

Deloitte.

**Research into Homelessness and
Food Poverty**



**FOOD
STANDARDS
AGENCY**

Questionnaire No / Subject No.

Interviewer Name

Recruitment Site

Interview Location

Date of Interview

d m y

Start Time of Interview

:

Finish Time of Interview

:

FOOD FREQUENCY QUESTIONNAIRE

Subject number: **Age:** **Male/Female** (delete as appropriate)

Height (cm): **Weight (kg):**

Were they wearing shoes? Yes No

Blood pressure:

Reading 1 Systolic..... Diastolic.....

Reading 2 Systolic..... Diastolic.....

Reading 3 Systolic..... Diastolic.....

How long have you been homeless?

.....Years months

Accommodation type:

Rough sleeper

Hostel

B&B

With friends/relatives

Squat

Move on accommodation

Private rental

Night shelter

Other please specify: _____

What is your main source of income?

Regular Employment

Odd jobs / occasional labour

Social Security / Benefits

Relatives/Partner/Friends

Begging

Other (specify) _____

What's your average weekly income?

£ _____

What is your marital status?

Single

Couple, no children

Couple, with children

Lone parent

Addictions

Do you smoke? Yes No

Do you drink alcohol? Yes No

Do you take any illegal drugs? Yes No

Please specify drug _____

SECTION D: DIET

I am now going to ask you some questions about the foods that you consumed in the last month

FOOD & AMOUNTS	AVERAGE USE IN LAST MONTH								
	MONTH		WEEK			DAY			
D1 MEAT AND FISH (MEDIUM SERVING)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 Per Week	Once a day	2-3 per day	4-5 per day	6+ per day
a) Beef, roast, steak, mince, stew or casserole									
b) Beefburgers									
c) Pork: roast, chops, stew or slices									
d) Lamb: roast, chops or stew									
e) Chicken or other poultry, e.g. turkey									
f) Bacon (boiled/baked)									
g) Bacon (rashers)									
h) Ham (cooked/sliced)									
i) Corned beef, Spam, luncheon meats									
J) Sausages									
k) Savoury pies, e.g. meat pie, pork pie, pasties, steak & kidney pie, sausage rolls									
l) Liver, liver pate, liver sausage									
m) Fried fish in batter, as in fish and chips									
n) Fish fingers, fish cakes									
o) Other white fish, fresh or frozen, e.g. cod, haddock, plaice, sole, halibut									
p) Oily fish, fresh or canned, e.g. mackerel, kippers, tuna, salmon, sardines, herring									
q) Shellfish, e.g. crab, prawns, mussels									
r) Any other meat/fish product If yes, specify: -----									
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day

Please check that you have a tick (†) on EVERY line

FOOD & AMOUNTS	AVERAGE USE IN LAST MONTH								
	MONTH		WEEK			DAY			
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 Per Week	Once a day	2-3 per day	4-5 per day	6+ per day
D2 BREAD & SAVOURY BISCUITS (ONE SLICE OR BISCUIT)									
a) White bread and rolls									
b) Brown bread and rolls									
c) Wholemeal bread and rolls									
d) Cream crackers, cheese biscuits									
e) Crispbread, e.g. Ryvita									
f) Potato bread (1 slice)									
g) Soda bread (1 farl)									
D3 CEREALS (ONE BOWL)									
a) Porridge, Readybrek									
b) Weetabix (1 biscuit)									
c) Breakfast cereal such as cornflakes, muesli etc									
D4 POTATOES, RICE & PASTA (MEDIUM SERVING)									
a) Boiled, mashed, instant or jacket potatoes									
b) Chips									
c) Roast potatoes									
d) Potato Salad									
e) White rice									
f) Brown rice									
g) White or green pasta, e.g. spaghetti, macaroni, noodles									
h) Wholemeal pasta									
i) Lasagne, moussaka									
j) Pizza									
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day

Please check that you have a tick (†) on EVERY line

FOOD & AMOUNTS	AVERAGE USE IN LAST MONTH								
	MONTH		WEEK			DAY			
D5 DAIRY PRODUCTS & FATS	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 Per Week	Once a day	2-3 per day	4-5 per day	6+ per day
a) Single or sour cream (tablespoon)									
b) Double or clotted cream (tablespoon)									
c) Low fat yoghurt, fromage frais (125g carton)									
d) Full fat or Greek yoghurt (125g carton)									
e) Daily deserts (125g cartons)									
f) Cheese, e.g. Cheddar, Brie, Edam (medium serving)									
g) Cheese, processed, e.g. insert name of brands (medium serving)									
h) Cottage cheese, low fat soft cheese (medium serving)									
i) Eggs as boiled, poached (one)									
j) Eggs as fried, scrambled (one)									
k) Quiche (medium serving)									
l) Low calorie, low fat salad cream (tablespoon)									
m) Salad cream, mayonnaise (tablespoon)									
n) French dressing (tablespoon)									
b) The following on bread or vegetables									
p) Butter (teaspoon)									
r) Polyunsaturated margarine (tub) e.g. Flora sunflower (teaspoon)									
t) Low fat spread (tub) e.g. Outline, Gold (teaspoon)									
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day

