur många personer bor i ditt hushåll, inklusive dig själv?	1; 2; 3; 4; 5; 6; 7 eller fler
Hur många barn har du i hushållet?	1; 2; 3; 4; 5 eller fler
Vänligen välj det alternativ som bäst beskriver din huvudsakliga sysselsättning:	Anställd chef eller företagsledare med 6+ underordnade; Egenföretagare inom ett professionellt yrke (t.ex. läkare, jurist, revisor etc.); Anställd inom ett professionellt yrke (t.ex. läkare, jurist, revisor etc.); Anställd chef eller företagsledare med 0–5 underordnade; Anställd arbetsledare med 6+ underordnade; Anställd arbetsledare med 0–5 underordnade; Entreprenör, företagare eller butiksägare med 6+ anställda; Kontorsanställd inom icke-manuellt arbete; Entreprenör, företagare eller butiksägare med 0–5 anställda; Student; Anställd utanför kontor inom icke-manuellt arbete; Bonde, djuruppfödare/fjäderfäuppfödare, fiskare; Hemmafru/hemmaman; Manuellt yrke med specialisering eller i en arbetsledande roll; Manuellt yrke utan specialisering och utan arbetsledande roll; Pensionär (med tidigare yrke); Tillfälligt arbetslös
Civilstånd:	Med partner (gift eller samboförhållande); Singel (änka/änkling, skild, utan partner)
Vad är din genomsnittliga månatliga hushållsinkomst (efter skatt och avdrag)?	Under 500 EUR (under 5 600 SEK); 501 EUR – 1 500 EUR (5 611 SEK – 16 800 SEK); 1 501 EUR – 2 500 EUR (16 811 SEK – 28 000 SEK); 2 501 EUR – 3 500 EUR (28 011 SEK – 39 200 SEK); 3 501 EUR – 4 500 EUR (39 211 SEK – 50 400 SEK)

	SEK); 4 501 EUR – 5 500 EUR (50 411 SEK – 61 600 SEK); 5 501 EUR (61 611 SEK) eller mer; Föredrar att inte säga
Under de senaste 12 månaderna, har det funnits en period då du, på grund av brist på pengar eller andra resurser:	Var orolig för att du inte skulle ha tillräckligt med mat att äta?; Inte kunde äta hälsosam och näringsrik mat?; Endast åt ett fåtal typer av livsmedel?; Var tvungen att hoppa över en måltid?; Åt mindre än du ansåg att du borde?; Fick slut på mat i hushållet?; Var hungrig men inte åt?; Gick en hel dag utan att äta? (agreement options: Ja; Nej; Jag vet inte; Föredrar att inte säga)
Anser du dig själv vara:	Katolik; Ortodox kristen; Protestant; Annan kristen; Judisk; Muslim – Shia; Muslim – Sunni; Annan muslim; Sikh; Buddhist; Hindu; Ateist; Annat [ange]; Vet inte; Icke-troende eller agnostiker; Föredrar att inte säga
Vad är din etniska bakgrund?	Svensk; Syrisk; Finsk; Irakisk; Polsk; Iransk; Somalisk; Norsk; Dansk; Blandad/Multi-etnisk bakgrund (vänligen specificera); Annan (vänligen specificera); Föredrar att inte ange
Intentions to cook healthier at home (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Givet att mina levnadsförhållanden förblir desamma, föredrar jag att laga hälsosam mat hemma.; Det är mycket troligt att jag kommer att laga hälsosam mat hemma oftare.; Jag vill anstränga mig för att laga hälsosam mat hemma.; Jag strävar efter att laga hälsosam mat hemma oftare. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Intentions to cook more sustainably at home (Instruction to the respondent: Hållbar matlagning hemma innebär att laga mat på ett sätt som är bra för miljön, plånboken och samhället. Detta inkluderar att använda färsk råvaror som växer naturligt i ditt område under nuvarande säsong, spara energi vid matlagning och minska matsvinn. Hållbar matlagning hemma innebär att laga mat på ett sätt som är bra för miljön, plånboken och samhället. Detta inkluderar att använda färsk råvaror som växer naturligt i ditt område under nuvarande säsong, spara energi vid matlagning och minska matsvinn.)	Givet att mina levnadsförhållanden förblir desamma, föredrar jag att laga hållbar mat hemma.; Det är mycket troligt att jag kommer att laga hållbar mat hemma oftare.; Jag vill anstränga mig för att laga hållbar mat hemma.; Jag strävar efter att laga hållbar mat hemma oftare. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Intentions to use an app to make recipes healthier (Instruction to the respondent: Föreställ dig att du ska laga middag hemma och söker efter ett recept på internet. Skulle du vara villig att använda ett nytt digitalt rekommendationsverktyg som kan föreslå hur du kan göra de recept du hittar online hälsosammare?)	Scale from 1 to 7 where 1 - inte alls villig, 7 - mycket villig
Intentions to use an app to make recipes more sustainable (Instruction to the respondent: Föreställ dig att du ska laga middag hemma och	Scale from 1 to 7 where 1 - inte alls villig, 7 - mycket villig

