

# Food and You 2 - Wave 4

Area of research interest: [Food and You 2](#)

Project status: Completed

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## Introduction

Food and You 2 is a biannual survey which measures self-reported consumer knowledge, attitudes and behaviours related to food safety and other food issues amongst adults in England, Wales, and Northern Ireland.

The survey is primarily carried out online using a methodology known as 'push-to-web'.

Fieldwork was conducted between 18 October 2021 and 10 January 2022. A total of 5,796 adults from 4,026 households across England, Wales and Northern Ireland completed the survey.

Topics covered in the Food and You 2: Wave 4 Key Findings report include:

- confidence in food safety, authenticity and the food supply chain
- awareness, trust and confidence in the FSA
- concerns about food
- food security
- eating out and takeaways
- food allergies, intolerances and other hypersensitivities
- eating at home
- food shopping: sustainability and environmental impact
- sustainable diets, meat alternatives and genetic technologies

## Main findings

- Most respondents (92%) reported that they were confident that the food they buy is safe to eat and more than 8 in 10 (86%) respondents were confident that the information on food labels is accurate
- Around three quarters of respondents (76%) reported that they had confidence in the food supply chain
- Respondents were more likely to report confidence in farmers (88%) and shops and supermarkets (85%) than in takeaways (61%), and food delivery services (45%)
- Most respondents (86%) had no concerns about the food they eat
- When prompted, the most common concerns amongst all respondents were food waste (63%), the amount of sugar in food (59%) and animal welfare (56%)
- Across England, Wales, and Northern Ireland, 82% of respondents were classified as food secure (70% high, 12% marginal) and 18% of respondents were classified as food insecure (10% low, 7% very low)

- Around half of respondents had eaten food in a restaurant (53%), from a café, coffee shop or sandwich shop (either to eat in or to take out) (52%) or ordered a takeaway directly from a takeaway shop or restaurant (50%) in the previous 4 weeks
- Over a third of respondents had eaten food from a fast-food outlet (either to eat in or take out) (38%) or ordered a takeaway from an online food delivery company (for example, Just Eat, Deliveroo, Uber Eats) (35%) in the previous 4 weeks
- Most respondents (89%) had heard of the FHRS and around 4 in 10 (41%) respondents reported checking the food hygiene rating of a business in the previous 12 months
- Just over 1 in 10 (12%) respondents reported that they had a food intolerance, 4% reported having a food allergy, and 1% reported having coeliac disease
- Of the respondents who reported having a food allergy, the most common foods reported as causing a reaction were peanuts (26%) and fruit (24%).
- Of the respondents who reported having a food intolerance, the most common foods reported as causing a reaction were cow's milk and products made with cow's milk (41%) and cereals containing gluten (19%)
- Over two thirds (69%) of respondents identified the use-by date as the information which shows that food is no longer safe to eat
- Around two-thirds (67%) of respondents reported that they always check use-by dates before they cook or prepare food
- Over half of respondents (56%) reported that they never wash raw chicken, whilst 40% of respondents wash raw chicken at least occasionally
- Half (50%) of respondents thought that eating less processed food and 47% thought that minimising food waste contributed most to someone having a sustainable diet
- Most (59%) respondents thought that buying locally produced food or food that is in season contributed most to someone making sustainable food shopping choices
- The most common changes respondents reported making in the previous 12 months were eating less processed food (40%) and starting to minimise food waste (40%).
- Around a third (32%) of respondents reported that they currently eat meat alternatives, 21% of respondents reported that they used to eat meat alternatives but no longer do and 39% of respondents reported that they had never eaten meat alternatives
- Respondents reported greater awareness and knowledge of genetically modified (GM) food (9% had never heard of GM food) than gene-edited or genome-edited food (GE) (42% had never heard of GE food)
- Around three quarters (77%) of respondents who had at least some knowledge of the FSA reported that they trusted the FSA to make sure 'food is safe and what it says it is'

## Research reports

[Food and You 2 - Wave 4 - final report](#)

[Food and You 2 - Wave 4 - technical report](#)

## Data tables

[Errata regarding HSGVOUCH in the Food and You 2: Wave 4 report | Food Standards Agency](#)

[Errata regarding awareness and recognition of the FHRS in the Food and You 2: Wave 4 report | Food Standards Agency](#)

[Errata regarding FSACON12 in the Food and You 2: Wave 4 report | Food Standards Agency](#)

The data tables for the Wave 4 report are available in our [data catalogue](#).