In May Eat Well Tasmania surveyed Tasmanians to find out what has changed in anything about their eating, cooking and shopping since the start of COVID-19. This is what they told us.

**SURVEY OVERVIEW**

The survey was promoted online via:

- 1572 participants

- stakeholder networks

- 16% over social media
- 23% via email
- 41% via website

The survey data was collected by field research from 1 June to 2 July 2020.

**WHAT IS NEXT?**

Eat Well Tasmania will continue to analyse the survey data so we understand more deeply what is going on with shopping, cooking and eating preferences at the moment. This will help us and the Tasmanian government find ways to support Tasmanians to eat well as part of the COVID-19 recovery.

**SHOPPING**

What changed about our shopping? We are:

- 26% Going out to food shop less often
- 18% Preferring to buy Tasmanian grown or produced food
- 15% Finding alternative products for budget reasons or lack of availability
- 22% Being more careful with our food budget

**COOKING**

Cooking during COVID-19 we are:

- 53% Cook more since social distancing was introduced
- 33% More aware of food waste and how we use food
- 17% Cooking to stay well
- 18% Cooking is a creative outlet
- 20% Improving our cooking skills
- 40% Cooking together and teaching our kids to cook in 1 in 5 households

**EATING**

Are we eating more fruit and veg?

- 40% Buying more fruit and veg

- 5% Buying less fruit and veg

- 29% Buying more takeaway

**Takeaway habits**

- 55% Buying more takeaway

- 50% Buying less takeaway

**WHAT CAN RETAILERS AND PRODUCERS DO?**

- Make sure your social and online platforms are up to date.

- Clearly labelling Tasmanian produce online and in store is a big help for shoppers.

- Make sure your social and online platforms are up to date.

- Keep the inspiration coming with your own recipes and tips.

- Make sure your social and online platforms are up to date.