söker efter ett recept på internet. Skulle du vara villig att använda ett nytt digitalt rekommendationsverktyg som kan föreslå hur du kan göra de recept du hittar online mer hållbara?)	
Sources of recipes (Instruction to the respondent: Markera alla relevanta källor där du söker efter recept när du lagar mat hemma: Flera svar möjliga.)	Söker online (t.ex. på Google); Matbutikers receptappar/webbplatser; Kokböcker; Matlagningsbloggar; Matlagningswebbplatser; Matlagningsappar; TikTok; Pinterest; Instagram; Facebook; Livsstilsmagasin; Annat [ange]; Jag letar aldrig efter recept
Food provisioning and preparation (Instruction to the respondent: Vänligen läs påståendena om din kost och matlagning nedan och ange i vilken utsträckning du instämmer.)	Jag känner mig begränsad av min brist på matlagningskunskap.; Jag kan alltid bestämma vad jag vill äta vid varje given tidpunkt.; När jag lagar mat känner jag mig säker på att jag kan hantera oväntade resultat.; När jag lagar mat är det lätt för mig att uppnå önskade resultat.; När jag lagar mat kan jag lösa de flesta problem med tillräcklig ansträngning.; Jag känner mig bekväm med att laga mat.; Jag vet hur jag använder den köksutrustning jag har.; Jag är aktivt delaktig i den dagliga matlagningen.; När jag handlar mat vet jag hur jag kommer att använda de ingredienser jag köper.; Jag känner mig självsäker i att skapa måltider med de ingredienser jag har hemma.; Innan jag börjar laga mat har jag oftast en mental plan för alla steg jag behöver genomföra.; När jag kan köpa två liknande produkter känner jag mig säker på att välja mellan dem.; Jag vet var jag kan hitta de ingredienser jag behöver för att laga en måltid. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Ambivalence about changing cooking habits towards healthier ones (Instruction to the respondent: Vänligen ange i vilken utsträckning följande ord beskriver dina känslor kring att förändra dina matlagningsvanor för att bli hälsosammare.)	Kluven; Blandade; Obeslutsamhet (scale from 0 to 5 where 0 - känner inte alls så, 1 - lite, 5 - i högsta grad)
Ambivalence about changing cooking habits towards more sustainable ones (Instruction to the respondent: Vänligen ange i vilken utsträckning följande ord beskriver dina känslor kring att förändra dina matlagningsvanor för att bli mer hållbara.)	Kluven; Blandade; Obeslutsamhet (scale from 0 to 5 where 0 - känner inte alls så, 1 - lite, 5 - i högsta grad)
Compliance to nutritional guidelines (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Det är viktigt för mig att öka andelen växtbaserad mat i min kost.; Jag försöker minska mitt veckovisa intag av kött.; Jag försöker öka min konsumtion av grönsaker.; Jag strävar efter att minska mitt sockerintag genom att äta färre sötsaker.; Jag försöker undvika processade livsmedel i min kost.; Jag anstränger mig för att välja näringsrika ingredienser när jag planerar en måltid.; Jag strävar efter att planera mina matinköp noggrant för att minimera matsvinn.;