Please check that you have a tick (†) on EVERY line

FOOD & AMOUNTS	AVERAGE USE IN LAST MONTH								
	MONTH		WEEK			DAY			
D6 SWEETS & SNACKS (MEDIUM SERVING)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 Per Week	Once a day	2-3 per day	4-5 per day	6+ per day
a) Sweet biscuits, chocolate, e.g. digestive (one)									
b) Sweet biscuits, plain e.g. Nice, ginger (one)									
c) Sandwich biscuit e.g. custard cream (one)									
d) Shortbread (1 biscuit or 1 slice)									
e) Cakes, e.g., fruit, sponge, home baked/ready made									
f) Buns, pastries, e.g. scones, flapjack, home baked									
g) Buns, pastries, e.g. croissants, doughnuts, ready made									
h) Fruit pies, tarts, crumbles, home baked/ready made									
i) Sponge puddings, home baked/ready made									
j) Milk puddings e.g. rice, custard, trifle									
k) Ice cream, choc ices									
l) Chocolates, singles or squares									
m) Chocolate snack bars, e.g. Mars, Crunchie									
n) Sweets, toffee, mints									
o) Sugar added to tea, coffee, cereal (teaspoon)									
p) Crisps or other packet snacks e.g. Wotsits									
q) Peanuts or other nuts									
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day

Please check that you have a tick (†) on EVERY line

FOOD & AMOUNTS	AVERAGE USE IN LAST MONTH								
	MONTH		WEEK			DAY			
D7 SOUPS, SAUCES AND SPREADS (MEDIUM SERVING)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 Per Week	Once a day	2-3 per day	4-5 per day	6+ per day
a) Vegetable soups (home made, packet, tinned) (bow l)									
b) Meat soups (home made packet, tinned) (bow l)									
c) Sauces, e.g. white sauce, cheese sauce (tablespoon)									
d) Gravy (tablespoon)									
e) Tomato ketchup (tablespoon)									
f) Brown sauce (including Yorkshire relish) (tablespoon)									
g) Stuffing (tablespoon)									
h) Pickles, chutney (tablespoon)									
i) Marmite, Bovril (teaspoon)									
j) Jam, marmalade, honey (teaspoon)									
k) Peanut butter (teaspoon)									
D8 FRUIT (1 FRUIT OR MEDIUM SERVING) For very seasonal fruits such as strawberries, please estimate your average use when the fruit is in season)									
a) Apples									
b) Pears									
c) Oranges, satsumas, mandarins									
d) Grapefruit									
e) Bananas									
f) Grapes									
g) Melon									
h) Peaches, plums, apricots									
i) Strawberries, raspberries, kiwi fruit									
j) Tinned fruit									
k) Dried fruit, e.g. raisins, prunes									
l) Any other fruit If yes, specify:									
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day

Please check that you have a tick (†) on EVERY line

FOOD & AMOUNTS	AVERAGE USE IN LAST MONTH								
	MONTH		WEEK			DAY			
D9 VEGETABLES Fresh, frozen or tinned (MEDIUM SERVING)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 Per Week	Once a day	2-3 per day	4-5 per day	6+ per day
a) Carrots									
b) Peas									
c) Parsnips, turnips, etc									
d) Cabbage									
e) Cauliflower									
f) Broccoli									
g) Onions (cooked)									
h) Onions (raw)									
i) Mushrooms									
j) Baked beans									
k) Green beans, broad beans, etc									
l) Spinach									
m) Spring greens, kale									
n) Brussels sprouts									
o) Marrow, courgettes									
p) Celery									
q) Leeks									
r) Dried lentils, beans, peas									
s) Garlic									
t) Sweet peppers									
u) Beansprouts									
v) Green salad: lettuce, cucumber, etc									
w) Tomatoes									
x) Beetroot									
y) Coleslaw									
z) Watercress									
aa) Sweetcorn									
Ab) Avocado									
Ac) Tofu, soya meat, TVP, Vegeburger									
How often would you eat									
ad) Raw vegetables									
ae) Cooked (boiled) vegetables									
af) Steamed vegetables									
Ag) Any other vegetable If yes, specify:									
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day

Please check that you have a tick (†) on EVERY line

SECTION E: BEVERAGE CONSUMPTION

FOOD & AMOUNTS	AVERAGE USE IN LAST MONTH								
	MONTH		WEEK			DAY			
E1 DRINKS	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 Per Week	Once a day	2-3 per day	4-5 per day	6+ per day
a) Tea (cup)									
b) Coffee, instant or ground (cup)									
c) Coffee, decaffeinated (cup)									
d) Coffee whitener, e.g. Coffee-mate (teaspoon)									
e) Cocoa, hot chocolate (cup)									
f) Horlicks, Ovaltine (cup)									
g) Red wine (1 glass)									
h) White wine (1 glass)									
i) Beer, lager or cider (half pint)									
j) Stout beer (e.g. Guinness) (half pint)									
k) Port, sherry, vermouth, liqueurs, (glass)									
l) Sprits, e.g. gin, brandy, whisky, vodka (single)									
Alco pops e.g. WKD, Bacardi Breezer, Smirnoff Ice									
m) Low calorie or diet fizzy soft drinks (glass)									
n) Fizzy soft drinks, e.g. Coca Cola, lemonade, Lucozade (glass)									
o) Pure fruit juice (100%) e.g. orange, apple juice (glass)									
p) Fruit squash or cordial (glass)									
q) Water (still or sparkling) (glass)									
r) Milk (glass) – see questions below									
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day

Please check that you have a tick (†) on EVERY line

What type of milk did you most often use?

Select one only

Full cream

Skimmed

Dried milk

Semi-skimmed

Soya milk

How much milk did you drink each day, including milk with tea, coffee, cereals etc?

None

Three quarters of a pint

Quarter of a pint

One pint

Half a pint

More than one pint