	Jag försöker förvara rester på rätt sätt och använda dem i måltider dagen efter.; Jag försöker laga måltider i rimliga portioner för att undvika onödigt svinn eller överkonsumtion.; Jag strävar efter att äta fullkornsprodukter varje dag.; Jag strävar efter att minska min konsumtion av fett.; Jag försöker minska mitt saltintag. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Importance of price (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Jag köper matvaror främst när de är på rea.; Pris är den viktigaste faktorn för mig när jag väljer mat.; Om hälsosammare mat var billigare, skulle jag köpa den oftare.; Om hållbar mat var billigare, skulle jag köpa den oftare. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Culinary culture (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Mat är en central del av min familjs traditioner och firanden.; Jag brukar delta i tillagningen av traditionella rätter vid särskilda tillfällen.; Jag har god kunskap om de matrelaterade sederna i min kultur.; Jag tycker om att lära mig om och prova maträtter från andra kulturer.; Mina matlagingsvanor har påverkats av mat från andra regioner.; Jag ser mat som ett sätt att överbrygga kulturella skillnader och främja förståelse. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Locavorism/regionalty (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Lokalt producerad mat smakar helt enkelt bättre.; Allt annat lika finns det ingen smakskillnad mellan lokalt producerad mat och mat som transporterats från en annan plats.; Lokalt producerad mat är mer näringsrik än mat som transporterats från en annan plats.; Lokalt producerad mat har en lägre miljöpåverkan. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Consumer ethnocentrism (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Man bör inte köpa importerad mat eftersom det skadar svenska bönder.; Det är inte rätt att köpa importerad mat eftersom det leder till förlorade arbetstillfällen i Sverige.; Man bör endast köpa inhemsk mat.; Jag föredrar alltid svensk mat framför importerade produkter. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Seasonal food orientation (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Grönsaker i säsong smakar bättre än produkter som inte är i säsong.; Livsmedel i säsong är mer näringsrika än livsmedel som inte är i säsong.; Att äta säsongsanpassad mat är en viktig del av min kost.; Jag anser att mat i säsong har en fräschare smak jämfört med livsmedel som inte är i säsong.; Jag föredrar att äta mat som finns naturligt tillgänglig under sin högsäsong.; Att äta säsongsanpassat har betydande miljöfördelar (lägre energiförbrukning, minskade transportutsläpp, färre kemiska tillsatser etc.).

	(scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Wasting food (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Jag försöker att inte slänga någon mat alls.; Jag försöker alltid äta upp all mat jag köper.; Jag försöker producera så lite matsvinn som möjligt.; Jag strävar efter att använda alla matrester.; Jag har svårt att laga en ny måltid av matrester.; Jag har svårt att se till att endast små mängder mat slängs i mitt hushåll.; Jag har svårt att planera mina matinköp så att all mat jag köper blir uppäten.; Jag känner att jag inte kan göra något åt matsvinnet i mitt hushåll. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Digital literacy (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Jag kan själv använda applikationer/program (t.ex. Zoom) på min mobiltelefon, dator eller annan elektronisk enhet utan att be om hjälp från någon annan.; Jag kan själv starta ett videosamtal med min mobiltelefon, dator eller annan elektronisk enhet utan att be om hjälp från någon annan.; Jag kan själv lösa eller lista ut hur jag löser grundläggande tekniska problem utan att be om hjälp från någon annan. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Personal innovativeness (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Bland mina jämnåriga är jag oftast den första att testa nya digitala verktyg eller mobilapplikationer.; Jag måste se andra använda nya digitala verktyg eller mobilapplikationer innan jag överväger att använda dem själv.; Om jag hörde talas om nya digitala verktyg eller mobilapplikationer, skulle jag försöka hitta tillfällen att testa dem. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Drivers of smart recipe tool use (Instruction to the respondent: Vilka av följande faktorer skulle motivera dig att börja använda en matlagningsapp eller ett digitalt verktyg? Flera svar möjliga.)	För att få insikt i hur hälsosamma recept är; För att få insikt i hur hållbara recept är; För att få insikt i specifika produkter, näringsämnen eller ingredienser; För att få insikt i möjliga alternativ för vissa produkter; För att få insikt i intaget av viktiga näringsämnen, såsom proteiner; För att minska mängden matrester; För att bli påmind om produkter jag behöver köpa; Jag behöver hjälp med att välja livsmedel som jag inte är allergisk mot; Jag behöver hjälp med att välja kvalitetslivsmedel som är billigare än andra; Jag behöver hjälp med att välja livsmedel som är lämpliga för min religion; Jag behöver hjälp med att välja livsmedel som passar min kosthållning; Annat;; Det finns inget som skulle motivera mig att använda ett sådant verktyg
Environmental attitudes (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Jag skulle ge en del av min inkomst om jag var säker på att pengarna skulle användas för att förhindra miljöföroreningar.; Det är helt enkelt för svårt för någon som jag att göra mycket för miljön.; Det finns viktigare saker i livet än att

	skydda miljön.; Det är meningslöst att göra vad jag kan för miljön om inte andra gör detsamma.; Många av påståendena om miljöhot är överdrivna.; Att skydda miljön bör prioriteras, även om det leder till långsammare ekonomisk tillväxt och viss förlust av jobb.; Ekonomisk tillväxt och skapandet av jobb bör vara högsta prioritet, även om det sker på bekostnad av miljön. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)
Health self-consciousness (Instruction to the respondent: Vänligen läs påståendena nedan och ange i vilken utsträckning du instämmer.)	Jag tänker mycket på min hälsa.; Jag är väldigt självmedveten om min hälsa.; Jag är generellt uppmärksam på mina inre känslor kring min hälsa. (scale from 1 to 7 where 1 - instämmer inte alls, 7 - instämmer helt)